

THE
Spa
AT PALMETTO BLUFF



healing pleasures



Auberge Spa at Palmetto Bluff

CLEANSE YOUR SOUL

They say you never forget the first time you get stuck in the Pluff mud. Notorious for pulling off shoes, staining clothes and wreaking havoc on unsuspecting kayakers, this abundant soil of the Carolina Lowcountry marshlands is thick, dark and pungent – and an essential part of several signature treatments at The Spa at Palmetto Bluff.

The numerous accolades of our world renowned Spa is a testament to the healing power of nature. Distinctly Southern hospitality harmonizes with a stunning setting and extensive treatment menu featuring local ingredients, lulling all visitors into a peaceful state of mind, body and spirit. We place great emphasis on sensory pleasure – by indulging all five senses – as the path to personal healing.



Indulge yourself at our full-service spa. From facials and revitalizing body treatments to soothing massages and natural nail beautification, The Spa brings guests to a healthy state of balance and relaxation. Discover a restorative spa experience that will renew your body and refresh your mind. Call The Spa at 843.706.6615 for information and reservations.

BATHS ON THE BLUFF

Relax to the sounds of nature while bathing on your private outdoor veranda overlooking the maritime forests and lagoons of Palmetto Bluff. Each bath is formulated with unique desires in mind.

Pure Pleasures Inner Beauty

Calming aromatic oils of lavender, chamomile and other traditional, soothing herbals restore your peace of mind.

Sweet Living

Soften your mind, body and skin with the grandmother of remedies

— a delicious milk and rose oil soak.

Playful Passion

Prepare for your lover or indulge together with this blend of intoxicating aphrodisiac potions.

Essential Waters

Lemon Balm & Jasmine
Reliable essentials known to relieve anxiety, exhaustion and insomnia.

Black Cohosh

Calming aromatic oils of lavender, chamomile and other traditional, soothing herbals restore your peace of mind.

Cypress & Juniper

Tone and detoxify with forest herbals, then follow your bath with a Toning Massage to promote circulation, help to reduce cellulite, and purify the lymphatic system.

Winter Warmers

Pine Needle & Clove

When cold and damp weather bring lung or upper respiratory congestion, this bath provides relief and warms you to the bone.

Winter Wellness

A blend of essential oils, mineral salts and herbal extracts keep colds and flus at bay.

Summer Juleps

Bathing in the summer can be a joyous pleasure. We adjust the temperature to suit your needs.

Spanish Moss & Citrus

Local Gullah folklore has it that Spanish Moss was used as an invigorating bath to beat the summer heat and citrus is known to uplift the spirits.

Fresh Cucumber, Mint & Lemon

This cooling concoction is sure to freshen the body and cool you down during the dog days of summer.

AMAZING GRACE BODYWORK AND MASSAGE

Discover deep relaxation under the influence of massage. Our bodywork professionals grace your experience with caring hearts and years of education and training.

The Palmetto Classic

A firm nurturing touch is at the heart of this massage and tailored just for you, inducing profound relaxation.

Deep Tissue Bodywork

Targeting specific areas of muscle tension with warm therapeutic oils and a deeper, more concentrated focus.

High Cotton Body Dust Massage

Experience the incredible lightness of touch with the softness of powder. Combined with a pressure point focus this session is nurturing, comforting and deeply relaxing.

Warm River Stone Massage

Melt into the comfort and soothing heat from river-worn stones, as they become extensions of your therapist's hands. As the stones radiate comforting warmth and invigorating cool, they glide over your entire body until every last bit of tension disappears.

Aromatherapy Massage

Let us complement any massage with a personalized blend of essential oils extracted directly from flowers, herbs and roots which help aid in stress release, purification or mood enhancement.

Toning Massage

Oils of cypress, juniper and grapefruit in combination with precise stimulating techniques for the legs to help address water retention and circulation imbalances.

The Deep South

East meets West in this eclectic blend of Thai, Shiatsu, Sports, and firm relaxing strokes. 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.

Cottage Massage

Let us turn your cottage into your own private spa retreat. All massage treatments and baths can be enjoyed in your room (excluding the Warm River Stone Massage).

HIGH COTTON BODY THERAPIES

High cotton is premium quality cotton unique to the Sea Islands of the Carolinas. The phrase 'high cotton' has become synonymous with the best life has to offer. Our body and skin therapies use the finest ingredients and innovative products to ensure the highest quality in result-oriented holistic skin care, giving your skin, body and hair high cotton results!

SCRUBS AND RUBS

Restoration of soft, supple skin requires periodic removal of dehydrated skin cells. Each exfoliation is chosen according to your skin type and desired benefits. All exfoliations conclude with a revitalizing full body massage.

Wild Rice and Mulberry Leaf Body Polish

Normal to dry skin; finishes with an unscented soy and arnica oil massage.

Pine Sea Salt Exfoliation

Normal to oily skin; finishes with a coastal pine massage.

Sweet Milk and Rose Bud Scrub

For those with delicate, dry skin; finishes with a nutritive rose oil massage.

Hibiscus Sugar Exfoliation

For any skin type, this blend of super-fine organic sugar crystals, essential oils and shea butter will leave your skin smooth and silky.



BODY EXFOLIATIONS AND MASQUES

Our skin care products contain a lavish supply of nutrients to fortify the skin. A full exfoliation prepares the body for a nourishing masque. While swaddled in a cocoon-like wrap, you will receive a scalp and foot massage.

Palmetto Pluff Mud Wrap

Refresh normal or oily skin with a Pine Sea Salt Exfoliation under the warm waters in our steamy signature Rain Room. Then restore balance with Palmetto Bluff's formulated Pluff mud that is abundant with food for the skin, while receiving a hair and scalp treatment for ultimate relaxation. A hydrating evergreen oil application completes the session.

Geranium Rose Hydration

Salvation for thirsty skin! This treatment begins with an invigorating dry brush exfoliation and rose water toner, which prepares the skin to receive the richly hydrating nourishment of our geranium rose body butter.

Pumpkin Body Peel

Live organic skin food in this peel contains enzymes to remove dead skin cells, while you are nestled in a light wrap. A second butter cream masque is applied to super-hydrate the freshly exposed skin. Finish with an ultra-nourishing moisturizer, chock full of goodies for the skin.

RESURRECTION FACIALS

The majestic oaks of Palmetto Bluff harbor the magnificent Resurrection Fern, which multiplies prolifically and covers their sprawling limbs. Without the proper nutrients and hydration, the ferns

shrivel to a dormant state. When the clouds above burst forth their elixir of life, the Resurrection Ferns instantly spring back to verdant liveliness. We believe our facials have the same spectacular effects, restoring your skin to its most alive and vital condition.

Southern Floral Anti-Aging Facial

Celebrate our Southern traditions with healing oils, including rose, geranium, and black raspberry seed, to name just a few. Lactic acid's humectant properties aid in gently exfoliating and brightening tired, aging skin. This facial is perfect for restoring balance and hydration, even to the most sensitive skin.

Transformation Facial

This exquisite facial is tailored to your needs. We believe your skin isn't just one type, but that there can be several areas of concern going on at the same time. Experience an array of fruit, vegetables and herbs combined with medical grade ingredients and LED light therapy that will resurrect your skin. This facial addresses areas of concern such as aging, sunburns, acne, pigmentation and rosacea.

Infusion Facial

Our Signature facial, it 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.

LOWCOUNTRY FEASTS

Southern Comfort

CLEANSE / STEAM & VICHY MASSAGE / WRAP

Luxuriate in our signature Rain Room with private steam, massage and unique shower-as you lay relaxing, while enchanting "rain" showers you with warm water.

Treatment begins with a skin-calming geranium cleanser, followed by a hydrating massage and Calendula Remedy Wrap. A mending blend of mint, calendula and lavender is then applied to rough or sensitive areas. This treatment is especially comforting for people with severely dry, troubled or hyper-sensitive skin.

Steamy Pine Purification with Cool Cloth Wrap

EXFOLIATION / STEAM & VICHY / MASSAGE / WRAP

Experience the sensation of a warm sultry rain shower in our special Rain Room, while enjoying a Pine Sea Salt Exfoliation followed by a full body massage. Sealing the effect, you will be steamed in a warm wrap, inducing a detoxifying sweat, followed by a cold cloth wrap on the feet that stimulates circulation and promotes lymphatic drainage and tightening of the epidermal layer. You will leave feeling soft and youthful and purified within.

The Palmetto Head to Toe

STEAM & VICHY / BODY & FOOT EXFOLIATION / MASSAGE / SCALP TREATMENT

Combine the Auberge Head to Toe with a full-body scrub in our special Rain Room.

May River Revival

STEAM & VICHY /
EXFOLIATION / WRAP /
HAIR & SCALP / MASSAGE

The ultimate detox experience begins with a private steam in our Signature Rain Room to warm your muscles, raise your core body temperature and open your pores. A cleansing exfoliation with our freshly blended pine sea salt prepares your skin for the detoxifying effects of our signature pluff mud. Drift into a state of bliss during the hair treatment and scalp massage as you lay cocooned in mud and linens. Finish the experience with a full body massage.

The Auberge Head to Toe

MASSAGE / SCALP
TREATMENT / FOOT
EXFOLIATION

Over the years, this combination has proven to be one of the most popular treatments in the Auberge Resorts' spa offerings. We merge a foot revival treatment with a hair and scalp renewal and a full body massage. Heaven on Earth!

SIDE DISHES

These delightful treats can compliment any of our other services by adding an additional 30 minutes.

Sure as Rain

Remember those days when you played in the warm summer rain? Re-create those memories in our steamy signature Rain Room, while you are cleansed with an exfoliating sea loofa and our refreshing Palmetto Bluff Coastal Pine cleansing gel.

Hair and Scalp Renewal

A conditioning treatment mask for the hair combined with a soothing and purifying massage for the scalp. Ahhhhh!

Hand and Foot Revival

Each treatment includes a foot exfoliation, hand hydration and massage.

FOR GENTLEMEN & GOLFERS *The Masters*

STEAM & VICHY / MASSAGE /
FACIAL OR MANICURE

Begin with a private steam and rain water cleanse in our signature Rain Room, followed by a bergamot aloe mist and hydrating massage. Finish with a facial or manicure. Excellent for sun damaged skin.

The 20th Hole

STEAM & VICHY / DEEP
TISSUE MASSAGE

This treatment includes a private steam and Coastal Pine Rain Room body cleanse with a deep tissue sports massage.

Gentleman'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.

Out of the Rough Pedicure

Golfers...this invigorating nail and foot rehabilitation is perfect to soothe your soles! Let our professionals perform their magic on your abused aching feet and get them back into tip-top flip-flop shape.

FOR THE BELLES & BRIDES *Sugar Pie Honey*

EXFOLIATION / WRAP / MASSAGE
/ HAIR RENEWAL / FACIAL
Restore your radiance with the rich creamy indulgence of roses, milk and

sugar to exfoliate your body and sweeten your soul. Local wildflower honey will be applied to nourish your skin. During your honey masque, you will receive a renewing hair treatment of your choice. Next, experience a massage with our very own Southern Jasmine lotion. Finish with a restoring facial.

Palmetto Pleasures

MASSAGE/FACIAL/PEDICURE

This experience is like no other... a combination of Palmetto Bluff's Signature treatments including the Auberge Head to Toe, the Infusion Facial and the Lemon-Aide Pedicure. This would have been one of Grace's favorite past times!

The Blushing Bride

EXFOLIATION / MASSAGE /
FACIAL / BROW SHAPING /
MANICURE OR PEDICURE

Brides deserve special attention and encouragement to set aside the details of wedding preparation or deeply relax after the vows have been exchanged. This lovely ritual prepares you for your special day with a sweet milk and rose bud exfoliation, a rose oil massage and a bridal facial and brow shaping. Complete your day of beauty with a manicure or pedicure.

FOR LOVERS

Blind Date

BACK EXFOLIATION /
MASSAGE / FOOT REVIVAL

Together you will begin this experience with full body massages followed by an aromatic hot towel compress on your backs to prepare for a stimulating back exfoliation. After your massages choose from a menu of Champagne with chocolate or oysters to share with your lover, while you enjoy a succulent foot soak, exfoliation and foot massage. (Oysters are seasonal.)





Lovers' Bath and Massage

Oils of love are prepared for your bath, followed by loving massages in our private couples' suite.

Lovers' Jubilee

BATH / EXFOLIATION / STEAM / MASSAGE / SCALP & FOOT TREATMENT

Luxuriate in a warm, misty steam in our private room for two before your skin is gently exfoliated to reveal its smooth, creamy texture. Relax in our lovers' bath while enjoying champagne with chocolate or oysters on the private outdoor patio veranda of our beautiful couples' suite. A scrumptious Auberge Head to Toe Massage, including revitalizing scalp and foot treatment, is the final touch. (Oysters are seasonal.)

Spa Boggin'

STEAM / MUD / WRAP / BATH / MASSAGE

An age-old sport among local couples is boggin' in the Pluff Mud found on the edges of the rivers and marshes. We have elegantly re-created this experience in our couples' suite. Together you begin with a private detoxifying pine and cypress steam, followed by a Pine Sea Salt Exfoliation. Next, you will experience the fun of boggin' as you apply the Palmetto Pluff Mud to each other and relax on our couples' day bed wrapped in linens side by side. To enhance the romance, Champagne with chocolate or oysters will be served, while soaking in an invigorating Spanish Moss and Citrus Bath. Lastly, your skin will be replenished with a hydrating massage. (Oysters are seasonal.)

PERFECTLY POLISHED

This luxurious experience for hands or feet includes 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.

Out of the Rough Pedicure

Golfers...this invigorating nail and foot rehabilitation is perfect to soothe your soles! Let our professionals perform their magic on your abused aching feet and get them back into tip-top flip-flop shape.

Brow Shaping & Waxing

Prices Vary

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

(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 the look effortlessly day after day. You'll walk away with the product and confidence to look your best.

Manicures & Pedicures

The perfect polish is a treatment both women and girls adore. To ensure that every lady walks away feeling like a star our Spa uses Deborah Lippmann lacquer. Deborah's product contains no toluene, formaldehyde or DBP so the tiniest of toes can be polished to perfection.

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.

Reserve your spa escape today, contact one of our experts 843.706.6615.
www.palmettobluffresort.com

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