



*the cottage spa*

*Montage*

PALMETTO BLUFF

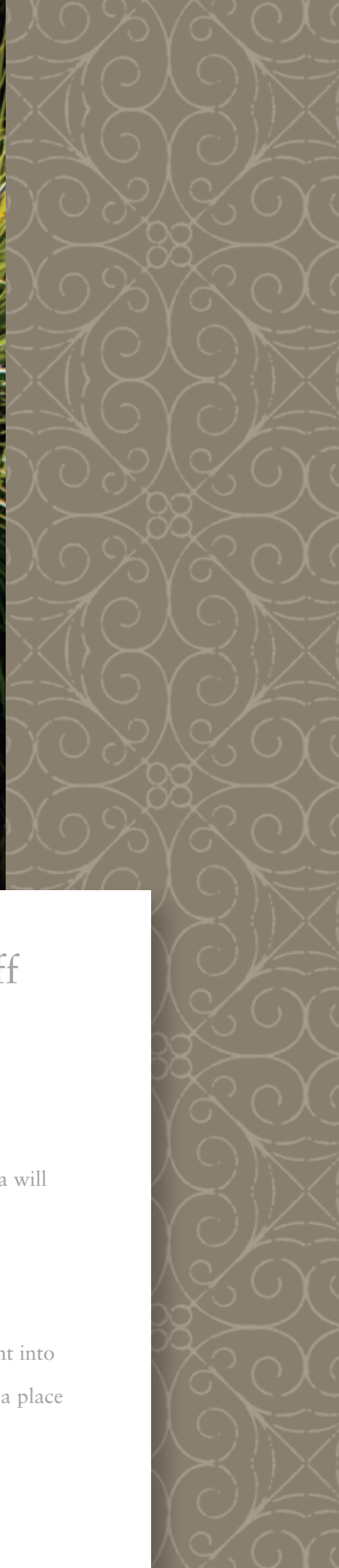


## The Cottage Spa at Palmetto Bluff

### ENLIVEN YOUR SPIRIT

Set beside serene waterways flowing through verdant sprawling countryside, lush gardens and moss laden oak trees, The Cottage Spa will lull you into a peaceful state of mind, body and heart.

We draw our inspiration from nature to create an indigenous spa experience. Incorporating elements of the Palmetto Bluff environment into our treatments provides a greater sense of place. The Cottage Spa is a place to reconnect, become more grounded and enliven the spirit.





## SIGNATURE & BODY THERAPIES

With a focus on your specific needs to achieve total body wellness, our signature & body therapies combine indigenous, natural treatments with gracious care, and the intention of rejuvenation and rebalancing.

### *Signature Palmetto High Cotton*

MASSAGE | HAIR RENEWAL | FOOT REFLEXOLOGY

The elements of this popular treatment flow gently in and out of our “firm and nurturing” signature style of massage. A stimulating scalp massage and a nourishing hair mask deliver beautiful results while lulling you deeper into relaxation. Warm towel compresses prepare your feet for a smoothing scrub followed by a reflexology massage.

### *Illuminating Renewal*

Heal and revive with earthly minerals. Begin with an invigorating full body exfoliation followed by a soothing full body masque. Finish inside a warm cocoon while a luxurious foot and scalp pressure point massage completes this soothing and healing head to toe service.

Pluff Mud Wrap – Detox | Pumpkin Body Peel – Nourish | Geranium Rose Hydration – Repair

### *Illuminating Glow*

Illuminate your body from head to toe with this results-driven treatment. This stimulating experience incorporates an exfoliations, and invigorating body buff intended to improve texture and brighten skin followed by a nutrient rich massage that leaves skin feeling soft and supple.

Pine Sea Salt – invigorating and remineralizing | Hibiscus Sugar – calming and moisturizing

### *May River Revival*

EXFOLIATION | WRAP | MASSAGE

A cleansing exfoliation combined with one of our nourishing body wraps will allow you to drift into a state of bliss as you lay cocooned in linens. Finish the experience with a full body massage.

Pluff Mud Wrap – Detox | Pumpkin Body Peel – Nourish | Geranium Rose Hydration - Repair

### *The Bluff's Best*

MASSAGE | FACIAL | PEDICURE

A combination of Palmetto Bluff's Signature treatments including the Palmetto High Cotton, the Signature Caviar Facial and the Lowcountry Lemon-Aide Pedicure.

## MASSAGE THERAPIES

Whether suffering from travel fatigue, work-induced stress, specific aches and pains or seeking new ways to unwind, our massage therapists will draw upon their extensive bodywork repertoire to provide relaxation and relief with their artful work in massage therapy.

### *Palmetto Body Bliss*

This light to medium pressure massage uses primarily Swedish techniques to help you achieve deep relaxation, increased circulation, muscle detoxification, and increased flexibility. Tailor blended essential oils allow for deeper relaxation, a still mind and an inner sense of wellbeing.

### *Palmetto Body Rescue*

This is a strong pressure massage that targets the deeper layers of muscle and connective tissue for relief of muscle pain and tension. Prepare for this more intense bodywork with a deep breathing ritual, and complete your recovery with our special blend of detoxifying oil.

### *Aromatherapy Massage*

Let us complement any massage with a personalized blend of essential oils extracted directly from flowers, herbs and roots which help aid your specific physical and emotional needs.

### *Pre Natal Massage*

A customized massage tailored for the mother-to-be. Pre Natal massage can relieve some of the discomforts of pregnancy, reduce stress and increase circulation.

### *The Deep South*

East meets West in this eclectic blend of Thai, Shiatsu, and Sports massage. Perfect for those in need of work for tight core areas, including point specific work on the spine, sciatica and other overworked areas in the back, neck and shoulders. This is a full body massage.

### *Reflexology Massage*

Based on the Ancient Wisdom of Chinese Medicine, reflexology focuses on alternating pressure points on your feet which releases the body's natural energy flow and encourages full body wellness.

### *Warm River Stone Massage*

Melt into the comfort and soothing warmth from river-worn stones, precisely placed across the body. Hot stones create deep muscle relaxation while cold stones reduce inflammation, creating a feeling of restored balance.





## FACIAL THERAPIES

Our aestheticians bring your luminous beauty outward. After a custom evaluation, your aesthetician will recommend a course of treatment designed to provide optimal skin healing and radiant balance. All facials include a cleansing, skin analysis, therapeutic massage, specialty masque, intensive serum, protective finishing cream, and hand and foot treatments.

### *Signature Caviar Facial*

This luxurious facial combines powerful antioxidants, protein rich caviar, regenerating Co-Enzyme A and a specifically designed AcuLift and Acupressure Massage. This combination deeply hydrates, reduces fine lines, improves skin elasticity, and smooths skin texture, all resulting in a vibrant, luminous complexion upon completion. This treatment targets the hands with a cuticle treatment and peel application as well as a decadent foot massage.

### *Infusion Facial*

Our Infusion facial is the Transformation Facial combined with a non-acid Peel Infusion, safe for every skin type. This triple mask process combined with LED light therapy creates deep firming, offers significant rejuvenation of damaged skin, contains lightening properties and remodels scar tissue from acne while controlling oil and bacteria. It is the perfect peel for Rosacea because it is gentle and addresses inflammation while calming and restoring.

### *Ultimate Anti-Aging Facial*

Formulated with potent marine ingredients, this facial addresses the causes of aging from the inside out. Throughout the treatment your skin will be nourished with powerful marine antioxidants, peptides and essential fatty acids that when combined help your skin regain a balanced, youthful glow. The signature sculpting massage will tone and firm leaving softer skin with a dramatically visible lift. For any skin type.

### *Brightening and Lightening Facial*

This results-oriented facial addresses the concerns of age spots and hyper-pigmentation by merging the benefits of the Ultimate Anti-Aging Facial with skin brightening ingredients to create a bright, luminous complexion.

### *Transformation Facial*

This exquisite facial is tailored specifically for your skin. Your skin has varied needs and Transformation addresses a wide range of concerns such as aging, sunburn, acne, pigmentation and rosacea. Experience an array of fruit, vegetables and herbs combined with medical grade ingredients and LED light therapy that will resurrect your skin.

### *Gentlemen's Facial*

This deep cleansing therapeutic facial is designed specifically for men's special skin care needs, addressing razor burn and sensitivity. Relaxing the skin and refining pores, it includes a facial massage and deep cleansing masque. Please shave two hours prior to treatment.

## NAIL THERAPIES

These luxurious experiences for hands or feet include deep cleansing, exfoliation and massage with botanical lotions or oils, sealed with a hot towel wrap and total nail beautification.

### *Signature Lowcountry Lemon Aide Pedicure*

Enjoy the results of lemon as a natural antioxidant, antiseptic and its softening effect on rough heels. This pedicure includes paraffin, which assists in delivering maximum benefits of lemon and essential oils deep into your pores. Your skin will have a healthy glow and rumor has it that lemon can aid in nail growth.

### *Signature Lowcountry Lemon Aide Manicure*

The same benefits as stated in its pedicure mate! Helps to reduce the appearance of age spots on the hands.

## FOUNTAIN OF YOUTH

Many wish that they could turn back time and learn to treat their skin and selves better. Young visitors to the Palmetto Bluff Spa will get started on the best path to preserving eternal youth.

### *Youthful Glow Facial*

(ages 11-15) A basic foundation of good skincare is important for young skin. Our therapists will design a custom skincare routine, give you a Mia Clarisonic, skin care package and the knowledge of how to get the best out of your products so you can keep your skin looking fresh.

### *Belle of the Ball*

(ages 11-15) Looking fabulous is important and knowing how to use make-up to enhance all of your natural beauty is key. Our make-up experts will customize a look for you and show you how to create that look effortlessly day after day. You'll walk away with the product and confidence to look your best.

### *Petite Polish*

(ages 10 and under) Perfectly petite fingers deserve a little shine. We'll file and polish your tiny tips to give them grand glamour.

### *Junior Polish*

(ages 11-14) Youthful fingers are hard at work tapping on keyboards and phones all day long and deserve a little pampering. This luxurious experience will revive weary fingers and make them dazzle.

### *Petite Pedi*

(ages 10 and under) The Lowcountry is the perfect place to put on your flips and show off perfectly polished little piggies. We'll give your toes a little TLC and polish and send you flip floppin' away.

### *Junior Pedi*

(ages 11-14) The energy of youthful activities can leave busy feet tired and calloused. Exfoliation, relaxation and a little polish will restore your feet to new.



## IN-ROOM INDULGENCE

Discover the ultimate sense of relaxation in your spa experience, as treatments are brought directly to you, in the comfort of your cottage. Our spacious cottages, with lavish soaking tubs and relaxing steam showers, create the ideal environment for a personal spa experience. These in-room treatments bring an entirely new level of luxury and tranquility to your stay.

### *Couples Elopement*

Escape to your private cottage on a journey of renewal and reconnection with the one you love. Experience a rejuvenating, side by side, full body exfoliation, followed by a detoxifying steam shower in your cottage. This cleansing ritual primes your body for a luxuriating massage and warm body cocoon, including a hair and scalp treatment and foot reflexology, for the ultimate couples retreat.

### *Intrinsic Restoration*

Indulge in a personal awakening and center yourself by allowing us to bring the journey to you in your private cottage. Abandon your daily stress with a full body exfoliation, then let your thoughts drift away as you sink into your personal soaking tub. Further surrender yourself to a blissful massage, cocooned in warm linens, including a hair and scalp treatment and foot reflexology to complete your transformation.

### *Butler Bath*

Bathe in the serenity of your private cottage and relaxing waters of your teacup tub. Choose a bath formulated with your unique desires in mind, and our attendant will visit your cottage to draw your bath, turn on relaxing spa music and deliver a split of champagne. Sip, Soak and Relax.

### *Unwind*

A soothing milk soak with oils of lavender, sweet orange and other herbal remedies to promote restful sleep and calm the mind.

### *Restore*

A detoxifying salt soak with oils of rosemary, juniper and thyme to bring relief to tense, tight and fatigued muscles. This detoxifies the body and replenishes vital nutrients and minerals.

### *Cottage Massage*

Let us turn your cottage into your own private spa retreat. Enjoy the Palmetto Body Bliss or Palmetto Body Rescue in the comfort and privacy of your retreat.

Reserve your spa escape today, contact one of our experts 843.706.6615.  
[montagehotels.com](http://montagehotels.com)

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