



## Massage Therapy

### RELAXATION MESSAGES

#### Swedish Massage

This classic full-body massage provides an antidote to stress and tired muscles and increases circulation, promoting relaxation and a feeling of renewal. A great massage for a beginner.

#### Customized Aromatherapy Massage

Enjoy this ancient art of using essential oils from herbs and flowers blended to your sensory needs combined with a light massage, for relaxation and increased energy while reducing the effects of stress.

#### Hot Stone Massage

Hot smooth lava stones heat deep within your muscles. Pure European oils combined with long gentle strokes glide over your body allowing the heat to penetrate deep into the muscle, releasing tension from your muscles and restoring balance to mind, body and soul.

#### Express Massage

For those with limited time, this half-session massage concentrates on the two most common areas that hold tension and stress – the neck and shoulders, leaving you invigorated and ready to go.

### THERAPEUTIC MESSAGES

#### Deep-Tissue Massage

This massage is a technique designed for anyone who requires a more intense massage. Deep strokes with added pressure on specific areas will reduce stress and help release constricted muscles. Our staff will customize your treatment for your needs.

#### Sports Massage

This form of massage is ideal before or after an event or exercise. Utilizing specific strokes and trigger points will help athletes obtain maximum performance by increasing power, endurance and mobility.

## Body Treatments

Indulge in a variety of French-oriented, therapeutic, seaweed-based treatments noted for their rebalancing effects on the body, or sample a self-heating treatment.

#### Marine Algae Body Treatments

Relax in a warm seaweed wrap that remineralizes and detoxifies, while soft music wafts through a dimly lit room. Then, an invigorating shower is followed by soothing applications of creams and oils.

#### Salt Glo Treatment

Natural refined sea salts and essence oils, blended together with an ultimate rubdown, followed by a shower and application of special moisturizing oils resulting in velvety smooth and glowing skin.

#### Golden Body Treatment

This luxurious body treatment is the ultimate indulgence for the senses. Enjoy a thorough exfoliation followed by a warm golden wrap, then a sprinkle of golden dust. The final result is a healthy golden glow. Perfect treatment for bridal parties or special events.

#### Remineralizing Gel Body Mask

This body mask remineralizes the entire body, giving the client a sense of well being as well as balancing the metabolism. Excellent for reducing stress, it improves micro-circulation and cellular regeneration and nourishes dry skin.

## Spa Packages

### Travelers Retreat

In no time at all you will forget all about stress. Perfect for executives and other busy travelers.

#### Includes

Customized Facial  
Salt Glo Body Treatment  
Full-session Massage

### Beach Basics

Restore your mind, body and spirit with our beach basics.

#### Includes

Customized Facial  
Paraffin Pedicure  
Full-session Massage

### Beach Bliss

This luxurious package is a feast for the senses. Here, some of our most pampering treatments combine to spoil you from head to toe. The ultimate indulgence.

#### Includes

Hydractive Facial  
Full-session Massage  
Paraffin Manicure  
Paraffin Pedicure

### Walk in the Waves

Soak your worn-out footsies in warm aromatic water that will remind you of a walk in the waves. Indulging in aromatic oils, and products, your feet will be pampered with foot massage, paraffin and wrapped in steamy towels. Discover how easily bliss travels from your feet to your spirit.

#### Includes

Paraffin Manicure  
Paraffin Pedicure  
Marine Algae Hand and Foot Treatment

### Microdermabrasion Treatment Series

Get serious about reversing the effects of sun damage and aging on the skin with a series of Microdermabrasion treatments.

### Wedding Day

The perfect combination for any special occasion.

#### Includes

Up-Do  
Paraffin Manicure  
Paraffin Pedicure

**All of our therapists hold current licenses in the state of Florida and go through continual education.**

**As a courtesy to all of our clients and therapists, a four-hour cancellation notice is required to avoid being charged.**

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# Sandestin Day Spa & Salon

Sandestin Day Spa & Salon delivers just what you want... service, experience and convenience.

With an impressive collection of more than 50 offerings, Sandestin Day Spa & Salon has treatments and services provided by the some of the area's top spa, salon and medical professionals.

Whether you need a manicure or haircut, a relaxing massage, or a special treatment for a friend or loved one, we can provide a pampering touch.

In addition to individual services, our experienced team members can handle groups with care for special events and gatherings.

Come experience our exceptional service.

Located within the gates of beautiful Sandestin Golf and Beach Resort, we will provide the special moments you deserve.



## Hair Care

The Salon's hair designers specialize in beautifying treatments that moisturize, nourish and protect every hair type. Complimentary consultations are available.

### Hair Services

- Haircut
- Shampoo/Blow Dry
- Hair Coloring
- Perming
- Styling
- Shampoo/Set
- Foil Highlighting/Low Lighting
- Up-Do/Special Occasion

Refresh your appearance with any combination of these rejuvenating treatments and traditional services:

### Reconstructive Treatment

- Protein Treatment
- Moisture Treatment
- Relaxing Scalp Treatment
- Hair Detoxifying Treatment - removes build-up of products and chlorine.

## Waxing

Wax is applied to the skin for removal of unwanted hair growth from legs, bikini areas, underarms, brows, lips, chin and face leaving skin smooth and silky.

## Make-up

Experience Aveda makeup with the energizing, light-reflecting benefits of minerals and natural pigments with a shade range extensive enough for all skin tones, in your choice of finish and coverage.

### Make-up Application

To end a day of pampering, or for a special occasion, have one of our professional make-up artists apply your make-up.

### Make-up Application with Instruction

Let one of our Aveda-trained make-up artists apply and guide you through a step-by-step make-up instruction, educating you to enhance and maximize your beauty.

## Manicures & Pedicures

Every detail of our nail care is done with precision. Choose from an array of the latest classic, French or neutral polish shades. Perfectly manicured hands and feet complete the day spa experience.

### Spa Pedicure

Soak your feet in one of our European spa pedicure chairs, while it massages your back for total relaxation. Enjoy an exfoliating leg and foot scrub and a relaxing massage of the pressure points to relieve stress, followed by the polish of your choice.

### Paraffin Pedicure

Our Spa Pedicure with a warm paraffin dip for your feet. Therapeutic properties of paraffin offer healing to dry tired feet leaving rejuvenating effects to the skin.

### Marine Algae Foot and Hand Treatment

Replenish essential moisture with the spa's signature treatment. The marine algae mud pack is a self-heating treatment applied to your feet and hands which are then wrapped in warm towels to optimize the hydrating process and stimulate circulation.

We also offer gel and acrylic nails.

### Spa Manicure

Our full spa paraffin manicure takes an hour to enjoy. Experience all the elements of a European manicure including a relaxing arm and hand massage followed by the warm paraffin wax dip, then perfectly polished nails.

### Child's Mini Manicure (for ages 10 and under)

Let your little princesses be pampered with a mini-sized manicure. We begin by shaping the nail, then a fizzy hand soak is followed by a fruity moisturizing hand and cuticle massage with their choice of pretty polish.

### Child's Mini Pedicure (for ages 10 and under)

Pamper those little toes too. After shaping the nail, a bubbly soak is followed by a tutti-fruity ice cream sugar scrub to the legs and feet. Then relax with a fruity moisturizing massage before painting those toes with pretty polish.

## Facials

The Day Spa offers an array of facials that's bound to turn heads. American and European techniques are combined to give every skin type optimal treatment. Make-up instruction or brow tinting are also offered.

### Glycolic Acid Facial

Sugar cane acids are used for rapid exfoliation allowing the skin to renew itself while reducing fine lines, sun damage, and other signs of aging.

### Marine Algae Facial

Minerals, trace elements and vitamins indigenous to the Brittany Coast of France, where this ultimate facial was created, remineralize and revitalize.

### Customized Facial

Deep exfoliation dissolves dead skin cells followed by massage and treatment mask, customized to your skin type.

### Hydractive Facial

Saturates the upper layers of the epidermis providing instant hydration, while the facial massage reinforces the penetration of products.

### Electrolysis

Maintain a beautiful, smooth, hair-free look that is effective on all skin and hair types by removing all unwanted hair permanently.

### Microdermabrasion Treatment

Skin-freshening technique that aids in repairing skin damaged from sun exposure and the effects of aging. Our machine uses a fine powder for gentle abrasion mixed with suction to remove the dead outer layer of skin. More than one treatment will optimize effectiveness.

### Microdermabrasion Facial

Combine our Microdermabrasion Treatment with the facial of your choice to enhance your treatment results.

### Back Facial

A very calming refresher, the back facial includes cleansing, exfoliation with a self-heating mask.

### Gentleman's Facial

A deep-cleansing facial designed to exfoliate and purify the skin. This facial is both relaxing and nourishing for the skin. Men should not shave immediately prior to treatment.

### Teen Facial

Get your teen started with healthy habits that will last a lifetime. A combination of deep-cleansing and rebalancing, this facial includes instruction to help your teen's daily skin regimen.