



THE SPA at SANCTUARY



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

- Hermann Hesse, Siddhartha

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

Drawing inspiration from the resorts 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.

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: \$230 | 110 min: \$290

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: \$140 | 80 min: \$210

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: \$150 | 80 min: \$220

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: \$225

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: \$225

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: \$220

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: \$240

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: \$150

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.

and a relaxing neck and shoulders massage melt away tension.

50 min: \$150 | 80 min: \$220

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: \$240

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: \$240

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: \$300

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: \$310

PRIVATE YOGA

A full mind and body workout. Relaxation techniques help strengthen the body and reduce the pain of physical conditions.
50 min: \$120

TARGETED THERAPY

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: \$120

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.

UPGRADES & ENHANCEMENTS

SANCTUARY UPGRADE

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: \$65

GUIDED MEDITATION UPGRADE

Focus on your personal mantra with a guided meditation experience. Boise Noise-Cancelling headsets offer an individualized experience for deeper focus. This treatment extends the massage portion of your original service.
25 min: \$65

ENHANCEMENTS

create a customized experience with any of the following

Hot Stones \$20
Alleviates pain, stiffness and tension
Improves circulation

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

Ocean Foot Polish \$20
Exfoliates, softens & hydrates
Essential oils invigorate energy

Sun Smoothing Face Treatment \$20
Reduces redness, irritation & effects of sun exposure
Soothes & hydrates the face

Scalp Treatment \$20
Relieves headaches & neck tension
Nourishes and hydrates scalp & hair

Corrective Peel \$30
Resurfaces skin to reduce pore size and inflammation

Carpal Tunnel Relief \$20
Alleviates inflammation, pain and numbness
Deep therapeutic & stretching techniques

Collagen Treatments
Reduces puffiness & fine lines
Improves cell turnover & skin elasticity
Face Masque \$30
Eye Treatment \$20
Lip Treatment \$20
Hand Masque \$20

Detox Body Exfoliation \$20



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. The service charge is not a gratuity. It is paid to your therapist as part of their compensation. Gratuity is added at your discretion.

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.

TO BOOK AN APPOINTMENT, PLEASE CALL 831 883 5529

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