



T H E   S P A   A T  
SWEETGRASS

AT WILD DUNES RESORT

R E T R E A T .   R E J O I C E .   R E S E T .

Inspired by the beauty and energy of the South Carolina coastline with its clear blue skies, endless sand dunes, and fresh ocean air, The Spa is a gathering place to retreat and slow down; to rejoice and celebrate, and to reset and discover.

Rooted in philosophies of nature with a focus on the healing powers of the ocean and the natural elements of the earth, The Spa provides a space to de-stress from life on the go; to restore physical and emotional balance; to detoxify while increasing energy; to improve sleep, and to boost vitality and immunity. A place where you naturally evolve to be your best self.

The simplest of pleasures await at  
The Spa at Sweetgrass.



THE SPA AT  
SWEETGRASS

AT WILD DUNES RESORT

# MENU OF SERVICES

RETREAT. REJOICE. RESET.

## SIGNATURE JOURNEYS

105 minutes

Intentionally chosen combinations of treatments to meet you where you are – and leave you transformed with a renewed and refreshing lens to view the world. Each journey includes body ritual, massage, and hand, scalp, and foot ritual.

- peace | time to escape, relax and reconnect with yourself  
signature body buff | salt stone massage | hand, scalp, and foot ritual
- joy | smile from the inside out and the outside in  
cbd body wrap | cbd massage | hand, scalp, and foot ritual
- slumber | be prepared for sweet dreams and a good night's sleep healing cocoon | rest wellbeing massage | hand, scalp, and foot ritual
- shine | discover new self-awareness to attract positive energy & good spirits  
immune boost body scrub | immune boost wellbeing massage | hand, scalp and foot ritual

## MASSAGE & BODYWORK

Intentional, functional massage therapies crafted to restore physical balance, boost vitality, reset the mind and body to bring us back to nature and the basics of a life well-lived.

sacred healing | swedish massage  
60 | 75 | 90 minutes

Relax, unwind, and get balanced with long flowing strokes, kneading, and friction techniques combined with the aromatic and healing properties of sweetgrass, cedar, and sage.

find your balance | wellbeing massage  
60 | 75 | 90 minutes

Custom Swedish massage with light to medium pressure. Choose your specific intention: rest, immunity, renew or balance.

body-brain connection | sports massage  
60 | 75 | 90 minutes

Designed for athletes after intense workouts, 24/7 connected people that need to get loose after long sittings in airplanes, incorrect posture, and too much stress. Restores physiological balance in muscles and joints boosts circulation, improves range of motion, and shortens recovery time.

challenger deep | deep tissue massage  
60 | 75 | 90 minutes

In reverence to the deepest part of the sea, this therapeutic massage technique is mainly used to treat musculoskeletal issues, such as strains and sports injuries by applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues.

wild and carefree | cbd massage  
60 | 75 | 90 minutes

CBD aids in regulating your immune system, reducing inflammation in muscle tissue, quieting your nervous system, and healing your skin. Add it to your daily regimen to support your wellness lifestyle.

serenity | salt stone massage  
60 | 75 | 90 minutes

A healing technique using warm salt crystal stones to ground and balance the body's electromagnetic field, central nervous system, and meridians. salt crystals from an ancient primal sea beneath the Himalayan Mountains are hand-carved into massage stones that gently soothe away an accumulation of stress, tension, and pollutants, bringing the mind, body, and spirit into balance.

**belly bump | pre-natal massage**

**60 | 75 | 90 minutes**

For the mom-to-be to keep her magnesium levels balanced. Gently rocking on warm mini waves, the tension in both the body and the brain will be released, leaving mom and her baby in a lasting state of wellness and calm.  
( only available outside of first trimester)

**flow | reiki**

**30 | 60 | 75 minutes**

Restore the natural energy flow and feel a glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind, and spirit creating many beneficial effects that include relaxation and feelings of peace, security, and wellbeing

**sole survivor | reflexology**

**30 | 60 minutes**

As feet are the road maps to our bodies, This technique pinpoints high-stress and tension areas and addresses the principle that reflex areas in the feet and hands correspond to the glands, organs, and systems of the body. Stimulating these reflexes properly provides a beneficial effect on the organs and a person's general health in a natural way.

**life preserver | hand, scalp, and foot ritual**

**30 minutes**

Created to hydrate and heal your dry and over - washed hands, relieve your aching feet, and alleviate tension in your head and scalp.

**back to basics | back, shoulder, neck relief**

**30 minutes**

Escape the daily pressures of life with this deeply cleansing relaxation remedy that will help to release the weight of the world from your shoulders, neck, and back where we hold the most tension. Releases muscle tightness, congestion, and tension around the spine.

**sole sanctuary | foot retreat**

**30 minutes**

Relaxing and restorative foot treatment with exfoliation, massage, and wrap of your feet and lower legs to improve circulation, detoxify, reduce swelling and fatigue while restoring essential minerals and electrolytes in your body

**massage enhancements:**

CBD | Arnica | Magnesium

**massage boosters:**

Foot Boost | Hand Boost | Scalp Boost

## BODY RITUALS

Whole body therapies infused with natural and organic elements from nature for deep renewal and energetic cleansing.

### RETREAT

slow down, escape, relax, reconnect and get back to basics

**ocean recovery | de-stress and recharge | 75 minutes**

Unplug, recharge your batteries, and reclaim your energy. Detoxifies, reduces wired and tired syndrome, poor sleep quality, symptoms of jetlag, muscle tension, anxiety, and stress that often result from 24/7 connectivity, travel, sensory overload, and overuse of technology.

**4 sacred elements | signature body buff | 60 minutes**

Inspired by the four healing medicinal herbs of sweetgrass, cedar, sage, and tobacco to offer a sense of grounding, serenity, mindfulness, and focused awareness of oneself.

### REJOICE

celebrate, joyful, active, delightful, physical balance, and vitality

**mellow out | CBD body wrap | 60 minutes**

Enjoy the added benefits of CBD with regulating your immune system, reducing inflammation in muscle tissue, quieting your nervous system, and healing your skin as you are cocooned in a warm wrap with infra-red lamps for a deeper penetration CBD into your body

**get salty | invigorating salt scrub | 60 minutes**

Wake up your body and brain with this detoxifying and stimulating scrub using the therapeutic benefits of purifying magnesium and mineral salts along with organic skin conditioning seaweed, seaside botanicals, and revitalizing and uplifting essential oils.

**beach body | blue bamboo body wrap | 60 minutes**

Pamper the body with this stimulating body treatment. This treatment will deeply cleanse and purify the skin using polished blueberry and hydrating bamboo. Active ingredients- clinically proven to smooth and tighten targeted areas, improving the appearance of cellulite and skin texture. Finished with a hydrating application that will lock in moisturizing agents leaving the body completely relaxed and rejuvenated.

## RESET

discover, recover, sleep, immunity, detox, and rest

### sun salutation | sun recovery | 90 minutes

Give sun-kissed skin a full-body refresh from head to toe with a hydrating scalp, face, and body mask. Mineral-rich organic sea algae, cooling aloe vera gel and antioxidant green tea extracts reduce redness and irritation while soothing and cooling sun-damaged skin.

### wrap me up | healing cocoon | 75 minutes

A sea salt and botanical body scrub increases circulation, softens and exfoliates the skin to prepare it for a hydrating marine body mask. This age-defying blend is infused with algae, white tea, copper, and zinc peptides to plump, firm, tone, and deeply moisturize your skin.

### rise and shine | immune boost body scrub | 60 minutes

A deep renewal and energetic cleansing for your whole being. Natural & organic elements derived from nature, focus on boosting your immune system with therapeutic essential oils such as eucalyptus, peppermint, rosemary, sea minerals, and electrolytes.

## FACIALS | SKINCARE

Put your best face forward with one of our results-driven facial treatments designed to give you the specific results you are seeking in a clean and natural way.

## RETREAT

slow down, escape, relax, reconnect and get back to basics

### seabreeze | custom facial | 60 | 90 minutes

Customized to address the specific needs of your skin. an esthetician will analyze your skin and custom blend a facial experience leaving your skin feeling refreshed and vibrant. Tailored specifically for your skin type and desired results.

### nourish | vitamin infusion facial | 60 minutes

Slow down the signs of aging by infusing the skin with potent and nourishing vitamins including A, B, C, and E. Addresses current antioxidant and nourishment depletion but also protects the skin from future damage.

### body surf | back facial | 45 minutes

Take some time to pamper your back with a deep cleansing and exfoliation focusing on reducing acne, pigmentation, and oils. finishing with a red tea clay mask that will detoxify the skin while adding intense hydration leaving the back ready for its next wave.

## REJOICE

celebrate, joyful, active, delightful, physical balance, and vitality

### high tide | transformative | 90 minutes

A facial treatment that combines age-defying technology with purifying methods to attain a clear complexion, helping to turn back the clock. Using medical-grade oxygen to plump and hydrate skin, this rejuvenating facial gently erases dull skin and fine lines to leave skin silky smooth with a renewed radiance. Delivers instant gratification as it improves clarity, texture, and tone. Leave in a state of relaxed bliss, receiving compliments at your big event for your visibly firmer, smoother, lifted skin.

### fresh air | Intraceuticals Oxygen Infusion Facial | 60 | 90 minutes

A non-invasive treatment that uses oxygen under hyperbaric pressure to infuse a serum of modified hyaluronic acid, essential vitamins, botanicals, antioxidants, and amino peptides into the skin.

#### *Choose From:*

*Rejuvenate Treatment - deeply hydrates, freshens, enhances volume & contour*  
*Opulence Treatment - balances uneven skin tone, increases luminosity & radiance*

### Atoxelene Intraceuticals Treatment | 30 minutes

Targeted anti-aging treatment of amino acids instantly firm, lift and plump your skin for a dramatically reduced appearance of fine lines, wrinkles, and expression lines.

## RESET

discover, recover, sleep, immunity, detox, and rest

### time rewind | peptide anti-aging facial | 75 minutes

Renew and revitalize the skin with potent anti-aging peptides, powerful antioxidants, stem cells, and botanicals. Multiple forms of Vitamin C will brighten, tighten and exfoliate while firming peptide paired with the lactic AHA will simultaneously hydrate and brighten all skin types leaving a firm luminous glow.

### beach repair | gentlemen's facial | 60 minutes

This anti-aging facial helps protect and restore skin damaged by the hands of time, sun exposure, and razor burn. The face is deep-cleansed and exfoliated then treated with a mask tailored to the skin's specific needs. Drift away with a relaxing face, shoulder, neck, and head massage.

### breakout | teen facial | 45 | 60 minutes

Give young skin the support it needs with a facial designed to address the hormonal challenges of this age group. Includes a deep pore cleanse, enzyme exfoliation to clarify acneic skin, and a soothing green tea mask to draw out impurities and brighten the surface.

#### facial enhancements:

Oxygen Booster | Collagen Eye Treatment  
Collagen Lip Treatment | Collagen Face Mask  
Collagen Neck & Décolleté Rejuvenation | CBD Oil

#### facial boosters:

Foot Boost | Hand Boost  
Scalp Boost

## SALON AT SWEETGRASS

Take some time to enjoy the simple pleasures of a manicure and pedicure. We are all about natural nails and use a system that nourishes your nails while providing a lacquer that wears like gel.

The Dazzle Dry nail system is nontoxic (no formaldehyde, DHP, toluene or camphor), vegan, high gloss, cruelty-free, paraben-free, and uses essential oils to deliver advanced performance and aromatherapy benefits. no UV lamp needed and dries rock-hard in 5 minutes.

### MANICURE

#### gift from the sea | seaweed manicure

This unique manicure begins an OSEA nourishing seaweed soak followed by a brightening hand mask to lighten hyperpigmentation. The treatment then includes organic cuticle care and an extended hand and arm massage using our anti - aging hydration balm. Finishing touches with a fortifying Dazzle Dry lacquer application.

#### sweetgrass signature manicure

Inspired by the healing properties of our sweetgrass signature scent to offer a sense of grounding, serenity, and mindfulness. Includes polish removal, nail shaping, aromatic soak, cuticle grooming, and massage. Finished with a fortifying Dazzle Dry lacquer application.

#### wellbeing manicure

Polish removal, nail shaping, cuticle grooming, and conditioning with nutrient-rich oils and moisturizing shea butter cream massage. Choose your specific aromatherapy to relax, energize, detox or balance. Finishing touches with a fortifying Dazzle Dry lacquer application.

#### CBD manicure

Our traditional manicure with a rejuvenating twist. CBD is stress-reducing, pain-relieving, moisturizing, and can assist in reducing inflammation and minor aches and pains. Your hands will feel instant and effective relief.

#### hurry up | express manicure

Revive nails with a fortifying Dazzle Dry lacquer refresh. Polish is removed, nails are re-shaped and lightly buffed. Finishing touches with a fortifying Dazzle Dry lacquer application.

#### little starfish | kids' manicure

A soak, buff, and polish to make your little starfish shine.

## PEDICURE

### gift from the sea | seaweed pedicure

A gift to yourself, this luxurious pedicure includes OSEA's mineral-rich foot seaweed soak, scrub and mask to hydrate and soothe your tired feet. Callus reduction, organic cuticle care, and nail shaping. This ultimate experience is highlighted by a extended leg and foot massage drifting you into a sea of relaxation. Finishing touches with a fortifying Dazzle Dry lacquer application.

### sweetgrass signature pedicure

Inspired by the healing properties of our sweetgrass signature scent to offer a sense of grounding, serenity, and mindfulness. Enjoy an aromatic foot soak, nail shaping, cuticle detail, callus reduction, and a gentle exfoliating to brighten and renew the skin. Legs and feet are massaged to stimulate circulation and relax tired feet. Pedicure is finished with a fortifying Dazzle Dry lacquer application.

### wellbeing pedicure

Foot soak, nail shaping, cuticle detail, callus reduction, and moisturizing massage to your legs and feet. Choose your specific wellness aromatherapy to relax, renew, detox or balance your day. Finishing touches with a fortifying Dazzle Dry lacquer application.

### CBD pedicure

Our traditional pedicure with a rejuvenating twist. Soak in a CBD tea bath to kick start your relaxation, CBD balm and body oil will help soothe dry itchy skin while helping to reduce pain and swelling. This moisturizing, relaxing treatment will give much needed relief to your tired feet.

### little starfish | kids' pedicure

A soak, buff and polish to make your little starfish shine.

## WAXING

Brows  
Lip  
Chin  
Full Face  
Back  
Half Leg  
Full Leg  
Underarm  
Partial Brazilian  
Brazilian