THE SPA

AT THE TIDES INN

Rooted in wellbeing, our treatments have been created to be as individual as you are.
Let our Southern hospitality take care of the rest with personalized services, just for you.

Massages

Our massages incorporate healing techniques to help relieve stress, anxiety and muscle tension. Soothing touch delivered by our intuitive therapists combined with organic specialty products create your personalized journey, leaving you feeling restored and ready to take on one of our many activities on property or just rest by the shore and watch the tide roll in.

Tailored to You	60 mins/$120	90 mins/$180
Deep Tissue/Sports	60 mins/$130	90 mins/$195
Mother-to-be	60 mins/$120	

Facials

Our holistic facials embrace beauty rooted in wellness, understanding that radiant skin is a reflection of health on the inside. Your esthetician will custom tailor your service, incorporating pure ingredients and soothing techniques to balance your individual skin type.

A warm oil scalp treatment is included in the 90-minute option to promote deeper relaxation. In addition, our 90-minute facial can include an optional brow shaping and tint.

Pure Results Facial	60 mins/$130	90 mins/$195

Body Treatments

The best health reason to get a body treatment is to re-oxygenate blood and to re-mineralize, detoxify and hydrate your skin. Our treatments deliver all of this and include a customized exfoliation suited to your skin type then finish with an exquisite organic shea butter. Everything is tailored to specifically address what your skin needs right now. After all, a well body is a happy body.

'Be Well' Scrub 60 mins/$120

Soothing Lemon Verbena or Invigorating Rosemary Citron

'Head-to-Toe' Scrub, Focused Massage, Wrap & Scalp Treatment 90 mins/$195

Customized treatment of Lemon Verbena or Espresso Mud & Wild Lime Scalp and Hair Oil

Nail Care

Spa Manicure	60 mins/$55
Spa Pedicure	60 mins/$65

Spa Hours

Monday: Pause for the day

Tuesday-Thursday: 9am-5pm

Friday & Saturday: 9am-6pm

Sunday: 9am-5pm

Spa Reservations

To reserve a spa experience, please dial 804.438.5000
to speak to one of our Spa Concierges.