



# Awaken Your Senses

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# Massage

# Spa More

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## **HEAVENLY SPA SIGNATURE MASSAGE**

A heated compress invites back muscles to relax before a Swedish massage leaves you feeling physically rested and mentally uplifted. Renewal and relaxation come from the harmonious balance of scent and touch; light to medium pressure.

50 MINUTES or 80 MINUTES

## **ISLAND STRESS RELIEF MASSAGE**

Revive tired muscles with this traditional massage using a magnolia massage oil with moderate to firm pressure, to leave a feeling of revitalization and relaxation while aiding in tone and elasticity.

50 MINUTES or 80 MINUTES

## **DEEP MUSCLE MASSAGE**

A therapeutic massage designed to release tension and stress, this massage technique and manipulations help to alleviate soreness, while enhancing range of motion with firm to deep pressure.

50 MINUTES or 80 MINUTES

## **THERAPEUTIC STONE MASSAGE**

A full body massage with light to moderate pressure, glides warm smooth stones over the body that soothes mind and muscles, increases circulation, improves tone and induces tranquility and serenity. *Himalayan Salt Stone or Basalt Stone available*

50 MINUTES or 80 MINUTES

## **PEA-IN-THE-POD MASSAGE**

This prenatal massage offers the option of a special support body cushion to allow the mom-to-be to lay face down or on her side to feel the benefits of this nurturing and relaxing massage. \*Not recommended in the 1st trimester or with high risk pregnancy.

50 MINUTES or 80 MINUTES

## **DUET MASSAGE**

This add-on allows you to unite with a special someone in a relaxing setting as you enjoy side-by-side massages.

ADD-ON TO ANY 50 OR 80 MINUTE MASSAGE

## **AROMATHERAPY MEDLEY**

First, choose your special blend, then choose your pressure and pace with your massage therapist. Take home your custom oil.

ADD-ON TO ANY 50 OR 80 MINUTE MASSAGE

## **REFLEXOLOGY FOOT MASSAGE**

Stimulating reflex points on the feet increases blood and oxygen circulation throughout the body instilling deep relaxation.

25 MINUTES ADD-ON or A LA CARTE

## **FOOT REFRESHER**

This treatment begins with a relaxing foot soak followed by an invigorating foot scrub, massage, and ends with a hydrating foot balm.

25 MINUTES ADD-ON or A LA CARTE

## **RENEWAL RITUAL**

An aromatic and therapeutic scalp and shoulder massage with a hydrating agave oil.

25 MINUTES ADD-ON or A LA CARTE

## **ENERGIZER BODY SCRUB**

The entire body is gently exfoliated from tip to toe using cane sugar and then hydrated with our nourishing creme.

25 MINUTES ADD-ON or A LA CARTE

## **MUSCLE EASE TREATMENT**

Targeting specific problem areas with a powerful combination of arnica & essential oils to relieve deep-set stress and tension.

25 MINUTES ADD-ON or A LA CARTE

# Body

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## **HEAVENLY SIGNATURE BODY TREATMENT**

This firming and tightening treatment includes a full body exfoliation, followed by a warm cactus wrap to help increase blood circulation and elasticity. This treatment concludes with our 30 minute signature massage.

80 MINUTES

## **ISLAND COCONUT BODY BLISS**

An organic coconut sugar scrub buffs skin to perfection. Then you are wrapped in a purifying, revitalizing and hydrating bentonite clay mask. Finishing with an organic coconut oil and island inspired shea butter moisturizer.

50 MINUTES

# Face

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## **HEAVENLY SIGNATURE FACIAL**

This results-driven facial will be tailored to address your goals. From reversing the signs of aging to addressing hyperpigmentation, this facial will deliver results while still offering relaxation and serenity. 80 minute includes scalp or foot massage & microcurrent.

50 MINUTES or 80 MINUTES

## **CLASSIC EUROPEAN FACIAL**

This facial is uniquely customized to fit all of your needs. It includes cleansing, exfoliation, massage and extractions. 80 minutes starts with a 30 minute back treatment.

50 MINUTES or 80 MINUTES

## **ISLAND TO SEA FACIAL**

This collagen boosting facial uses active organic ingredients from both land and sea. Innovative plant extracts and marine botanical peptides stimulate collagen production for visibly smoother, plumper skin.

50 MINUTES

## **AGE CORRECTIVE ULTRA FACIAL**

This premium facial is formulated to instantly lift, firm, and tighten. Featuring hibiscus peptides this treatment delivers results in minutes and shows long-term improvements.

50 MINUTES

# Technology

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## **HYDRAFACIAL**

This resurfacing facial is an incredible non-invasive treatment that utilizes patented technology to detoxify, rejuvenate and protect your skin. It delivers immediate results & long-term benefits without downtime or irritation.

25, 50, or 80 MINUTES

## **NEW! ELEMIS BIOTECH FACIAL**

Delivering immediate and longer lasting results with clinically proven technologies. Choose from Radiance Renew, Line Eraser or Firm-a-lift or The Ultimate\*. (\*Uses ultrasonic, light therapy, O2, Microcurrent and galvanic).

50, 80, or 110 MINUTES

## **MICRODERMABRASION**

This type of skin rejuvenation gently sands the skin removing the thicker, uneven outer layer to treat light scarring, discoloration, sun damage, and stretch marks.

25 MINUTES ADD-ON or A LA CARTE

## **EXFOLIATING WRINKLE RECOVERY FACIAL**

This anti-aging facial helps repair signs of aging, sun damage, fades darkspots, and reduces the appearance of pores. Includes clinical strength peel and LED light therapy.

50 MINUTES

# The Salon

# Spa More

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## **HEAVENLY SPA SIGNATURE MANICURE**

This guest favorite utilizes our signature anti-oxidant white tea infused products that are designed to protect the hands. Includes nail prep, cuticle work, micro-exfoliating hand scrub, hydrating mask, massage and polish.

50 MINUTES

## **CLASSIC ESSENTIAL MANICURE**

This essential spa manicure is great for those that receive manicures often or those short on time. It includes nail shaping, a hydrating massage and choice of polish.

25 MINUTES

## **MAN-ICURE**

Designed for every gentleman. Includes scrub, nail shaping and buffing plus a massage.

25 MINUTES

## **ISLAND RETREAT PEDICURE**

Rescue, soothe and revitalize tired, swollen legs and feet when they are immersed into a rich, creamy whole and coconut milk soak before being cleansed and gently scrubbed to perfection. Next, a nourishing coconut milk mask helps to refine & repair skin and feels truly refreshing to the touch.

65 MINUTES

## **HEAVENLY SPA SIGNATURE PEDICURE**

To re-charge circulation of the lower limbs, you will first enjoy a soothing soak followed by not one, but two exfoliations to smooth those calluses. You will then experience a double action foot mask to soothe and hydrate. Finishing with a heavenly massage and polish.

50 MINUTES

## **CLASSIC ESSENTIAL PEDICURE**

Maintain those beautiful feet all year long with this essential spa pedicure. It includes a soak, nail shaping, an exfoliation, massage and choice of polish.

40 MINUTES

## **GEL POLISH**

15 MINUTES ADD-ON TO ANY MANI/PEDI

## **GEL POLISH REMOVAL**

15 MINUTES ADD-ON TO ANY MANI/PEDI

## **POLISH CHANGE**

15 MINUTES ADD-ON TO ANY MANI/PEDI

## **FRENCH POLISH**

ADD-ON TO ANY MANI/PEDI

## **ALPHA BETA EXPRESS PEEL**

Revitalize your hands or feet with an express anti-aging exfoliation.

15 MINUTES ADD-ON TO ANY MANI/PEDI

## **HEAVENLY HANDS OR FEET**

This nourishing ecofin treatment is made with 100% plant-based emollients & essential oils.

15 MINUTES ADD-ON TO ANY MANI/PEDI

## **CUSTOM AROMATHERAPY LOTION OR ALOE**

We customize a shea butter for your hands or feet just for you. Take home remaining lotion.

ADD-ON TO ANY MANI/PEDI

## **HAIR SERVICES**

Full salon services are available. Our talented team of stylists will complement your look for every day and for any special occasion.

## **WEDDING SERVICES**

Our team of wedding experts are here to help you look and feel beautiful throughout the entire wedding and planning process.

## **MAKE-UP**

Professional make-up artists use the latest make-up techniques and trends for a complete makeover that brings out your best.

## **HAIR REMOVAL**

Our wax is self-preserving antibacterial & antimicrobial so its safe and clean: delivering silky and soft results for every skin type.

# Packages & Rituals

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## HEAVENLY HILTON HEAD

80 minute Heavenly Spa Signature Massage  
80 minute Heavenly Spa Signature Body  
80 minute Heavenly Spa Signature Facial  
50 minute Heavenly Spa Signature Manicure  
50 minute Heavenly Spa Signature Pedicure  
Spa Lunch from our Spa Menu

6.5 HOURS

## ISLAND RETREAT

80 minute Island Stress Relief Massage  
50 minute Island Coconut Bliss Body Buff  
50 minute Island to Sea Facial  
65 minute Island Retreat Pedicure  
Spa lunch from our Spa Menu

5 hours

## PORT ROYAL PERFECTION

50 minute Heavenly Spa Signature Massage  
25 minute Renewal Ritual or Foot Refresher  
50 minute Classic Spa Facial  
25 minute Classic Manicure  
40 minute Classic Pedicure

3.5 hours

## HEAVENLY MEDLEY

50 minute Aromatherapy Medley Massage  
50 minute Heavenly Spa Signature Facial

2 hours

## COUPLES RITUAL

Indulge in a 50 minute Heavenly Spa Signature Massage followed by an invigorating salt or sugar scrub. Savor a spa beverage as you slip into a warm, therapeutic bath while cherishing memorable moments together.

80 MINUTES

## BE WELL RITUAL

Heal the body and soul with this special Himalayan salt ritual. Start with an invigorating Himalayan salt full-body scrub, then enjoy a 20 minute Himalayan salt soak, and finish with a 50 minute Himalayan salt stone massage.

110 MINUTES

## HEAVENLY RITUAL

Begin with a luxurious treatment for the back, followed by a full-strength facial including microdermabrasion, LED light therapy, and a hydrating mask. This head-to-toe escape includes a hand, arm, foot, and scalp massage.

110 MINUTES

## SLEEP WELL RITUAL - NEW!

Dreamy sleep music, serums, creams and mists, combined with your massage therapist's skilled touch, will take you through a relaxing journey that will soothe sore muscles and tight joints and calm your mind and spirit, creating the perfect state of sleep readiness. Includes a take-home DreamKit.

80 MINUTES

# Guidelines

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## HEAVENLY SPA BY WESTIN POLICIES

Guests of the Heavenly Spa by Westin must be at least 18 years of age. Salon treatments are available for guests under 18 with parental supervision. See Spa associate for more details about this policy.

For the courtesy of our guests, cellular phone use is prohibited within the spa premises.

The Westin and the Heavenly Spa by Westin are not responsible for lost, stolen, or misplaced items.

All spa treatment prices are subject to change without notification.

## RESERVATIONS

We encourage our guests to schedule their appointments five to seven days in advance to ensure your preferred treatment or therapist is available. Preferences for male or female therapists should be requested at the time of booking. All reservations must be secured with a major credit card and telephone number. To schedule your day, please call our spa front desk at 843.681.1019.

## ARRIVAL & CHECK-IN PROCEDURE

For the optimal experience and to guarantee your service starts on time, we recommend that you arrive at least 30 minutes prior to your scheduled appointment time.

Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied, so as not to inconvenience other guests.

## THE WESTIN HILTON HEAD ISLAND RESORT & SPA

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## CANCELLATION POLICY

Cancellations must be made 24 hours in advance of your appointment and 48 hours before any combination of services or Spa Night services. A 50% charge will be applied to all late cancellations. No shows will be charged in full.

## SHOWER

A quick shower just before your massage or treatment is relaxing and washes off any salts, sand, minerals or chemicals that could clog the pores when mixed with oils or other treatment products.

## COMMUNICATION

Prior to the start of your service, tell your therapist the areas you would like to focus on, and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is the key to getting what you want out of your experience. Keep in mind that all bodywork is similar to exercise in that, lactic acid and other toxins are released from the muscles. This may cause some soreness for up to a few days.

## GRATUITIES

For your convenience, a 20% gratuity will be added to all services. Note, this gratuity is adjustable upon checkout, based on your satisfaction with services received.

## RETAIL & ACCESSORIES

Take your spa experience home with a selection of unique and distinctive gifts. Share the experience with someone special with our custom gifts and spa packaging.

Gift Certificates are also available for purchase.