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/$135	90 mins/$185
Deep Tissue/Sports	60 mins/$145	90 mins/$195
Mother-to-be	60 mins/$135	

Skin Care

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/$140	90 mins/$185

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/$145

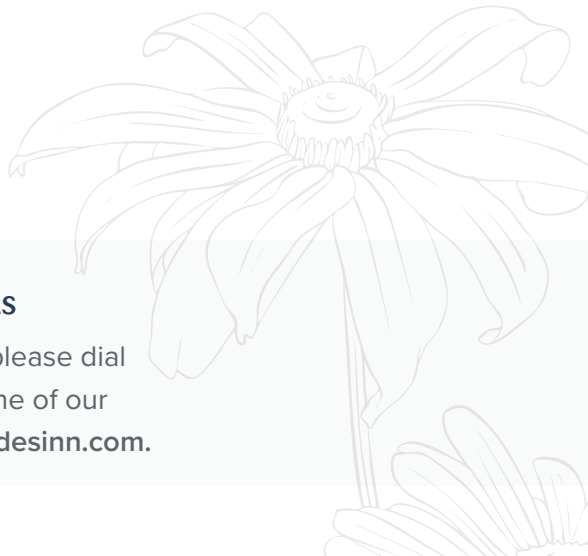
Soothing Lemon Verbena or Invigorating Rosemary Citron

Rappahannock Renewal 90 mins/$200

Experience a deeply detoxifying body scrub and wrap, warm oil scalp treatment and hydrating Honey Heel glaze, followed by a rehydration with exquisite organic Shea body butter. This body treatment reflects our commitment the waterways of the North Neck and the natural shoreline restoration of Tides Inn. We are we dedicated to the purification and renewal of our local waterways and would like to extend those same benefits to you. Five dollars from every treatment directly supports maintaining the natural ecosystem of the Chesapeake Bay region.

Nail Care

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



Spa Hours

Monday: Pause for the day

Tuesday – Sunday: 9am-5pm

Spa Reservations

To reserve a spa experience, please dial **804.438.4430** to speak to one of our Spa Concierges or email **spa@tidesinn.com.**