



“WITHIN YOU, THERE IS A STILLNESS AND A SANCTUARY TO WHICH YOU CAN RETREAT AT ANYTIME AND BE YOURSELF.”

- Hermann Hesse, Siddhartha



## ABOUT US

Enhance your getaway at the The Spa at Sanctuary Beach Resort.

Drawing inspiration from the resort's seaside location, The Spa utilizes elements of land and sea in a customized, holistic approach to your wellness. Our menu offers traditional massage and facial treatments as well as custom services specifically designed to leave you feeling refreshed and inspired in body, mind, and soul.



# SERVICES

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## FACIAL

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## BODY CARE

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## WELLNESS

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## UPGRADES

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## ENHANCEMENTS

## MASSAGE

### SIGNATURE SANCTUARY MASSAGE

Indulge in our most popular, personalized experience based on your needs. Treat yourself to a custom pressure massage with aromatherapy seaweed oil, a mineral-rich polishing back exfoliation, steamed towels, and a reflexology-inspired foot massage.

80 min or 110 min

### RELAXATION MASSAGE

Stress relief for the mind, body, and soul. A relaxation massage using traditional Swedish techniques with the benefits of therapeutic botanicals and steamed towels.

50 min or 80 min

### THERAPEUTIC MASSAGE

This massage features deep tissue techniques enhanced with heated muscle packs, providing extra focus to relieve muscle tension, improve blood flow, and serve as natural stress relief.

50 min or 80 min

### HOT STONE MASSAGE

Experience a hot stone body massage to relax the mind and enliven the senses. Heated stones gently promote circulation, while a custom pressure massage restores energy to sore muscles throughout the body.

80 min

### PRENATAL MASSAGE

During this pampering experience, expectant mothers will feel nurtured with a full-body massage, relieving the common discomforts associated with pregnancy.

80 min

**IF YOU WOULD LIKE TO MAKE AN APPOINTMENT PLEASE CALL 831 883 5529**



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## MASSAGE

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## ENHANCEMENTS

### FACIAL

#### SIGNATURE FACIAL

Vitamin rich anti-aging serums stimulate circulation and restore elasticity to promote a radiant glow. A firming antioxidant-enriched mask promotes cellular rejuvenation to combat years of environmental damage, premature aging, and fine lines.  
80 min

#### ILLUMINATING FACIAL

Brighten, lift, and tone. Peptide-infused serums and a vitamin C masque rejuvenate skin's vitality in this illuminating facial. Includes a luxurious silk polishing hand ritual and lifting face massage.  
80 min

#### HYDRATING FACIAL

Rediscover your skin's true beauty with this botanically-infused facial. Includes cleansing, exfoliation, masque, and soothing serums enhanced by a stimulating facial massage.  
50 min

#### MEN'S FACIAL

Replenish and revitalize. This treatment uses organic products specifically designed for men's skin to remove impurities and combat aging. Includes a two-step cleanse, exfoliation, and targeted facial masque. Steamed towels and a relaxing neck and shoulders massage melt away tension.  
50 min or 80 min

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# SERVICES

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### BODY CARE

#### DETOX + HYDRATE

A detoxifying brush exfoliation supports the lymph system to promote natural healing. Combined with a nutrient-rich body mask, a warm linen cocoon, and chakra stones for a restful journey into relaxation. An anti-aging face massage and custom full-body massage complete this renewing experience.  
80 min

#### SALT WOOD SPA RX

Sea salt exfoliation aids the body in releasing toxins while unveiling a healthy glow. Our Salt Wood chef prepares a daily, seasonally-inspired farm to table salt blend for this rejuvenating experience. A stress-relieving, full-body massage rich in antioxidants will leave your skin silky soft and luminous.  
80 min

#### PACIFIC OCEAN BODY TREATMENT

Inspired by an ancient Chinese healing technique, your experience begins with a full-body “coining” using a Gua Sha stone to promote body purification and stimulate circulation. Enjoy a warm and cool basalt stone face massage while cocooned in a healing, mineral-rich seaweed body mask. Includes a full-body massage to release tension.  
110 min

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## WELLNESS

### STILLNESS

Recharge your spiritual energy and disconnect from life's stress with this customized wellness treatment based on your needs. Allow our therapist to expertly craft a one-of-a-kind experience using multiple therapeutic modalities and tools. Includes a deep touch pressure therapy wrap and vibration therapy to promote stillness and serenity.

110 min

### PRIVATE YOGA

A full mind and body workout. Relaxation techniques help strengthen the body and reduce the pain of physical conditions.

50 min

### ACTIVE STRETCHING

Improve your balance, flexibility, and overall wellness with this mind-body practice. Allow our therapist to utilize active stretching and trigger point therapy to alleviate muscle tension and soreness.

50 min

### GUIDED NATURE WALKS

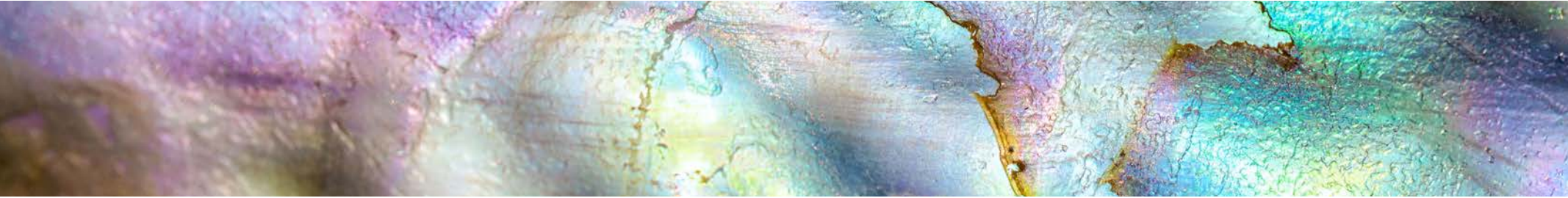
Revel in our unique, natural surroundings with a complimentary discovery walk, which departs at 10 am every Saturday and Sunday from The Lodge. Consult our guest experience team for reserving private and more extensive hikes.

### GUIDED MEDITATION

Focus on your personal mantra with a guided meditation experience. Bose Noise-Cancelling headsets offer an individualized experience for deeper focus.

50 min

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ENHANCEMENTS

## SANCTUARY UPGRADES

You deserve more. Upgrade your spa service to allow our therapists to focus extra time on problem areas specific to your personal needs.

25 min

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create a customized experience with any of the following

### HOT STONES

Alleviates pain, stiffness and tension  
Improves circulation

### OCEAN FOOT POLISH

Exfoliates, softens & hydrates  
Essential oils invigorate energy

### SCALP TREATMENT

Relieves headaches & neck tension  
Nourishes and hydrates scalp & hair

### CARPAL TUNNEL RELIEF

Alleviates inflammation, pain and numbness  
Deep therapeutic & stretching techniques

### DETOX BODY EXFOLIATION

Stimulates lymph system & exfoliates dry skin  
using a body brush  
Improves immunity & circulation

### COLLAGEN TREATMENTS

Reduces puffiness & fine lines  
Improves cell turnover & skin elasticity  
Face Masque    Eye Treatment  
Lip Treatment    Hand Masque

### SUN SMOOTHING FACE TREATMENT

Reduces redness, irritation & effects of sun exposure  
Soothes & hydrates the face

### CORRECTIVE PEEL

Resurfaces skin to reduce pore size and inflammation

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## TERMS & CONDITIONS

### CANCELLATION & RESCHEDULING POLICY:

Please provide 4 hours notice to avoid charges for cancelled services.

### MEDICAL CONDITIONS:

We respect the health of our guests. If you have a medical condition, we ask that you consult your physician prior to receiving spa services. You are responsible and required to disclose all medical information to your therapist.

### SERVICE FEE:

A 20% service fee will be added based on original cost of service.

### ARRIVAL:

Please arrive 15 minutes prior to your service to allow time to check in and unwind. Please turn off or silence your cell phones and other electronic devices. Photos are prohibited in the spa.