

# Journey spa

## SERVICES MENU

*the Tides*

Inn • Golf • Spa • Marina

Journey spa® at the Tides provides a relaxing, intimate environment for guests to let go of stress through a mix of therapeutic and rejuvenating treatments.

Come, take a moment for yourself.

## MASSAGE THERAPIES

### **Ginger Essence Hot Stone Massage**

The healing properties of ginger and hot stones relieve tight muscles in this massage that begins with soothing, hot towel compresses. Slow and deep strokes, gentle stretches, and hot stones infuse ginger essence into the body, leaving you relaxed and peaceful.

60 minutes \$115 / 90 minutes \$160

### **Wild Jasmine Mist Massage**

A Swedish-style massage to inspire the senses. Light-scented night jasmine oil soothes skin while calming the mind. Includes a face massage to leave you feeling relaxed, soft and radiant.

60 minutes \$115 / 90 minutes \$160

## Arnica Intensive Massage

A combination of deep tissue, sports stretches, compressions and other massage techniques using arnica oil helps restore mobility and vitality, leaving you feeling invigorated.

60 minutes \$125 / 90 minutes \$170

## Intentional Aromatherapy Massage

Massages can become more meaningful when intentions are expressed and paired with powerful essential oils. This treatment combines a dry body brush exfoliation with a light, flowing massage and finishes with a warm wrap, allowing time for relaxation of the body, calming of the mind and release of the spirit.

90 minutes \$160

## Mother-To-Be Massage

Designed to nurture both mother and baby, this gentle massage brings care and support to the common discomforts experienced during pregnancy. A blend of safe, organic oils nourish skin and reduce the appearance of stretch marks in this relaxing massage that brings body, mind and spirit into a state of peaceful content.

60 minutes \$115

## Deep Tissue Massage

This regenerative massage uses a variety of muscle release techniques that target chronically tense areas in order to relieve muscle soreness resulting from overexertion.

60 minutes \$125 / 90 minutes \$170

## Custom Massage

Our therapists will customize a massage based on your needs using a variety of techniques including Swedish, Deep Tissue and Reflexology. To receive the most benefit from this treatment, please communicate your intention for the session at the time of booking. Your therapist will choose specific massage oils and techniques to ensure the best results.

60 minutes \$115 / 90 minutes \$160

## FACIALS

At Journey spa®, our facial treatments incorporate pure ingredients and advanced skincare techniques, providing a holistic and effective approach to healthy and luminous skin.

### Journey spa® Signature Facial

Our most popular facial uses organic and natural products to cleanse, calm, nourish, protect and balance your particular skin type. You will leave with glowing, clean skin.

60 minutes \$120 / 90 minutes \$165

## Regenerative Facial

This nourishing facial stimulates collagen production to renew skin's elasticity, targeting fine lines and wrinkles. You will see and feel immediate results with hydrated and radiant skin.

60 minutes \$120 / 90 minutes \$165

## Men's Journey Facial

This results-oriented treatment combines deep cleansing with calming and clarifying properties to effectively treat congestion and irritation that occur as a result of athletic activities and frequent shaving. An energizing scalp treatment is included in the 90-minute option to promote deeper relaxation. Please shave at least 4-8 hours prior.

60 minutes \$120 / 90 minutes \$165

## BODY TREATMENTS

### Signature Tides of Change Body Treatment

Listen to calming sounds of the ocean while sore muscles and joints are soothed as you lie beneath warmed towels. A full body exfoliation using organic body polish rich with sea minerals is followed by a massage using a blend of hydrating marine oils. You will leave feeling refreshed, revitalized, and polished to perfection.

60 minutes \$120 / 90 minutes \$165

## Tide and Thyme

A beautiful treatment designed to release stress and hydrate the body. To begin, a body polish using thyme oil brings out the skin's natural glow, preparing it for a hydrating wrap of whipped shea butter with herbal essences to energize the body. A scalp massage with jasmine oil relaxes the mind, and a mini-facial massage and reflexology treatment leave the entire body feeling rejuvenated.

90 minutes \$165

## Ginger Zest

This treatment begins with a warming, organic ginger and honey body scrub followed by a deep massage to melt away any tension. You will feel a radiant glow from within and a new zest for life after this treatment.

60 minutes \$120 / \*90 minutes \$165

*\*Includes a hot stone massage.*

## Ocean Energy

This marine-inspired treatment begins with a light exfoliation and generous application of mineral-rich ocean clay containing powerfully detoxifying, anti-inflammatory properties. The benefits of this clay wrap are intensified with the addition of lavender and rosemary. After showering off the clay, your choice of an oil or lotion infused with native herbs is applied to leave skin soft and glowing.

90 minutes \$165

## SPECIALTY OFFERINGS

### **Journey spa® Treatment**

Your journey to relaxation begins with a private consultation that will set the path for your therapist to create a multi-faceted treatment addressing your specific needs. Elements of traditional massage, reflexology and aromatic oils may be selected to achieve the desired result. You will leave feeling renewed and refreshed.

90 minutes \$185

### **Reflexology**

Reflexology is a technique where pressure is placed on specific points on the hands and feet affecting corresponding areas and organs of the body, alleviating discomfort, congestion and stress. This treatment can be added to most massage or body treatments.

30 Minutes \$75 / 60 Minutes \$115

### **Jasmine Scalp Massage**

Warm, nourishing oils are gently poured onto the scalp and slowly massaged into the hair, creating a soothing sensation that stimulates healing and brings healthy shine and luster to hair. This treatment can be added to most massage or body treatments.

30 Minutes \$75

## Nail Care Treatments

Petite Manicure or Pedicure:

Healthy products are utilized for a simple cuticle clean up, nail shaping, filing and polish application.

Manicure: 30 minutes \$35

Pedicure: 30 minutes \$45

Men's Journey Pedicure: 60 minutes \$55

Journey spa® Manicure: 60 minutes \$55

Journey spa® Pedicure: 60 minutes \$65

*French Polish can be added to any of the above nail services for an additional \$10.*

## Makeup

Experience the weightless benefits of 100% natural mineral makeup. Whether preparing for a special occasion or seeking a new look, our trained professionals can show you the color palette to bring out the best in you.

Makeup application: 30 minutes \$55

Makeup lesson: 60 minutes \$75

## Waxing

Lip or Chin \$20

Eyebrows \$25

Underarms \$30

*Inquire about other hair removal services.*



## A DAY AT THE SPA

Journey spa® packages at the Tides Inn are designed to encourage relaxation, rejuvenation and healing. Please enjoy your time between services relaxing in our intimate lounge with healthful refreshments, warm herbal neck pillows and soft blankets.

### **Journey spa® Signature Package**

Boost your inner spirit and physical energy with this luxurious package harnessing the healing powers of the ocean. The package includes a full-body scrub using exotic sea salts; a massage with sea-algae infused oils and our signature facial which will leave you relaxed and hydrated. Finally, enjoy a delightful Signature Oceanic Cocktail as you receive a Journey spa® Pedicure.

60 Minute Journey spa® Signature Facial

90 Minute Tides of Change Signature Body Treatment

60 Minute Journey spa® Pedicure

\$310

Prices do not include gratuity and are subject to change.

## The Chesapeake Golfer's Recovery Package

This two-hour journey is about choices. Enjoy either a full-body massage with arnica oil to improve circulation and aid muscle recovery, or a facial that will leave you feeling relaxed and hydrated. A well-deserved pedicure will ensure you're ready for the next round of golf at the Golden Eagle.

60 Minute Arnica Intensive Massage or  
Men's Journey Facial

60 Minute Men's Journey Pedicure

\$160

## Customized Bridal Packages

Please contact the spa for availability and more information.

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## In-Room

Many of our treatments can be enjoyed in the privacy of your guestroom.  
Please call ext. 4430 to inquire about availability and pricing.

## SPA SPECIFICS

Journey spa® at the Tides Inn is an oasis of relaxation and tranquility. To maintain this soothing environment, we ask that you respect others' privacy, speak softly, and mute any devices such as cell phones.

- Your spa time is reserved exclusively for you. Should you need to cancel or move an appointment, please call ext. 4430 at least 24 hours in advance to avoid being charged.

### Hours:

Sunday – Thursday 8:30 am – 6:00 pm

Friday – Saturday 8:30 am – 7:00 pm

To enhance your spa experience:

- Please arrive 15 minutes before your appointment for a spa orientation. This will allow you time to change, ask questions and relax before your treatment.
- We provide a locker, bathrobe and slippers for your personal use during your spa visit.
- Our therapists are trained to keep you properly draped throughout the treatment, respecting your privacy at all times.
- After your treatment, we recommend taking time to relax in the spa's serene environment.

Prices do not include gratuity and are subject to change.

## ELEMIS SKINCARE THERAPY



A Fusion of Pro-Formulas, Touch and Technology. 6 Super-Charged Facials with Immediate Results.

BIOTECH Facials are 60 minutes for \$165

- **Line Eraser** De-age and energize skin towards optimum performance with three powerful technologies in one special treatment. Microcurrent, red & blue light therapy and micro-circulation oxygen stimulate and rejuvenate all skin types. Clinically proven\* to effectively iron out wrinkles, minimize lines, stimulate collagen and increase hydration by 87%.

Prices do not include gratuity and are subject to change.

- **Firm-a-Lift** Rediscover the architecture of your face with this ground-breaking blend of lymphatic drainage massage, pulses of microcurrent and galvanic technology that leaves the face toned, firmer and more lifted.
- **Skin Resurfacer** This revolutionary clinically proven facial addresses skin tone, fine lines and pore size to transform the texture of the skin. The ultrasonic peel, massage and LED light therapy deep cleans and exfoliates leaving the skin remarkable smooth.
- **Radiance Renew** This cellular-boosting treatment combats a dull and tired complexion. The ultrasonic peel stimulates the removal and dead skin cells, while the galvanic rejuvenating ionic current restores and nourishes stressed skin. The result? Instantly clearer, visibly brighter and radiantly renewed skin. Great for special events!

\* Independent Clinical Trials

- **Sensitive Skin Soother** This anti-inflammatory treatment soothes sensitive, fragile skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. Ideal for Rosacea, Pregnancy reactive or Sun damaged skin.
- **Ani-Pigment Brightener** This illuminating treatment dynamically tackles the appearance of uneven skin tone, discoloration and age spots. A unique complex of Vitamin C and brightening actives, Ultrasonic resurfacing and LED light therapy transforms skin to its perfect state.

- **Add-On: ELEMIS BIOTEC Eye Do**  
BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.
- **Add-On: ELEMIS BIOTEC Save the Neck**  
Microcurrent reminds the muscle to firm up and tighten slacked skin while the Arjuna-infused jowl and chin mask lifts and improves facial contours

Add-ons are 30 minutes for \$90

Journey spa<sup>®</sup> at the Tides  
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TidesInn.com