



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, and 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 authentic 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.



LOWCOUNTRY WELLNESS JOURNEYS

CAROLINA KUR EXPERIENCE

120 minutes

Exfoliation | Wrap | Soak | Massage

Heal and revive with the minerals of the May River. The rich elements inspired by the river's Pluff Mud are incorporated in our custom-designed body mud masque, which heals, detoxifies and rejuvenates 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 a bath of ocean-inspired botanicals. Finish with a nourishing shea body butter to seal and hydrate the skin.

MAY RIVER REVIVAL

3 hours

Carolina Kur | 90 minute Stone Massage (River elements)

Celebrate the gifts of the May River by experiencing this combination of our Signature Carolina Kur, a warm body masque of Pluff Mud, with our Warm River Stone Massage.

PALMETTO BODY RESTORE

60/90/120 minutes

Beginning at the emotional center of the sacrum, this healing service provides energetic flow to the connective tissues of the body promoting regenerative relaxation. Best experienced over a series, this treatment releases the fascia, tissues connecting the skin to the underlying muscles. Opening up circulation and healing within the tissues creating better movement in the body, the gentle pressure and flow is good for those experiencing chronic pain and mobility issues. Series of 5 or more services offered at a discounted rate.

HEART OF THE BLUFF

90/120 minutes

Massage | Hair & Scalp Renewal | Foot Reflexology

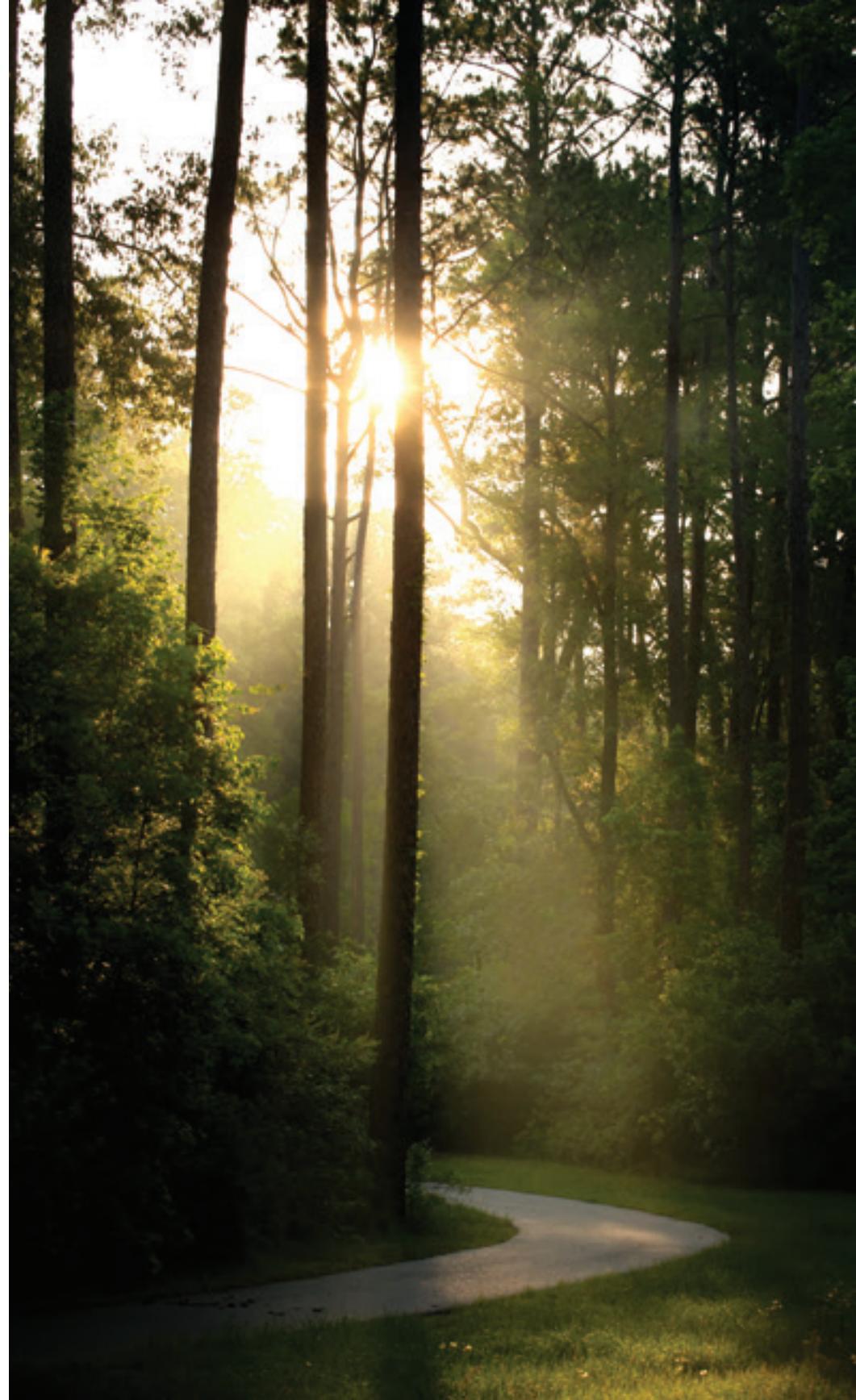
The elements of this popular treatment flow gently in and out of our firm and nurturing signature style of massage. A stimulating scalp massage and a nourishing hair mask deliver beautiful results while lulling you deeper into relaxation. Warm towel compresses prepare your feet for a smoothing scrub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

PALMETTO BODY BALANCE

60/90/120 minutes

Massage

This eclectic blend of Thai, Shiatsu, and Sports massage is perfect for those in need of work on the spine, sciatica and other overworked areas in the back, neck and shoulders. A 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.



FACIALS CELLULAR REJUVENATION

Valmont Facials – Science. Art. Spa.

A true anti-aging expert for more than 30 years, Valmont has been perpetuating the unique expertise of Swiss cellular cosmetics and the legacy of the famous Valmont Clinic with treatments that offer instant and lasting results of unparalleled quality. True to the concept of cellulotherapy, Valmont delves into the very nucleus of the skin's cells with peerless anti-aging properties: Triple DNA and RNA.

Each 90-minute and 120-minute Valmont beauty treatment features a signature collagen infused mask composed of pure medical grade collagen. Designed to strengthen and stimulate cells suffering from the effects of time or outside aggressions, the collagen infusion reveals sublime and youthfully radiant skin post treatment. If you require extractions, please consult with your esthetician.

THE MASTERPIECE

90 minutes 120 minutes with Oxygen Infusion

Experience the ultimate in anti-aging perfection and cellular renewal. This exclusive treatment, designed specifically for Spa Montage, combines the power of a dual cleansing process with six masks including a complete collagen treatment for the face, neck, décolleté and the eyes. Furthermore, this elevated ritual provides brightening elements for the face as well as re-sculpting and lifting the silhouette of the face. To enhance your experience, you will enjoy a hand and foot treatment during your treatment. You will have glowing, clarified and lifted skin.

BRIGHTNESS OF ICE - RADIANCE RITUAL

60 / 90 minutes

Especially recommended for guests looking to combat pigmentation disorders, this professional treatment is dedicated to restoring purity and freshness to your complexion. By using a dual facial cleansing process and dual masks, our Zinc based Radiance Ritual is the perfect solution for gently awakening a bright and even complexion. This facial improves your skin's texture and evenness while providing comprehensive anti-aging action.

SUMMIT OF THE CERVIN - ANTI-WRINKLE AND FIRMNESS

60 / 90 minutes

This intensive chrono-cellular lifting treatment addresses the loss of firmness and the appearance of wrinkles on the skin, and helps delay these visible signs of aging. The results of the lifting and sculpting facial massages are further amplified by the pure medical grade collagen mask that plumps the facial tissue and redefines the contours of the face.



VITALITY OF THE GLACIERS - ENERGY RITUAL

60/90 minutes

This treatment is ideal to counteract the impacts of stress, pollution and the high demands of modern life that progressively mark the skin. By returning oxygen and nutrients to the dermis, your complexion will become bright and fresh. Wrinkles and fine lines diminish, leaving skin that is radiant and well-rested.

VITALITY OF THE GLACIERS HOMME - ENERGY RITUAL

60/90 minutes

Designed for discerning gentlemen, this treatment addresses the aggressions of pollution and stress on the skin. By providing nutrients and hydration to your skin, you will experience a boost of cellular activity that leaves your skin feeling revived and rejuvenated.

COLLAGEN ENHANCEMENTS

Our medical-grade collagen can enhance any Valmont Beauty Treatment or Technology Facial. Please allow our Spa Concierge to help guide your choice.

DÉCOLLETÉ

30 minutes

Skin of the upper chest instantly recovers its natural resilience, suppleness and radiance.

FACE AND NECK

30 minutes

A “biological face-lift.” Thanks to a combination of active ingredients, this mask helps reactivate the skin's deficient natural functions.

EYES

30 minutes

Instantly relieves and refreshes the eye contour area. It contains drainage-enhancing agents to reduce the appearance of under-eye puffiness and dark circles, helping restore more radiant-looking eyes.



FACIALS NATURAL LUXURY

Tata Harper Facials

Defining The Next Generation Of Beauty

Made for the uncompromising person who wants the best skincare in the world, Tata Harper blends the natural with high performance. Tata Harper's Complex Formulas are engineered with the highest possible number of innovative and precious ingredients, meticulously captured at their peak for maximum potency. The sublime result: unparalleled benefits for your skin.

BEYOND BEAUTY FACIAL

120 minutes

This hydrating treatment fights the visible signs of aging and is the pinnacle of luxury. Inhale transformative aromas as you begin your journey with a purifying back treatment. You will then be treated to a targeted triple cleanse and exfoliation that leaves your skin with a radiant glow and silky-smooth texture. Three luxurious masks are weaved throughout your facial to purify your skin, while you experience a beautifying hand and arm ritual and soothing tea eye treatment. This experience concludes with a luminescent Diamond Dust moisturizer that will leave you with soft, supple skin.

ULTIMATE ORGANIC FACIAL

60/90 minutes

This complete treatment firms and lifts the skin using natural muscle-relaxing neuropeptides to instantly reduce wrinkles, reinforce collagen and restore the skin's youthful cushion. Through therapeutic massage and high performing active ingredients, wrinkles are smoothed and reduced. This relaxing experience includes a luxurious Ageless Hand Treatment and Eye Therapy.

ORGANIC ILLUMINATING FACIAL

60 minutes

Radiant Glow for a Special Night. Get your best glow with no down time with our 100% Natural Multi- Acid Peel, crafted to deliver a flawless looking complexion using an innovative blend of multi-hydroxy acids. Your skin will feel transformed as this ritual instantly reveals a more luminous tone and smooth, even texture for radiant, event-ready skin.





ADVANCED SKIN CARE TECHNOLOGY

HYDRA OXY GLOW FACIAL

90 minutes

Rejuvenate your skin with an ultra-luxurious facial that combines the resurfacing glow of a HydraFacial®, and the intensive hydration of our Ultimate Oxygen experience. A unique all-encompassing facial that cleanses, exfoliates, and with oxygen technology, penetrates antioxidants, peptides, and humectants directly into the skin for visible reduction in fine lines and wrinkles. With no down time, and no discomfort, you can give your skin the ultimate youthful glow.

ULTIMATE OXYGEN FACIAL

60/90 minutes

Reveal refined, glowing skin with this quenching experience that provides unparalleled, intensive hydration. A unique blend of vitamins, antioxidants, peptides, and humectants result in an instant visible reduction of fine lines, improved firmness and a noticeable lift.

HYDRAFACIAL®

30/60/90 minutes

The HydraFacial® resurfacing procedure thoroughly cares for the skin by providing and promoting cleansing, exfoliation, extractions, and hydration, including the Vortex-Fusion™ of antioxidants, peptides and hyaluronic acid. The HydraFacial® is a non-invasive, non-surgical procedure that delivers instant results with no discomfort.

HYDRAFACIAL® ENHANCEMENTS

Optional Additions to HydraFacial® Treatments

Dermabuilder

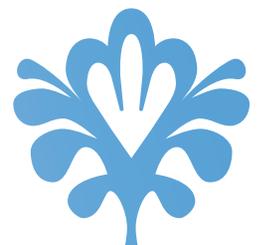
Minimizes signs of aging and recharges skin with a patented combination of peptides.

Britenol

Minimizes the appearance of dark spots and sun spots for an even complexion.

CTGF

Minimizes the appearance of fine lines and wrinkles to restore skin health and vitality.



MASSAGE

HEART OF THE BLUFF ❁

90/120 minutes

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

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

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

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.

PALMETTO BODY BALANCE ❁

60/90/120 minutes

This eclectic blend of Thai, Shiatsu, and Sports massage is perfect for those in need of work on the spine, sciatica and other overworked areas in the back, neck and shoulders. A 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.

PALMETTO BODY RESTORE ❁

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WARM RIVER STONE MASSAGE

60/90/120 minutes

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

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

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

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

CAROLINA KUR EXPERIENCE ❁

120 minutes

Exfoliation | Wrap | Soak | Massage

Heal and revive with the minerals of the May River. The rich elements inspired by the river's Pluff Mud are incorporated in our custom-designed body mud masque, which heals, detoxifies and rejuvenates 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 a bath of ocean-inspired botanicals. Finish with a nourishing shea body butter to seal and hydrate the skin.

BODY FIRING DETOX

60/90 minutes

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

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

Heal and revive with earthy 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

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.





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.

LOVERS JUBILEE

2.5 hours

Exfoliation | Soak | Heart of the Bluff Massage

HIS & HER KUR

2.5 hours

3 hours

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

THE RETREAT (HALF DAY)

3 hours

Massage | Facial | Pedicure

LOVERS BATH & MASSAGE

1.5 hours

2 hours

COUPLES MASSAGE

60/90 minutes

COUPLES FACIAL

60 minutes

COUPLES PEDICURE

60/75 minutes



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

Lavender Dreams | Heart of the Bluff Massage | Vitality of the Glaciers Facial | Classic Pedicure | Lunch

THE BLUFF'S BEST

4 hours

Heart of the Bluff Massage | Vitality of the Glaciers Facial | Lowcountry Lemon-Aide Pedicure

MAY RIVER REVIVAL ❁

3 hours

Carolina Kur | 90 minute Stone Massage (River elements)

Celebrate the gifts of the May River by experiencing this combination of our Signature Carolina Kur, a warm body masque of Pluff Mud, with our Warm River Stone Massage.

❁ LOWCOUNTRY WELLNESS JOURNEY



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

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

SIGNATURE PEDICURE

75 minutes

CLASSIC NAIL SERVICE

105 minutes

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

CLASSIC MANICURE

45 minutes

CLASSIC PEDICURE

60 minutes

GENTLEMAN'S NAIL SERVICE

75 minutes

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

GENTLEMAN'S PEDICURE

45 minutes

GEL NAIL REMOVAL

15 minutes

FOUNTAIN OF YOUTH

YOUTHFUL GLOW FACIAL

45 minutes

(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

(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

(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

(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

(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

(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. We are 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
Iron Service

COLOR PROCESS

Single Process Color
Single Process Color with Gloss
Partial Hi/Low Lights
Full Hi/Low Lights
Color Correction
Eyebrow Tint

DELUXE HAIR TREATMENT

In-Salon Rituals by Kerastase Paris
Deep Conditioning Moisture Mask

MAKE UP

Makeup Lesson
Makeup Application
Eyelashes
Special Day Trial
Special Day

WAXING SERVICES

Brow Shape
Chin or Lip
Full Face
Underarms
Bikini

Half Arms
Full Arms
Half Legs
Full Legs
Full Back or Chest



FITNESS

PERSONAL TRAINING

30/60/90 minutes

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, Bootcamp and more. Please see our current fitness schedule for classes and times.

Single 60 minutes

Double 60 minutes

Each additional person

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 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.

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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