

STEP BACK IN TIME, RELAX AND REJUVENATE
The Sanctuary at Kiawah Island Golf Resort's spa

(One of only three Mobil Five Star Spas in North America)

Although centuries old, it's a tradition that struggles to fit into today's busy schedule – an afternoon spent relaxing on a grand southern porch, sipping tea and enjoying time with family and friends. The Sanctuary at Kiawah Island Golf Resort has recreated this personal ritual at its new spa by combining the old-world charm of Charleston with unique treatments that incorporate Kiawah's renowned coastal ecosystems.

The spa's interior design elicits the feel of a grand southern porch and garden through the use of a rich tableau of Charleston brick, trickling water, native plants, garden-style lighting and classic chaise lounges found in the relaxation areas. The treatments are inspired by nature incorporating the balancing properties of the ocean, maritime forest and South Carolina's botanical gardens.

To impart the sense of a southern porch and garden, which has historically been a home's inner sanctum, the spa was designed with natural element features that work together harmoniously – including natural light in each room.

Combined with service grounded in southern hospitality, the spa presents a variety of offerings, including the Mint Julep Facial, Lowcountry Verbena Body Polish, and a variety of massage services. The Sanctuary's spa was also the first in the country to offer *Body Wraptures* – a technique featuring warm, grain- and herb-filled wraps that are used to induce deep relaxation. Specially designed spa packages also offer the ultimate in pampering for ladies and gentlemen.

The interior features 12 spacious massage, facial, and body treatment rooms styled as personal havens with hardwood floors, shuttered windows, original artwork and therapeutic color schemes. The spa's special private treatment suite accommodates two people and is ideal for couples, friends, mothers and daughters or as a VIP retreat.

The spa also features two treatment tables, a relaxation area, a Riverbath Whirlpool, as well as a private bath and shower. The Sanctuary's signature line, skin, body and hair care products, along with candles and spa wear are available for purchase in the spa boutique.

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Additionally, a full-service salon featuring hair services, manicures and pedicures is located in the spa. The hotel's fitness center, which is available for hotel guests, is located on the first floor, offers a 65-foot-long indoor pool, a special studio for yoga, pilates, tai chi and other wellness programs, as well as a complete fitness center with equipment featuring personal viewing screens. Personal training sessions are available upon request.

Guests begin by receiving consultations with our reservations team who assist them in planning the perfect spa experience. Spacious lounges, provided for men and women, come complete with showers, individual lockers, private vanity and dressing areas, steam rooms, saunas and a vitality mineral water whirlpool for relaxing. The spa also features private men's and women's solariums where guests can read, relax and sip fruit-infused water and teas between treatments.

The spa offers a complete menu of services including a series of signature treatments for men, such as The Fairway – which includes a botanical scrub and steam in the aroma of the guest's choice followed by a golf sport massage. Other treatments utilize herbs and botanicals to draw out toxins and nature-based enzyme moisturizers to nourish and hydrate the skin.