Sand & Sea
SPA SERVICES
Warm Seashell Massage
A massage with shells rubbed smooth by sand and heated from within that harness the life energy of the sea. The heat of the shells aids in muscle relaxation and stress release.

Lowcountry Massage
Choose from Southern Magnolia or Chamomile Mint. An ultra hydrating massage that uses Vitamin E and safflower for age-defying benefits.

Thai Herbal Poultice Massage
This authentic blend of aromatic herbs is an excellent way to soothe sore muscles and relax. Combined with a therapeutic massage, the steamy poultices help to alleviate pain and inflammation, draw out toxins and increase circulation.

Deep Sea Muscle Therapy
A deep muscle massage with a healing and rehabilitative focus. Includes cooling gel to take home.

Neuromuscular Massage
Deep tissue focus.

Swedish Massage
Light to medium touch for relaxation.

CBD Massage
A light to medium pressure massage that uses an anti-inflammatory CBD compound to aid in relaxation and pain relief.

“To the Point” Foot Reflexology
Feet are the road maps to our bodies. This technique is great for pinpointing high-stress and tension areas.

Couples Massage
Spend a little soothing time together being put at ease with our couples Swedish massage.

Prenatal Massage
Our special pregnancy pillow allows moms-to-be to lie comfortable during massage - a treat for any expectant mother. Must be past first trimester.
Nail Therapy

In an effort to be environmentally conscious, we ask that you please bring your own sandals for pedicure services.

Gel Manicure
Our most popular manicure. LED cured gel polish makes your nails virtually chipless.

No Polish Manicure
This service includes file, soak, cuticle care, massage and buff to a brilliant shine. Popular with men.

Signature Manicure
This manicure includes filing, detailed cuticle treatment, hand massage and polish.

Men’s Hand & Foot Repair
A combination of two of our most popular men’s services (no polish mani/pedi) - perfect for athletes and any man who needs a little extra attention.

Signature Pedicure
This classic pedicure includes a foot soak, detailed cuticle and callous care, a foot massage and polish.

Express Pedicure
Includes a foot soak, detail cuticles, callous care and polish. Beautiful feet without the frills!

Zents Truffle Pedicure
Hydration where it’s needed most. An epsom and arnica fizzer combined with shea helps restore supple, smooth skin.

CBD Pedicure
Our Signature Pedicure that includes a CBD enhanced leg and foot massage to aid in muscle relaxation and pain relief.

Warm Seashell Pedicure
This pedicure utilizes shells rubbed smooth by sand and heated from within that harness the energy of the sea. Includes polish.

“Out the Door”
Express Manicure and Pedicure.
Skin Care Treatments

Eminence Organic Custom Facial
A facial that addresses a variety of skin concerns such as premature aging, acne, and rosacea. This organic skin care treatment offers ingredients of various fresh fruits, vegetables and herbs.

Quick Fix Facial
Perfect for those limited on time. Includes cleansing, massage and masque.

Traditional Stone Crop Facial
Stone crop is an exotic succulent that increases the moisture content and health of all skin types – leaving the skin radiant and more youthful looking. Skin is thoroughly cleansed, exfoliated, steamed and nourished with a facial masque and moisturizer.

Skin Care Add-Ons
Eye & Lip Service
Collagen Eye Treatment

Oxygen Infusion Facial
This is a non-invasive treatment that uses oxygen under hyperbaric pressure to infuse a serum of modified hyaluronic acid, essential vitamins, botanicals, antioxidants and amino peptides into the skin. If you prefer, let one of our estheticians help you find the best match.

• Rejuvenate Treatment - deeply hydrates, freshens, enhances volume and contour
• Opulence Treatment - balances uneven skin tone, increases luminosity and radiance
• Clarity Treatment - clears oil build-up, refines, and promotes cellular renewal
• Atoxelene Treatment - dramatically reduces appearance of lines and wrinkles

*add Vitamin A, Vitamin C, Antioxidant, or Collagen Booster
Body Treatments

**Dilo Rescue Wrap**
Cocoon yourself in the healing oil of the Dilo tree, which grows by the ocean. It has a unique capacity to soothe pain and irritation and enhance the skin's ability to repair. This treatment is especially beneficial for eczema and sunburn. Includes take-home product for after-care.

**High Tide Hydration Wrap**
An intensive shea balm infuses the skin with Vitamin E to deeply hydrate dry, dull skin.

**Lavender Mint Body Scrub**
The relaxing aroma of lavender and mint is combined with a jojoba aloe sugar scrub to leave you feeling polished and renewed.

**Shirodhara**
A unique relaxing treatment where oil is poured slowly in a steady stream from a copper vessel directly above the forehead. For 15-20 minutes, you are lulled into a tranquil state of well-being and peaceful meditation, as the oil pours on your skin and hair.

Packages

**Sands of Time**
This package is the ultimate in relaxation and includes a custom manicure and pedicure, 50-minute massage and traditional facial.

**Sea Escape**
A Traditional facial and 50-minute Swedish Massage.

**Perfect Pairing**
Includes a 50 minute Couples Massage and two Signature Pedicures.

**Seaside Retreat**
Includes 50-minute Massage, Signature Manicure and Signature Pedicure.
Strapped for time but in desperate need of some quick me time? These spa treatments promise to decompress in 30 minutes or less.

- Polish Change (includes filing)
  - Fingers
  - Toes
- Express Pedicure
- Make Up Application
- Head, Neck and Shoulder Massage
- Quick Fix Facial
- Express Foot Reflexology
- Island Body Scrub
- “Out the Door”
- Shirodhara

Brows, Lip, Chin, Back, Half Leg, Full Leg, Bikini, Partial Brazilian, Brazilian
Shop at Sand & Sea for all of your spa needs! We carry a discerning selection of hair care, skin care, massage apparel, and make-up from the following product lines:

- Blue Beautifly
- Eminence Organics
- Emi-Jay
- Havaianas
- Intraceuticals
- Jane Iredale
- Market & King Jewelry
- Moroccan Oil
- Mary’s Nutritionals CBD
- Mud Pie
- Nest
- Olivina Men’s
- Onzie Yoga Apparel
- Oribe
- Popina Swimwear
- Sprayology
- Supergoop
- Zents
Fitness Classes

Seeking your center? Our Fitness Center, wellness programs, yoga and abundant walking trails beg everyone to get out and feel great. Access to the Fitness Center is complimentary for all guests staying with Wild Dunes Resort and is located on The Village Plaza with keycard access from 6 a.m.-11 p.m. daily.

Weightless
No weights necessary! This 30-minute strength and flexibility class uses a combination of your body weight and gravity principles to bring your sculpt session to new heights. Call 843.886.7008 for location. Pre-registration required.

Bendable Body
Strengthen and lengthen your muscles with this yoga and Pilates inspired conditioning class. Pre-registration required.

BeFIT Boot Camp
Challenge yourself with this fast-paced, calorie-blasting, circuit style workout. BeFIT Boot Camp is geared toward all fitness levels and modifications are always offered. Pre-registration required.

Core and More
Whittle your middle and strengthen your surrounding muscles with this 30-minute ab blasting workout. Call 843.886.7008 for location. Pre-registration required.

Hatha Yoga
A relaxing meditative yoga with an emphasis on achieving balance between body and mind. For all levels, from beginner to advanced and those with physical limitations. Call extension 2555 for location. Pre-registration required.
Children's Services

Little Miss Manicure
Includes file, cuticle care, moisturizer and polish.

Princess Pedicure
Includes file, exfoliation, cuticle care, moisturizer and polish.

Fairy Princess Facial
A relaxing facial to educate the basics of skin care.

Beach Braids
The perfect look for your time at the beach.
Our Mission

We are dedicated to providing you with services and experiences that will relax and renew your mind and body with treatment and product knowledge for continued at-home care.

Cancellation Policy

Reservations must be held with a credit card, folio number or club number. We understand at times it may be necessary to reschedule or cancel appointments. Please let us know 24 hours in advance to avoid being charged in full for your scheduled service.

Spa Etiquette

As a courtesy, please turn off all cell phones.

Your service will always end at the scheduled time, so please remember to be on time to avoid having your service shortened.

Dressing and undressing will take place in the privacy of your treatment room; we cannot be responsible for the loss of valuables and personal articles.

A 20 percent gratuity is added to all services. Any additional gratuities are left to your discretion.

We are a family resort and welcome supervised children who have spa appointments.

Massage clients must be over the age of 15. Massage and Facial clients under 18 must have a parent in room for duration of the service.

We will gladly touch up any wet nails that are smudged one time.

When scheduling an appointment, note any health concerns, medical problems or pregnancy.

If you have a gender preference for a therapist, please let us know at the time of booking.
Located on The Village Plaza
Call 843.886.2555 or visit wilddunes.com/spa to book appointments.