



S P A M O N T A G E

PALMETTO BLUFF



# SPA MONTAGE

## *Palmetto Bluff*

Welcome to Spa Montage Palmetto Bluff, a soulful Lowcountry sanctuary. The temperate climate combined with vast, tranquil waterways, a wealth of nature trails and majestic towering oaks, provides the ideal environment for inspiration, discovery and wellness year-round.

Our mission is to support you in achieving your wellness and beauty goals through an exceptional palette of spa therapies, beauty treatments and wellness offerings – all inspired by the uniqueness of the Lowcountry. Rooted in classical spa therapies, every service is highly personalized and our caring staff of well educated professionals stand ready to focus in on your personal needs.

Whether you are seeking a relaxing escape, invigorating rejuvenation or preparing for a special event, we are ready to serve you. Our Signature Experiences incorporate the elements of this rich and abundant environment, combine them with skilled and innovative techniques, personalized for you.

After a day of exploration and recreation amidst the 20,000 acres of Palmetto Bluff, returning to the sanctuary of our tranquil Spa Montage is ideal. Swim a few laps in the relaxing outdoor pool surrounded by the lush green maritime forest. Settle into our separate men's and women's relaxation areas featuring saunas, steam rooms, cold plunge pools and whirlpools. Shop in our inviting Spa Boutique, or enjoy a beauty service in our stunning Salon Montage.

Inspired by our majestic Lowcountry locale and tailored to create the ultimate wellness and beauty experience, Spa Montage Palmetto Bluff inspires a deeper connection to your own personal wellbeing.



# FACIAL THERAPIES

## *Timeless Swiss Skin Care*

Jacqueline Piotaz Switzerland, Timeless Swiss Skincare is now available for the first time in the United States at Spa Montage. The luxurious combination of advanced stem cell products and facial treatment techniques, combine revolutionary Triple Plant Stem Cells with the latest advanced Swiss Bio High-Technology, to create a potent effect on cell protection, cell renewal, and cell longevity. Developed by Jacqueline Piotaz, an international skin care authority, produced in a renowned Swiss research laboratory, these treatments and products will improve the tone and texture of your skin while infusing it with actives that leave the skin revitalized and beautiful. Maintain the amazing results of these facial treatments with easy to use homecare, the Triple Plant Stem Cell Plus Collection, and the Advanced Cellpower Performance Collection.

## TIMELESS SWISS BOOSTER TREATMENT

*90 minutes • \$350*

This luxurious Booster facial combines revolutionary Triple Plant Stem Cells with the latest advanced Swiss Bio High-Technology and signature Swiss Power-Lifting massage. Perfect for mature skin that needs a boost, more radiance and brightness. The skin looks plumped and firm while expression lines and wrinkles appear less severe. This treatment will improve the tone and texture of your skin while infusing it with actives that leaves you with refreshed, beautiful skin.

## BIO DETOX & ANTI-STRESS BEAUTY TREATMENT

*60 minutes • \$240*

This Advanced Cellpower Performance facial offers an immediate firming and rejuvenating effect. Advanced Anti-Aging actives with antioxidants and anti-pollution ingredients improve the skin's resistance for a remarkable anti-stress effect. A non-invasive lifting effect for mature and demanding skin. The skin is perfectly nourished, moisturized and balanced and calms redness after excessive environmental stress (weather, cold and sun exposure).

## TIMELESS EXPRESS TREATMENT

*30 minutes • \$150*

The skin becomes refined, fresh and revitalized. Wonderful and ideal for a treatment in between more comprehensive facials for an infusion of freshness for the skin. This treatment is optimal for alleviating distressed skin. Also perfect for men.





# FACIAL THERAPIES

## DELUXE CAVIAR FACIAL

60/90 minutes • \$210/\$290

This ultra-luxurious facial firms, tones, refines and deeply hydrates the skin with protein-rich caviar, collagen boosting peptides, cell regenerating Co-Enzyme A and a specialized AcuLift massage. It also includes a high powered caviar serum to heal and soothe, or simply to restore your youthful glow. In the 90-minute version, depending upon your specific skin requirements, this facial may include additional specialty massage or LED light therapy.

## BRIGHTENING & CORRECTING FACIAL

60/90 minutes • \$210/\$290

This results oriented treatment is customized with a multi acid or enzyme peel to address specific conditions of the face, neck, decollete and hands. Ideal for skin types concerned with hyper-pigmentation, congested skin, fine lines and premature aging. Upon completion, you will immediately notice a more refreshed and radiant appearance.

## THE ESSENTIAL FACIAL

60/90 Minutes • \$195/\$275

Drawing from an array of luxury products ranging from powerful phyto-actives to cosmeceutical-based skincare, this facial will produce focused solutions while providing daily skin nutrition, brightening, smoothing, firming and hydration.

## THE NATURAL ORGANIC RADIANCE FACIAL

60/90 Minutes • \$195/\$275

Achieve remarkable results with the purest, most effective ingredients nature has to offer. Following an assessment, your Esthetician will select lush essential oils, rich botanicals and concentrated marine elements that produce vibrancy only Mother Nature can achieve. Enjoy an aromatherapy massage and a hand blended mask with ingredients freshly selected just for you. Purify, balance, hydrate and regenerate your skin to leave a fresh, vital glow.

## GENTLEMAN'S FACIAL

60/90 Minutes • \$195/\$275

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



# WAXING SERVICES

Brow Shape \$45  
Chin or Lip \$40  
Full Face \$110  
Underarms \$55  
Bikini \$70  
Half Arms \$60

Full Arms \$80  
Half Legs \$80  
Full Legs \$120  
Partial Back or Chest \$80  
Full Back or Chest \$120



# MASSAGE

## SIGNATURE HIGH COTTON MASSAGE

*90/120 Minutes • \$275/\$345*

Massage | Hair & Scalp 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.

## PALMETTO BODY BLISS

*60/90/120 Minutes • \$195/\$275/\$345*

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.

## AROMATHERAPY MASSAGE

*60/90/120 Minutes • \$195/\$275/\$345*

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.

## PALMETTO BODY RESCUE

*60/90/120 Minutes • \$195/\$275/\$345*

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.

## THE DEEP SOUTH

*60/90/120 Minutes • \$195/\$275/\$345*

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 full body massage provides the benefit of intense therapeutic muscle-work combined with general Swedish recovery strokes for increased flexibility and release in the body.

## WARM RIVER STONE MASSAGE

*60/90/120 Minutes • \$195/\$275/\$345*

Melt into the comfort and soothing warmth from river-worn stones. Alternating hot and cool stones create a synergy of purification and release. Muscles are eased and inflammation reduced. Radiating heat allows the melting of aches and pains while cool stones relieve discomfort and stagnation. Differing temperatures invigorate the circulatory and lymphatic systems, aiding in self-healing, increased circulation and flexibility.

## THE BLISSFUL REFLEX

*90/120 Minutes • \$275/\$345*

This specialty massage pairs our Body Bliss with Reflexology to ensure overall wellness. Body Bliss uses primarily Swedish techniques to help you achieve deep relaxation, increased circulation, muscle detoxification, and increased flexibility. Reflexology creates balance for your nervous system, and generally results in a refreshed feeling of wellbeing.

## PRE NATAL

*60/90 Minutes • \$195/\$275*

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.

## REFLEXOLOGY

*30/60 Minutes • \$110/\$195*

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



# BODY TREATMENTS

## SIGNATURE CAROLINA KUR EXPERIENCE

*120 Minutes • \$365*

Heal and revive with the minerals of the May River. The rich elements of the river's Pluff Mud are incorporated into our own custom blend designed to heal, detoxify and rejuvenate the skin. Begin with an invigorating full body exfoliation followed by a soothing full body mud masque. Cleanse the skin with submersion in a mineral rich therapeutic soak as you float with a sense of weightlessness in the jetted bath of ocean-inspired botanicals. Finish with a nourishing shea body butter to seal and hydrate the skin.

## BODY FIRMING DETOX

*60/90 Minutes • \$205/\$290*

Refine and firm body contours and promote detoxification as you re-energize. An exclusive dry brush technique stimulates the lymphatic system, promotes circulation, and encourages absorption of active firming ingredients. This is followed by a vigorous toning massage using ginger and caffeine to help break down cellulite as a cool hydrating crème helps to sculpt and shape. This treatment leaves you remarkably firmer and more energized.

## LAVENDER DREAMS

*90 Minutes • \$290*

Relax and breathe deeply, inhaling the calming and balancing benefits of wild Lavender. This uplifting and rejuvenating spa experience includes a two-step invigorating full body scrub and warm cocooning wrap. Conclude with a fingertip scalp massage and a soothing and relaxing back and foot massage using warm healing stones.

## GINGER RENEWAL

*90 Minutes • \$290*

Heal and revive with earthly minerals and organic ginger oil. Begin with an invigorating dry brush and full body exfoliation and follow up with a pampering back, neck and shoulder massage with organic ginger accompanied by warm healing stones. Finally rest, and relax while a luxurious hot oil scalp massage and grounding foot treatment completes the head to toe experience.

## HIS OR HER KUR

*90 Minutes • \$290*

An energizing ritual, which blends the therapeutic benefits of thermal minerals with essential oils. This revitalizing treatment combines three therapies – brisk salt exfoliation, an herbal bath and an aromatherapy massage. In His Kur, gentlemen will be revitalized with eucalyptus aroma and in Her Kur, ladies will be balanced with the aromas of geranium, grapefruit and lavender.

## COASTAL CAROLINA BODY WRAP

*90 Minutes • \$290*

These healing seaweed cocoons begin with a dry brushing and undaria body polish, achieve a deep state of relaxation while cocooned in healing seaweeds where you will enjoy a pampering scalp and foot massage. Luxurious warm algae oils are applied to smooth and revitalize your skin. Select from:

WHITE ALGAE | nourish and hydrate

UNDARIA SEAWEED | detoxify and balance

## HYDROTHERAPY MINERAL BATHS

*30 Minutes • \$95*

Submerge into a mineral rich therapeutic bath as the perfect prelude to any massage, body treatment or facial. Float with a sense of weightlessness with 53 jets in a bath of nature inspired botanicals while enjoying an indulgent scalp and neck massage.

LAVENDER, GERANIUM & ROSE | balancing and relaxing

EUCALYPTUS | revitalizing and invigorating







## JUST FOR COUPLES

Rekindle romance and enjoy some respite together. Our couple treatments are a wonderful way to reconnect and indulge as you take time to relax and unwind.

### A DAY TO REMEMBER (FULL DAY)

*6 hours • price per couple \$1800*

Exfoliation | Wrap | Soak | Massage | Facial | Scalp | Reflexology | Pedicure | Lunch

### HIS & HER KUR

*2.5 Hours • price per couple \$950*

*3 Hours • price per couple \$1100*

Exfoliation | Wrap | Soak | Massage (60 or 90)

### THE RETREAT (HALF DAY)

*3 Hours • price per couple \$950*

Massage | Facial | Pedicure

### COUPLES MASSAGE

*60/90 Minutes • price per couple \$390/\$550*

### COUPLES FACIAL

*60 Minute • price per couple from \$390*

### COUPLES PEDICURE

*60/75 min • price per couple \$180/\$220*

## SPA PACKAGES

Spa Montage invites you to spend a partial or full day with us to experience tranquility, revitalization and harmony. We encourage our guests enjoying a package to partake in our complimentary Art of Spa Rituals including our luxury amenity offering, our fitness facility and time relaxing by our spa pool.

### A DAY TO REMEMBER

*6 Hours • \$900*

Exfoliation | Wrap | Massage | Essential Facial | Scalp | Reflexology | Classic Pedicure | Lunch

### THE BLUFF'S BEST

*4 Hours • \$625*

Massage | Facial | Pedicure

A combination of Palmetto Bluff's deluxe treatments including the Palmetto High Cotton Massage, the Bio Detox & Anti-Stress Facial, and the Low Country Lemon Aide Pedicure.

### MAY RIVER REVIVAL

*3.0/3.5 Hours • \$550/625*

Carolina Kur | Stone Massage 60 or 90 (River elements)



# NAIL SERVICES

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

## SIGNATURE LOW COUNTRY LEMON-AIDE NAIL SERVICE

*135 Minutes • \$195*

Enjoy the results of lemon as a natural antioxidant, antiseptic and its softening effect on rough hands and heels. This service 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 lemon can aid in nail growth.

## SIGNATURE MANICURE

*60 Minutes • \$85*

## SIGNATURE PEDICURE

*75 Minutes • \$110*

## CLASSIC NAIL SERVICE

*105 Minutes • \$150*

A basic manicure and pedicure for regular nail maintenance, including a softening soak, cuticle cleaning, shaping, body butter and polish.

## CLASSIC MANICURE

*45 Minutes • \$60*

## CLASSIC PEDICURE

*60 Minutes • \$90*

## GENTLEMAN'S NAIL SERVICE

*75 Minutes • \$110*

The classic manicure and pedicure leaving your hands and feet refreshed and renewed including an energizing foot soak, hand and foot nail trimming, shaping, hydrating scrub and massage with a final buff. The perfect grooming to keep your hands and feet looking their best.

## GENTLEMAN'S MANICURE

*30 Minutes • \$50*

## GENTLEMAN'S PEDICURE

*45 Minutes • \$60*

# FOUNTAIN OF YOUTH

## YOUTHFUL GLOW FACIAL

*45 Minutes • \$160*

(Ages 11-17) A basic foundation of good skincare is important for young skin. Our therapists will design a custom skincare routine and provide the knowledge of how to get the best out of your products so you can keep your skin looking fresh.

## BELLE OF THE BALL

*45 Minutes • \$135*

(Ages 11-17) 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 Bella Donna lip gloss of your choice.

## JUNIOR PEDI

*45 Minutes • \$65*

(Ages 11-17) The energy of youthful activities can leave busy feet tired and calloused. Exfoliation, relaxation and a little polish will restore your feet to new.

## JUNIOR POLISH

*30 Minutes • \$50*

(Ages 11-17) 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

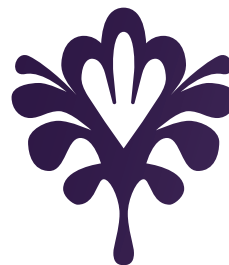
*30 Minutes • \$50*

(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.

## PETITE POLISH

*15 Minutes • \$25*

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





# SALON MONTAGE

Salon Montage welcomes you to a beautiful, elegant salon, awash in natural light. Under the leadership of Artistic Director, Dennis Stokely, renowned celebrity hairstylist, Salon Montage is committed to providing you with a premier salon experience.

## PRECISION CUTS & STYLE

Women's Cut & Style  
Men's Cut & Style  
Shampoo & Blow Out  
Special Occasion

Artistic Director  
*from \$125*  
*from \$95*  
*from \$90*  
*from \$150*

Senior Stylist  
*from \$85*  
*from \$55*  
*from \$60*  
*from \$100*

*\*Salon Montage offers a wide variety of wedding day hairstyling packages. Please contact the Salon directly for inquiries.*

## COLOR PROCESS

Single Process Color  
Partial Highlights  
Full Highlights  
Color Correction

Artistic Director  
*from \$175*  
*from \$185*  
*from \$225*  
*based on consult*

Senior Stylist  
*from \$110*  
*from \$125*  
*from \$175*  
*based on consult*

## DELUXE HAIR TREATMENT

In-Salon Rituals by Kerastase Paris  
Deep Conditioning Moisture Mask

Artistic Director  
*from \$70*  
*from \$95*

Senior Stylist  
*from \$45*  
*from \$60*

## MAKE UP

Makeup Lesson *\$105*  
Makeup Application *\$85*  
Eyelashes *\$40*  
Special Day Trial *\$175*  
Special Day *\$195*

**CANCELLATION POLICY:** *All reserved services must be guaranteed with a valid credit card or room confirmation number. Spa services are reserved especially for you, so we ask that you give us six hours' advance notice should you need to reschedule or cancel your service. No-shows or cancellations made less than six hours before the scheduled appointment will be billed at the full treatment rate.*





# FITNESS

## PERSONAL TRAINING

30/60/90 Minutes • \$70/\$125/\$175

Spa Montage is passionate about total wellness, body, mind and spirit. Our wellness experts specialize in a variety of fitness techniques and are here to assist you with looking and feeling your best. All sessions include spa pool and facility access.

## PRIVATE CLASSES

We offer a variety of indoor/outdoor fitness and wellness activities including Yoga, Mat-based Pilates, Spinning, Aqua-Fit, Bootcamp and more. Please see our current fitness schedule for classes and times.

Single 60 minutes	\$125
Double 60 minutes	\$125
Each additional person	\$20

# SPA BOUTIQUE

Spa Montage brings you the best in skincare, apparel and spa gifts. Our luxury offerings are carefully selected to ensure we offer products that will indulge the senses, promote a healthy lifestyle and incorporate our unique sense of place.

Our professional skincare lines feature an array of active ingredients that combine nature's best with advanced skincare technology. The Spa Montage philosophy draws from the healing powers of nature, touch therapy and science. You will find amazing products—from Jacqueline Piotaz, OSEA and Kerstin Florian—that allow you to take your personalized spa experience home.

We also offer a wide variety of premium apparel to help you look your best when in the gym or exercising outdoors. Choose between top fitness brands such as Vimmia and fashionable active and leisure wear such as Sundry and Nation.

Gift items are another of our specialties. Unique gifts like jewelry, candles and body fragrances offer perfect options for friends, loved ones or yourself, to pamper with a purpose and offer unique and memorable treasures.

You are invited to visit the Spa Boutique at any time during your stay.





S P A M O N T A G E

PALMETTO BLUFF

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