



NAMASTE

(NUHM-UH-STEY)

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.”**



NAMASTE

SPA & BOUTIQUE

Open everyday from 9 a.m. to 6 p.m.



843.785.2500

Call from your Marriott Vacation Club villa: 7889
info@namastespahhi.com
www.namastespahhi.com



REV. 07.29.19

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Located at Marriott's Barony Beach Club
5 Grasslawn Avenue, Hilton Head Island, 29928

massages

Swedish

Our Swedish Massage is total, full body relaxation. Your Massage Therapist will use long gliding strokes as well as stretching techniques.

| | |
|------------|--------------|
| 50 Minutes | \$125*/\$147 |
| 80 Minutes | \$180*/\$212 |

Deep Tissue

Our Deep Tissue Massage specifically targets knots in the muscles. This technique is effective for releasing muscle tension.

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|------------|--------------|
| 50 Minutes | \$140*/\$165 |
| 80 Minutes | \$195*/\$229 |

Sticks & Stones

This massage utilizes both heated river stones and firm bamboo sticks in combination with your Therapists skilled body work techniques. It also provides complete relaxation, promotes circulation, and relieves muscle tension.

| | |
|------------|--------------|
| 50 Minutes | \$150*/\$176 |
| 80 Minutes | \$200*/\$235 |

Prenatal

Our prenatal body cushion will allow you to lie face-down or on your side while your Therapist massages away all those mommy-to-be muscles (second and third trimester only).

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|------------|--------------|
| 50 Minutes | \$130*/\$153 |
| 80 Minutes | \$185*/\$218 |

Side-By-Side

Enjoy side-by-side massages with your special someone. You choose your own massage technique!

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|------------------|----------------------------------|
| 50 or 80 Minutes | Additional \$20*/\$23 per couple |
|------------------|----------------------------------|

Reflexology with Warm Stone

Reflexology is a focused pressure technique which relieves stress, enhances circulation, and assists the body to naturally normalize one's metabolism, all by targeting specific pressure zones in your feet. Your Therapist will incorporate warm stones to promote overall relaxation.

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| 25 Minutes | \$80*/\$94 |
|------------|------------|

Custom

Your Massage Therapist will utilize Swedish or Deep Tissue massage techniques on the specific areas you feel are most in need of pampering!

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| 25 Minutes | \$80*/\$94 |
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body treatments

Exfoliating Body Brush with Nourishing Shea Butter Wrap

Your journey begins with a skin rejuvenating body brush leaving your skin prepared to receive the nourishing benefits of a shea butter application and warm cocoon wrap. While wrapped, a relaxing scalp and foot massage with send you into bliss.

| | |
|------------|--------------|
| 50 Minutes | \$140*/\$165 |
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Namaste Signature Body Wrap

A skin rejuvenating body brush exfoliation begins your journey while a foot scrub takes 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.

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| 80 Minutes | \$185*/\$218 |
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facials

Classic

Our Classic Facial includes deep pore cleansing and purification, revitalizing exfoliation, extractions (upon request), a customized masque, a circulation boosting face and décolleté massage, and concludes with a nourishing serum and moisturizer with sun protection.

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| 50 Minutes | \$135*/\$159 |
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Yes Sir - Gentlemen

Relax with every bit of luxury provided in our Classic Facial, with extra attention paid to Gentlemen's specific skin care needs.

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| 50 Minutes | \$135*/\$159 |
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Classic Plus

Enjoy our Classic Facial – plus, there is a whole other side (includes 30 minute back “facial”).

| | |
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| 80 Minutes | \$170*/\$200 |
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Namaste Signature

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).

| | |
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| 80 Minutes | \$185*/\$218 |
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Express

Skin glow on the go! (Includes cleanse, exfoliation and moisturizer with sun protection). This service is great for teens!

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| 25 Minutes | \$85*/\$100 |
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Microdermabrasion

From minimizing fine lines to improving your pores, Microdermabrasion is a non-invasive treatment that sloughs off the dead and dull surface layers of the skin, stimulates an increase in your natural collagen production and rejuvenates the skin.

| | |
|------------|--------------|
| 50 Minutes | \$180*/\$212 |
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packages

Namaste Spa Day

Exfoliation Body Brush, Bubble Bath, Nourishing Body Wrap, 80 minute Swedish Massage, an 80 minute Signature Facial with a light lunch.

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|----------------------|--------------|
| 4 Hours & 30 Minutes | \$495*/\$582 |
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The Grande Ocean

Exfoliating Body Brush & Nourishing Shea Butter Wrap with warm herbal foot wrap and a 50 minute Classic Facial with warm herbal hand wrap.

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| 110 Minutes | \$275*/\$324 |
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The Surf Watch

50 minute Swedish Massage with foot scrub, and a 50 minute Classic Facial with a warm herbal hand wrap.

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| 110 Minutes | \$260*/\$306 |
|-------------|--------------|

The Barony

Custom 25 minute Massage with scalp treatment, Express Facial and herbal hand wrap.

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| 50 Minutes | \$165*/\$194 |
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NAMASTE PICK: Side-By-Side

For an additional \$20 per couple, enjoy side-by-side services with your special someone Chose any two services of the same (type and length) to enjoy in our couples suite.

| | |
|------------------|----------------------------------|
| 50 or 80 Minutes | Additional \$20*/\$23 per couple |
|------------------|----------------------------------|

waxing

| | | | |
|---------------------------|-----------|---------------------|-----------|
| Brow Wax & Shaping | \$25 | Underarms | \$30 |
| Lip | \$20 | Half Arm | \$35 & up |
| Chin | \$20 | Full Arm | \$50 & up |
| Full Face (Includes Brow) | \$50 | Half Leg | \$45 & up |
| Chest | \$45 & up | Full Leg | \$75 & up |
| Back | \$45 & up | Lash Tinting | \$25 |
| Shoulders | \$20 | Brow Tinting | \$25 |
| Bikini | \$40 & up | Lash & Brow Tinting | \$45 |
| Extended Bikini | \$50 & up | | |

treatment upgrades

Body Treatments

| | |
|-----------------------------|------|
| CBD Massage Oil | \$25 |
| Aromatherapy Bubble Bath | \$15 |
| Epsom Salt Detoxifying Bath | \$15 |
| Dry Brush Exfoliation | \$15 |
| Aromatherapy Oil or Lotion | \$10 |
| Foot Scrub | \$10 |
| Warm Herbal Hand Wrap | \$10 |
| Warm Herbal Foot Wrap | \$10 |

Facials

| | |
|--------------------------------|------|
| Dermaplaning | \$25 |
| Microdermabrasion (15 Minutes) | \$45 |
| Facial Masque | \$20 |
| Facial Peel | \$20 |
| Under-Eye Masque | \$20 |
| Cold Stone Under-Eye Treatment | \$20 |
| Custom Jade Roller Treatment | \$10 |
| Anti-Aging Neck Treatment | \$20 |

spa policies

We kindly request that you arrive at least 15 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.

***Prices reflect discount for Marriott Guests, Owners and Locals. Please contact us for more information on discount qualifications. For your convenience, a 20% gratuity will be added to your service total.**