

## MASSAGE

**Swedish Relaxation** 50/80 mins \$115/\$165  
add Aromatherapy ThermaSens™ Bubble Bath for \$15

**Therapeutic Deep Tissue** 50/80 mins \$130/\$185  
add Detoxifying Epsom Salt ThermaSens™ Bath for \$15

*\*see spa amenities for more information on ThermaSens™ Baths.*

**Couples** 50/80 mins \$220/\$320  
Side-by-Side massages with your special someone  
add Aromatherapy Bubble Bath for \$30  
(free-standing designer soaking bathtub for two)

*\*ask your therapist about our aromatherapy selection.*

**Warm Stone** 50/80 mins \$135/\$185  
Heated river stones, in combination with your therapist's skilled bodywork techniques, allow for complete relaxation, promote circulation, and help relieve tension.

**Foot Massage with Sugar Scrub** 25 mins \$80

**Neck, Back and Shoulders** 25 mins \$80

**Mother-To-Be** 50/80 mins \$125/\$175  
Our prenatal body cushion will allow you to lie face-down while your therapist massages away all those tired mommy-to-be muscles.  
(second and third trimester only)

## BODY TREATMENTS

**Exfoliating Body Brush with Nourishing Shea Butter Wrap** 50 mins \$120

Gentle brushes sluff away dead skins cells, leaving skin prepared to receive the nourishing benefits of a shea butter application and warm cocoon wrap. While wrapped, a relaxing scalp and foot massage will send you into bliss.

**Body Brush, Sugar Foot Scrub, Bubble Bath and Nourishing Body Wrap** 1 hour 50 mins \$205

A skin rejuvenating, body brush exfoliation begins your journey into pure spa bliss. A brown sugar foot scrub and massage take you a little farther on the path to complete relaxation. Next, slip into a soothing ThermaSens™ bubble bath while candlelight and aromatherapy essential oil fill the room. Your ultimate luxury experience concludes with a hydrating body wrap that drenches the skin with nourishing shea butter.

*\*ask your therapist about our aromatherapy selection.*

## À LA CARTE MENU

### Add-ons for your MASSAGE

Aromatherapy Oil or Lotion \$5  
*\*ask your therapist about our aromatherapy selection.*  
Sugar Foot Scrub \$10  
Warm Herbal Hand Wrap \$10  
Warm Herbal Foot Wrap \$10

### Add-ons for your FACIAL

Jasmine Collagen Masque \$20  
Anti-Aging Enzyme or Lactic Peel \$20  
ColdStone Under-Eye Collagen Treatment \$20  
Warm Herbal Hand Wrap \$10  
Warm Herbal Foot Wrap \$10

## SPA PACKAGES

### Namaste Spa Deluxe Day Package

Swedish Massage with ThermSens™ Bubble Bath, 80 min. Namaste Signature Deluxe Facial and Exfoliating Body Brush with Nourishing Body Wrap.  
A complimentary *light lunch* is provided.

Approximately 4 1/2 hours \$460

### Namaste Spa Half-Day Package

Swedish Massage, 50 min. Classic Facial and choice of Classic Manicure or Pedicure.  
A complimentary *snack tray* is provided.

Approximately 3 hours \$295

*\*Please consult our front desk manager regarding lunch selection and time preference when booking appointment.*

### A Little Time Away Package

Neck, Back and Shoulder Massage, Express Facial with warm herbal hand wrap and Aromatherapy Scalp Massage.

Approximately 1 hour 15 mins \$155

### Yes Sir - Gentleman's Spa Package

Neck, Back and Shoulder Massage, Express Facial (customized for a man's unique skin care needs) with complimentary Invigorating Scalp Massage.

Approximately 1 hour 15 mins \$155

*\*ask your therapist about our aromatherapy selection.*

## ASK US ABOUT MARRIOTT GUEST, LOCAL RESIDENT AND OTHER DISCOUNTS.

*\*Please see back for cancellation policies*

## FACIALS

Our highly trained estheticians will customized a facial for your unique skin type and skin care needs.

Anti-aging, hydrating, firming, blemish control? We've got you covered!

**Classic** 50 mins \$130  
Deep pore cleansing and purification, revitalizing exfoliation, extractions (upon request), customized masque, circulation boosting face and décolleté massage, nourishing serum and moisturizer with sun protection.

**Classic Plus** 80 mins \$160  
Classic – plus, there is a whole other side (includes 30 min back “facial”).

**Namaste Signature Deluxe** 80 mins \$175  
All the things that you love about the Classic facial with just more to love (includes scalp, hand, arm and foot massage with your choice of aromatherapy hydrating lotion followed by warm herbal wraps for the hands and feet).

**Express** 25 mins \$75  
Skin glow on-the-go (includes cleanse, exfoliation and moisturizer with sun protection).

*\*This is a perfect add-on to any massage or body treatment.*

## WAXING

Brow	\$20	Underarms	\$30	Half Arm	\$35 & up
Lip	\$20	Chest	\$45 & up	Full Arm	\$50 & up
Chin	\$20	Back	\$45 & up	Half Leg	\$45 & up
Full Face	\$50	Bikini	\$40 & up	Full Leg	\$75 & up
		Extended Bikini	\$50 & up		

## NATURAL NAILS

**Classic Manicure OR Pedicure** \$40 mani/\$50 pedi  
*\*Aromatherapy soak with hand/foot sugar scrub, cuticle care, moisturizing massage and polish.*

**Namaste Signature Manicure OR Pedicure** \$50 mani/\$65 pedi  
*\*Aromatherapy soak with hand and arm/foot and leg sugar scrub, nourishing mask, cuticle care, extended massage and polish.*

**Gel Mani (Dry Service)**  
Cuticle care, nail shaping, buffing and massage \$50

**Gel Pedi**  
Aromatherapy soak, cuticle care and massage \$60

Parafin Wax Add-On	\$15	OPI Infinite Shine Add-on	\$10
Gel soak-off only	\$20	Polish Change	\$15
Gel soak-off with Gel Service	\$10	French Polish Add-On	\$10

## SPA AMENITIES

- Ultra Plush Monarch Cypress Spa Robes and oka B sandals
- 6 Treatments rooms with heated treatment tables
- 2 Relaxation rooms
- Locker rooms with showers, steam rooms and dry saunas
- Luxury, free-standing designer soaking bathtub for two in couples suite
- Body scrub and wrap treatment room with **ThermaSens™** soaking tub
- **ThermaSens™** baths are the ultimate luxury, free-standing soaking bathtubs with **AromaCloud™**, a built-in essential oil diffuser, heated tub walls, and memory foam back rest are perfect to relax your body and calm your mind.
- Nail care suite
- Complimentary infused water and selection of hot teas and fruit

## PRODUCTS & RETAIL

Namaste Spa is proud to offer the following service and retail products:

SACRED EARTH MASSAGE OILS, LOTIONS AND CREAMS  
DERMALOGICA  
NOURISH NATURAL BATH PRODUCTS  
SAVANNAH BEE COMPANY  
BERODIN WAX  
TU'EL POST WAXING TREATMENT CREAMS  
OPI LACQUER POLISH  
OPI INFINITE SHINE POLISH  
OYSTER ART by Pendleton  
oka B SANDALS  
AND MANY MORE

## GROUP EVENTS

Namaste Spa is the perfect venue for your special occasion.

We work with groups of all sizes.

Our booking coordinator will assist you with all the details of your event.

We kindly request a 2 week notice for larger groups.

Inquire at [info@namastespahhi.com](mailto:info@namastespahhi.com) or call 843.785.2500

## GIFT CERTIFICATES

Personalized Gift Certificates for any value are available.

Certificates can be sent via postal mail, email or picked up at Namaste Spa.

## GRATUITIES

**For your convenience an 18% gratuity is automatically applied (on undiscounted rate) to your bill for spa services. Additional gratuities are at your discretion.**

## SPA POLICIES

- We kindly request that you arrive at least 20 minutes before your scheduled appointment. This will allow time for you to fill out the required intake form, enjoy all of our wonderful amenities, and ensure full treatment time. Arriving late for an appointment may result in a shorter session at full-price.
- Cancellations must be made at least 24 hours prior to your appointment time. Late cancellations will be charged at 50%. No-shows will be charged in full.
- Please do not bring valuables to the Spa.
- Request for male or female therapist needs to be made at the time of booking. We will do our best to accommodate your requests. All of our therapists are highly-trained and conduct themselves with the utmost professionalism.
- Hours, prices and services are subject to change.
- To ensure the most relaxing spa experience, please be prepared to turn off all cell phones and electronics.
- The therapist retains the right to refuse service to any suspicious persons, those appearing to be under the influence of any drugs or alcohol, or those appearing to have signs and symptoms of any disorder that may contraindicate the treatment to be given.

### Spa Treatments For Minors

1. Minors Under 18 – *MAY NOT* receive body treatments or massages.
2. Minors Age 16-17 – May receive facials and waxing (eye, lip and chin only), provided a youth authorization and release form is on file. A parent or guardian must be present in treatment room. The minor must remain fully-clothed at all times (strapless garment is acceptable).
3. Minors Age 15 and younger – May receive only the following treatments at the spa: manicures and pedicures.

## NAMASTE (NUHM-UH-STEY)

### *What does it mean?*

Namaste is used as a respectful form of greeting, acknowledging and welcoming a relative, guest or stranger. It is used with goodbyes as well. Typically, it is spoken and simultaneously performed with the palms touching gesture. The word Namaste translates simply to *"I bow to the divine in you."*

With respect, namaste  spa welcomes you...



**WE ACCEPT MASTERCARD, VISA AND DISCOVER CARDS**

namaste  spa

*We welcome you...*



Located at  
Marriott's Barony Beach Club

5 Grasslawn Avenue  
Hilton Head Island, SC 29928  
(Open to the public)

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