

THE SIMPLEST
OF PLEASURES
AWAIT



RETREAT.
REJOICE.
RESET.

SIGNATURE JOURNEYS

peace 105 minutes | \$300 *slumber* 105 minutes | \$300
joy 105 minutes | \$300 *shine* 105 minutes | \$300

3 HOUR CABANA RENTAL

CABANA WITH TREATMENTS | \$250 per group of up to six

CABANA DAY PASS WITHOUT TREATMENTS
additional day passes required

SPA DAY PASS
SAUNA SPA DAY PASS

MASSAGE + BODYWORK

sacred healing // swedish massage
60 | 75 | 90 minutes // \$175 | \$215 | \$250

find your balance // wellbeing massage
60 | 75 | 90 minutes // \$175 | \$215 | \$250

wild and carefree // cbd massage
60 | 75 | 90 minutes // \$195 | \$235 | \$270

challenger deep // deep tissue massage
60 | 75 | 90 minutes // \$195 | \$225 | \$275

body-brain connection // sports massage
60 | 75 | 90 minutes // \$195 | \$225 | \$275

serenity // salt stone massage
60 | 75 | 90 minutes // \$175 | \$215 | \$250

vagus nerve // meditative massage
60 | 90 minutes // \$175 | \$250

belly bump // pre-natal massage
60 | 75 minutes // \$175 | \$215

flow // reiki
60 minutes // \$175

sole survivor // reflexology
30 | 60 minutes // \$95 | \$175

back to basics / back, shoulder, neck relief
30 minutes // \$95

life preserver // hand, scalp, and foot ritual
30 minutes // \$95

MASSAGE ENHANCEMENTS | no additional time added
cbd | arnica | magnesium | organic algae aloe | dry brushing |
cupping // \$20

MASSAGE BOOSTERS | additional 15 minutes
foot boost | hand boost | scalp boost // \$45

ALTERNATIVE HEALING

vibrational energetic sound therapy
60 minutes | \$195

reiki energy facial
75 minutes | \$230

craniosacral therapy
60 minutes | \$195

BODY RITUALS

body woodsculpt™ // contour therapy
60 minutes | \$195

ocean recovery // magnesium body scrub
75 minutes | \$215

4 sacred elements // signature body buff
60 minutes | \$175

mellow out // cbd body wrap
60 minutes | \$195

get salty // invigorating salt scrub
60 minutes | \$175

tidal detox // mud wrap
60 minutes | \$175

sun salutation // sun recovery
60 minutes | \$175

wrap me up // healing cocoon
75 minutes | \$215

rise and shine // immune boost body scrub
60 minutes | \$175

FACIALS + SKINCARE

ultraluxe facial
90 minutes // \$395

hydrafacial
60 | 90 minutes // \$295 | \$375
Optional Add-on: Eye Perk or Lip Perk // \$60

sea breeze facial
60 | 90 minutes // \$175 | \$250

ocean facial
60 | 90 minutes // \$175 | \$250

nourish // anti-aging vitamin infusion facial
60 minutes | \$195

fresh air // intraceuticals oxygen infusion facial
60 | 90 minutes // \$235 | \$310

atoxelene intraceuticals treatment
30 minutes | \$140

time rewind // peptide anti-aging facial
75 minutes | \$215

breakout // deep pore cleanse acneic facial
60 minutes | \$195

glow peel facial
60 minutes | \$185

refresh // express facial
30 minutes | \$95

FACIAL ENHANCEMENTS | no additional time added
collagen eye mask | collagen lip mask | collagen face mask
collagen neck and décolleté mask | rejuvenate peel | led light therapy
hyaluronic lip | dermaflash dermaplaning // \$65

An aerial photograph of ocean waves with a seashell logo in the center. The seashell is white with black stripes. The text "THE SALON AT SWEETGRASS" is overlaid on the image.

THE SALON AT SWEETGRASS

MANICURES

gift from the sea // seaweed manicure | \$80

wellbeing manicure | \$60

cbd manicure | \$60

sweetgrass manicure | \$50

hurry up // buff and polish | \$35

little starfish // kids' manicure | \$35

PEDICURES

gift from the sea // seaweed pedicure | \$95

wellbeing pedicure | \$80

cbd pedicure | \$80

sweetgrass pedicure | \$70

little starfish // kids' pedicure | \$35

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 at sweetgrass 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 at sweetgrass 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.