The Journey spa at the Tides Inn offers a variety of therapeutic, relaxing and rejuvenating treatments in a tranquil and intimate waterfront setting. Discover the art of rejuvenation while you take a moment for yourself at Journey spa.

The following treatments are available:

- Facials 3 - 5
- Waxing 6
- Makeup 6
- Massage Therapies 7 - 9
- Body Treatments 10 - 12
- Nail Care Treatments 13
- Spa Packages 14
- Fitness 15 - 16

For spa appointments and bridal service packages, please call 804.438.4430.
FACIALS

NATUROPATHICA® FACIALS

Our Naturopathica® facials incorporate pure ingredients and advanced skincare techniques, providing a natural and effective approach to healthy and luminous skin.

JOURNEY SPA SIGNATURE FACIAL  60/90 minutes
Our most popular facial uses organic and natural products to cleanse, calm, nourish, protect and balance your individual skin type. You will leave with glowing, clean skin.

REGENERATIVE FACIAL  60/90 minutes
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.

MEN’S JOURNEY FACIAL  60/90 minutes
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.

BACK FACIAL  30 minutes
A deep pore cleansing, exfoliation and masque designed for an often neglected area that leaves your skin glowing and hydrated.

TEEN CLARIFYING FACIAL  30 minutes
Uncover the importance of good skin care habits at a young age. This facial is designed to specifically address breakouts that are associated with adolescent skin and will begin with a deep cleansing. Gentle extractions followed by a healing mask will then help to rehydrate dry, flaky skin, or eliminate oily particles.

DERMAPLANING  60 minutes
Brighten and smooth your skin by removing dead skin cells and fine facial hair leaving you with a youthful glow.

ELEMIS BIOTEC FACIAL TREATMENTS

LINE ERASER  60 minutes
De-age and energize skin towards optimum performance with three powerful technologies in one special treatment. Micro current, red & blue light therapy and micro-circulation oxygen stimulate and rejuvenate all skin types.

FIRM-A-LIFT  60 minutes
Rediscover the architecture of your face with this ground-breaking blend of lymphatic drainage massage, pulses of micro current and galvanic technology that leaves the face toned, firmer and more lifted.

SKIN RESURFACER  60 minutes
This revolutionary, clinically proven facial addresses skin tone, fine lines and pore size to transform the texture of your skin. The ultrasonic peel, massage and LED light therapy deep cleans and exfoliates leaving the skin remarkable smooth.

RADIANCE RENEW  60 minutes
This cellular-boosting treatment combats a dull and tired complexion. The ultrasonic peel stimulates the removal of dead skin cells, while the galvanic rejuvenating ionic current restores and nourishes stressed skin. Great for special events!
FACIALS

SENSITIVE SKIN SOOTHER  60 minutes
This anti-inflammatory treatment soothes sensitive, fragile skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming antioxidants improve the skin’s ability to repair itself. Ideal for Rosacea or sun damaged skin.

ANTI-PIGMENT BRIGHTENER  60 minutes
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.

ADVANCED EYE TREATMENT  30 minutes
Biotec technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin. Helps smooth and firm fine lines and wrinkles.

SAVE THE NECK  30 minutes
Microcurrent reminds the muscle to firm up and tighten slacked skin while the Arjuna-infused jowl and chin mask lifts and improves facial contours.

FACIAL ENHANCEMENTS
(Available as an add-on to any facial or treatment)
Dark Spot Treatment
Eye Treatment
Jowl Firming
Ultrasonic Peel
Perfect Pout

WAXING & MAKEUP

WAXING
Lip or Chin
Eyebrows
Underarms

MAKEUP
Experience the weightless benefits of La Bella Donna’s 100% natural mineral makeup. Whether you are preparing for a special occasion or seeking a new look, our trained professionals can show you the color palette to enhance your beauty.

MAKEUP APPLICATION
A great way to add to that special occasion with a professional makeup application using our La Bella Donna products.

MAKEUP LESSON
Learn application techniques and the latest makeup trends for a new look.

Eyelash Tinting
Eyebrow Tinting
Eyelash Perming
MASSAGE THERAPIES

WILD JASMINE MIST MASSAGE  60/90 minutes
A Swedish-style massage to inspire the senses with light-scented night jasmine oil to soothe the skin, while calming the mind. Includes a facial massage that will leave you feeling relaxed, soft and radiant.

ARNICA INTENSIVE MASSAGE  60/90 minutes
A combination of deep tissue, sports stretches, compressions and other massage techniques are used, along with pain-relieving arnica oil to help restore mobility and vitality, leaving you invigorated and refreshed.

AROMATHERAPY MASSAGE  90 minutes
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.

MOTHER-TO-BE MASSAGE  60 minutes
Designed to nurture both mother and baby, this gentle massage brings care and support to the common discomforts experienced during pregnancy. 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.

REFLEXOLOGY  60 minutes
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.

DEEP TISSUE MASSAGE  60/90 minutes
This firm to deep therapeutic massage uses a variety of muscle release techniques that target chronically tense areas in order to relieve muscle soreness resulting from overexertion.
MASSAGE THERAPIES

CUSTOM MASSAGE  60/90 minutes
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.

HIMALAYAN SALT STONE MASSAGE  60/90 minutes - May '18
This highly relaxing and remineralizing body massage, using warm, hand-carved salt stones from the Himalayan Mountains, balances the central nervous system and nourishes depleted cells, leaving the body in a deep sense of relaxation. Stimulation of specific meridians on the body allows for improved sleep and reduced inflammation and gives an immediate sense of improved wellbeing.

SPECIALTY OFFERINGS

REFLEXOLOGY  30 minutes
An effective way to alleviate stress and discomfort using specific pressure points on hand or feet.

JASMINE SCALP MASSAGE  30 minutes
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.

BODY TREATMENTS

TIDE AND THYME  90/120 minutes
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.

OCEAN ENERGY  90 minutes
This marine-inspired treatment begins with a light exfoliation and application of mineral-rich ocean clay containing detoxifying, anti-inflammatory properties of lavender and rosemary. The benefits of this clay wrap are intensified with the addition of a scalp massage.

BEE HAPPY BODY TREATMENT  60/90 minutes
Your treatment will begin with a gentle exfoliation using creamy shea butter and micro sugar crystals scented like a southern tea infused with peach, ginger, orchid and white tea. Your heels will thank you for pampering them with a nourishing honey heel glaze that will soften even the buzziest feet. Your skin will feel rehydrated and refreshed following your massage with Sweet Cream Body Milk.

BACK COUNTRY BUTTERED RUM  60/90 minutes
Begin your treatment with our intoxicating Butter Rum Scrub made with brown sugar, butterscotch and dark rum, followed by a massage with our rich, buttery Caramel Body Milk. This treatment will leave you silky, smooth and blissfully relaxed.
BODY TREATMENTS

30 MINUTE SCRUBS

Body scrubs by Farmhouse Fresh® are naturally derived from fresh fruits, vegetables, milks and more from U.S. farms including their own.

SWEET TEA
Creamy shea butter with micro sugar crystals infused with peach, ginger, orchid, and white tea leaving your skin exfoliated without feeling tight, dry or stripped of natural oils.

BUTTER RUM
Golden brown sugar and premium aged rum combine with a rice brain oil creating a buttery-sweet body scrub leaving you silky and smooth. A little rum exfoliation and you’re good to glow!

HONEY LAVENDER
Light weight, non-greasy, fine grain scrub using fresh garden lavender and raw honey leaving your skin soft and smooth.
NAIL CARE TREATMENTS

JOURNEY SPA MANICURE OR PEDICURE
Enjoy the beautiful view of the zen garden as you enjoy one of our refreshing, rejuvenating nail services.

Journey spa Manicure: 60 minutes
Journey spa Pedicure: 60 minutes
Men’s Journey Manicure: 60 minutes
Men’s Journey Pedicure: 60 minutes

EXPRESS MANICURE OR PEDICURE
Express services include a simple cuticle clean up, nail shaping, filing and polish application.

Express Manicure: 30 minutes
Express Pedicure: 30 minutes

POOLSIDE MANICURE OR PEDICURE
Treat yourself to an indulgent poolside service using Moroccan Oil products to exfoliate and re-hydrate your skin along with a cuticle clean up, nail shaping, filing and polish application.

Poolside Manicure
Poolside Pedicure

French polish can be added to any of the above nail services.

SPA PACKAGES

JOURNEY SPA SIGNATURE PACKAGE
90 Minute Ocean Energy
90 Minute Journey spa Signature Facial
60 Minute Journey spa Manicure
60 Minute Journey spa Pedicure

SEASONAL PACKAGE
90 minute Butter Rum or 90 minute Bee Happy Body Treatment
Plus, 60 minute Journey spa Signature facial

EXPRESS PACKAGE
30 minute facial and 30 minute reflexology at the same time
30 minute Express Manicure
30 minute Express Pedicure
FITNESS

Keep your fitness routine or start one during your stay at Tides Inn. Our certified trainers and specialists are ready with group classes (reference the experience schedule) or one-on-one sessions. Please book your private fitness training sessions 24 hours in advance.

THE TRAVELER’S WORKOUT  60 minutes
Traveling can throw a wrench into any workout ritual. In this consultation, our trainer will help you explore techniques that can be performed on your travels without gym equipment or weights. Designed to help the traveler stay toned and healthy on the road, this consult will have you saying “bon voyage” to that extra travel baggage in no time.

RAD ROLLER MOBILITY  45 minutes - June ’18
Unlock your body’s true movement potential in a one-on-one using the RAD Roller tools and techniques. Our certified professionals will guide you through a series of release and muscle movements to relieve pain, increase mobility, and aid in recovery. Check out the entire selection of RAD products in the spa and take your relief home!

STRENGTH TRAINING  60 minutes
If you seek to begin a new program or tweak an existing one, our certified personal trainers will guide you through a customized workout and design a take-home program to continue your goals after departure. From novice to expert fitness enthusiast, this private session will breathe new life into your exercise routine.

AQUA FITNESS  60 minutes
Enjoy a custom-designed workout with less impact on your back, shoulders and knees. This session, which is available individually or shared for two, will incorporate stretching, core and strength training in the pool, using water for resistance and comfort.

FITNESS

Any of our regularly scheduled fitness classes here can be booked as a private class, either individually or as a “shared session” for two, and will be customized to meet your needs.

YOGA  60 minutes
Whether you are a novice or practice yoga on a regular basis, our yoga instructors can design a yoga session focused on your desired yoga type, skill level and interests.

PILATES PLUS  60 minutes
A fun and challenging core-based fusion workout class that incorporates low-impact cardio and body-weight strength exercises to burn calories and tone the entire body.

PADDLEBOARD YOGA  90 minutes
Challenge your balance and awaken your body. Check out the horizon upside down and end your session with a relaxing float with your fingertips in the water.

OUTDOOR BOOTCAMP  60 minutes
Ready to get your heart-rate up? Join our certified personal trainer for some outdoor calisthenics.
480 King Carter Drive
Irvington, Virginia 22480
Spa: 804.438.4430
Hotel: 804.438.5000
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