

The Spa & Salon

2010





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LOWCOUNTRY LUXURY

The Spa & Salon's charming setting is reflected in our Lowcountry offerings derived from botanical extracts, nourishing seaweed, mineral-rich mud and natural enzymes. Kiawah's vast coastline and lush greenery were the inspiration behind several of our signature treatments. Time stands still as you heed the soft call of ocean waves and tinkling garden chimes, sink into your spa experience and then awaken in a soothing

state surrounded by tranquil sounds and scents. Lowcountry features such as trickling water, gracious light, natural wood and rich slate impart the sense of a grand Southern porch and garden, traditionally a comfortable retreat for relaxing and reviving. Your transition into relaxation and renewal begins in our serene and luxurious surroundings. Both the men's and women's lounges feature our aqua retreat, complete with a spacious vitality mineral whirlpool, steam room and sauna. The relaxing ritual of water, steam and rest prepares you for the pleasure of customized spa treatments provided by our skilled and caring team of therapists.

After your treatment, we invite you to relax in our garden-inspired solariums. Finish feeling refreshed and rejuvenated in a splendid setting instilled with classic Southern hospitality. Your experience at The Spa & Salon is one you will wish to repeat time and time again.





SALON SOLACES

Distinctive hair, nail and makeup offerings designed with pampering in mind. Complete a perfect day at The Spa with an exclusive service from our Salon.

All of our hair services include an in-depth consultation and finishing. (*Price adjustments will be determined during your consultation.*)

STYLING SERVICES

Women's Haircut	\$75
Men's Haircut	\$50
Children's Haircut (Ages 10 and under)	\$35
Shampoo and Blowdry	\$55
Roller Set	\$65
Formal Style / Up Do	\$85
Bang Trim	\$20
Thermal / Flat Iron (Service Enhancement)	\$25

COLOR SERVICE

Base Color	\$105
Accent Foil	\$85
Partial Foil	\$150
Full Highlight	\$200
Double Process	Upon Consultation
Corrective Color	Upon Consultation
Gloss (Service Enhancement)	\$35

PRESCRIPTIVE HAIR TREATMENT ENHANCEMENTS

Restore moisture and nutrients to your hair with one of our specialized prescriptive hair treatments, scheduled as an enhancement to your hair service.

Deep Condition	\$35
Protein Treatment	\$35
Renew Treatment	\$35

FOR THE BRIDE TO BE

Let us create a memorable and relaxing experience for your special day. For details about our Spa bridal services and packages, please visit www.sanctuaryspabrideservices.com.

Wedding Day Hair Styling Trial	\$85
Wedding Day Hair Styling	\$115
Wedding Day Makeup Trial	\$75
Wedding Day Makeup	\$95



MAKEUP AND FACIAL WAXING SERVICES

Whether you are preparing for a special occasion or just in need of a new look, let our trained professionals show you the color palette that will bring out the best in you.

Makeup Application	\$65
Makeup Lesson	\$85
Brow Wax and Shaping	\$35
Lip or Chin Wax	\$25
Eye Lash Tint	\$45
Brow Tint	\$35

NAIL SERVICES

Signature Manicure/Pedicure MANICURE: 60 MIN./\$70 PEDICURE: 60 MIN./\$95 Unwind with a hydrating soak followed by exfoliation, detoxifying paraffin treatment and massage. Includes natural nail and cuticle care, with your choice of polish application or buffing.

Hot Stone Manicure/Pedicure MANICURE: 60 MIN./\$70 PEDICURE: 60 MIN./\$95 Pamper yourself with a hydrating soak, exfoliation and hot stone massage. Includes natural nail and cuticle care, with your choice of polish application or buffing.

Reflexology *Manicure*/*Pedicure* MANICURE: 60 MIN./\$70 PEDICURE: 60 MIN./\$95 Relax with a hydrating soak followed by exfoliation and massage using reflexology principles. Includes natural nail and cuticle care, with your choice of polish application or buffing.

Classic Spa Manicure/Pedicure MANICURE: 45 MIN./\$50 PEDICURE: 45 MIN./\$75

Indulge in a hydrating soak and massage. Includes natural nail and cuticle care, with your choice of polish application or buffing.

Spa Polish Change HANDS: \$20 TOES: \$30 (Does not include nail care, cuticle care or callus removal.)

Prench Pinish

This service is available for an additional \$10. Please state your preference for French finish at time of reservation.



FACIAL REJUVENATION

As refreshing as a light breeze caressing your face while lounging on a Southern porch, these facial retreats restore natural glow and vitality to the skin.

The Signature Pacial 90 MIN./\$245

Our Signature Facial is the ultimate inclusive haven. This indulgent regimen includes a customized facial with the added boosts of a nourishing mud application to your back, a peel selected for your skin type and the Refining Eye and Lip Treatment. Your special concerns are addressed and improved in this resultsoriented treatment.

The Southern Hospitality Pacial 90 MIN./\$245 More than just a facial, this journey of relaxation restores your natural inner glow. A comforting scalp massage and an enchanting facial revitalize and revive your complexion. To complete your experience, put your feet up for a nurturing foot treatment using reflexology principles.

The Stone Pacial 60 MIN./\$155

This profoundly relaxing facial uses Naturopathica's 100% natural plant-based products. The nourishing ingredients absorb deeply into the layers of the skin as the stone facial massage is rhythmically performed. Your skin is renewed to a healthy glow and perfect tone as your treatment focuses on rest and indulgence.

The Mint Gulep Hydrating Pacial 60 MIN./\$155 Bring harmony to your skin type with Naturopathica's 100% natural plant-based products and detoxifying technique. Specifically for sensitive or dry skin, this deeply relaxing treatment begins with a stimulating cleanse, followed by exfoliation and massage with the essential oils of peppermint and spearmint. An application of a calming seaweed mask acts as a moisture drench to create soft, dewy skin. The Bright and Balancing Pacial 60 MIN./\$155 Specially designed for oily skin, this is a deep cleansing yet gentle facial. Anti-bacterial extracts of tea tree and lavender combine to balance and purify, while a glacial clay mask draws toxins to leave skin clean and refreshed. Finish with Anakiri's clarifying skin serum to revitalize your skin and emerge with a complexion that is radiant and glowing.

The Spring Tide Renewal Pacial 60 MIN./\$155 Renew and revive mature skin as our estheticians flood your cells with life-giving antioxidant therapy. Fragile, tired or dull skin is softened and returned to a vital youthful glow. Inspired by the ocean's wealth of oxygen and minerals, Anakiri's layered mask therapy is rich with enzymes, vitamins and minerals to plump mature skin. Luxurious moisturizers nourish and sustain the results of your facial.

The Custom Pacial 60 MIN./\$155

A sanctuary for the preservation of your skin, this Anakiri customized facial focuses on your specific skin care concerns as you unwind in the hands of your experienced esthetician. Beginning with a thorough skin analysis to determine your personalized products and protocols, your esthetician will choose from a combination of remedies combining the power of premium natural products with bio-energetic medicine to treat the skin at its deepest level and restore your skin to a healthy, luminous balance.

FACIAL ENHANCEMENTS

Schedule any of the following enhancements in addition to your treatment to personalize your facial retreat.

Pear Aig Polishing Peel \$45

This aromatic peel will awaken your senses while it smoothes your skin. The results of the exfoliating AHA process will leave your skin radiant and glowing.

Black Cherry Anti-Oxidant Peel \$45

Deliciously scented and organically sourced, these AHA-BHA fruit acids instantly exfoliate and deeply cleanse the face and neck.

Pumpkin Enzyme Peel \$45

Experience this natural and especially fragrant exfoliation with concentrated extract of Pumpkin and Beta Carotene to smooth and clear the skin's surface.

Refining Eye and Lip Treatment \$40

This nourishing treatment for tired, dull or aged skin around the eyes and lips includes a special eye contour massage and gentle lip treatment with Vitamin A extracts and ALA to smooth and lift, as well as impart active moisture therapy.

Paraffin Treatment \$20

Soothe and soften your hard-working extremities as your esthetician envelops you in a restorative paraffin remedy. Please choose either hands or feet to complete your facial experience.

WAXING SERVICES

Brow Wax and Shaping	\$35
Lip or Chin Wax	\$25
Basic Bikini Wax	\$55
Half-Leg Wax (from the knee down)	\$55
Full-Leg Wax (thigh, knee, lower leg)	\$85
Underarm Wax	\$35
Arm Wax	\$55
Back Wax	\$80

PLEASE NOTE: Waxing services are not recommended for our guests who are using a home care regime including Retinol, Retin-A or Accutane, or who have been recently overexposed to the sun.



BODY RESCUES

A collection of body treatments designed to rescue your skin. Detoxify, hydrate, smooth or pamper... You'll emerge with renewed, glowing skin.

Head-To-Toe Sanctuary 90 MIN./\$250

Immerse your senses as you begin this citrus retreat. Citrus is a natural calming agent that helps to ease nerves and balance the system. Begin with a warm oil scalp therapy; a full-body massage for maximum relaxation follows and is completed with a hot oil foot wrap. Unwind totally, from head to toe.

Lowcountry Verbena Body Polish 90 MIN./\$250 Rest and melt stress away with this gentle, exfoliating cleansing scrub and hydrating massage for dry skin that uses fresh lemon verbena and gentle buffing grains blended with stimulating extracts of sea algae and vitamins A, C and E to soften the skin. The session concludes with a full-body massage using hydrating body cream.

Detoxifying Seaweed Body Retreat 90 MIN./\$250 Enjoy a toning and moisturizing skin-firming treatment fortified with highly active algae extracts that lift and tighten skin's supportive tissue. Seaweed serum is applied with kneading strokes to eliminate cellular debris, followed by a penetrating wrap and a tensionreleasing head and neck massage. Finish with a full-body massage.

Carolina Cloud Vine 90 MIN./\$250

A superb experience for your hands and feet, this Epicuren[™] treatment starts with an invigorating full-body exfoliation and luxurious thermal steam. Your rain shower rinse leads to an application of facial quality moisturizer for soft and silky skin. Finish with a nurturing hand and foot massage. Choose from Mandarin Orange Scrub, with essence of orange, apricot, walnuts and almonds, or Papaya Pineapple Scrub, for more sensitive skin.



Avocado Coconut Wrap 60 MIN./\$180

Experience total body hydration and renewal as soothing and relaxing warm compresses of detoxifying organic herbs provide anti-inflammatory and restorative therapy. Cocooned in a body mask of luscious avocado butter blended with omega-rich coconut oil, your skin is allowed to deeply hydrate. A mini facial massage and scalp massage top it off. Great after a day on the course, or soothing after a day in the sun.

Ocean Possil *Uneral Therapy* 60 MIN./\$180 Bask in a detoxifying and renewing body envelopment that combines a dry brushing and a mineral-rich ocean fossil mud wrap. Cellular metabolism is boosted and detoxification is increased while you rest in this soothing wrap. A full scalp massage and light application of infused oils complete the experience.

Gracious Glow and Steam 60 MIN./\$180

Begin with a buffing salt scrub, then a cocoon in steam to penetrate tired skin. While enveloped in our rain capsule, relax with a scalp massage, and then finish with a light application of soothing shea butter.



MASSAGE ESCAPES

Let our caring team of highly skilled therapists restore balance and release muscle tension, enhancing the ultimate vacation retreat.

The Signature Alassage 60 MIN./\$175 OR 90 MIN./\$245

A unique massage experience using heated, grain- and herb-filled wraps (BodyWrapture^{TN}) that are placed on key tension areas and major muscle groups to induce deep relaxation and increase the therapeutic benefits of the therapist's massage strokes. Results include relief of muscle tension, increased circulation and a relaxed, nurtured feeling.

Cranio Sacral Therapy 60 MIN./\$155

Through delicate hand placement, your therapist will feel the rhythm of the CranioSacral system and detect potential restrictions and imbalances. Releasing specific areas of undue pressure helps balance the body and return it to its greatest level of performance. In complementing the body's natural healing process, we recommend this therapy for those who experience migraines, chronic fatigue or stress-induced tension. For your comfort, this service is performed fully clothed.

Thai Classage 60 MIN./\$175 OR 90 MIN./\$245

Thai yoga massage is uplifting and energizing to both the mind and body. By combining yoga postures, stretching, compression and pressure points, the body releases toxins and tension, increases flexibility and decreases stress. This interactive service is conducted on a mat, fully clothed, and requires no oils.

Reiki 60 MIN./\$155

This spiritual healing art is used to treat physical ailments, reduce stress and promote relaxation. Gentle hand placements transfer healing energy through the practitioner to the client. (Schedule a 30-minute Reiki as an enhancement to an existing spa treatment for \$75.)

Poot Reflexology Treatment 60 MIN./\$155

An ancient Eastern technique used to relieve stress and bring balance to the entire body. The session begins with a foot soak and sea salt exfoliation of the lower leg. Thumb and finger pressure is used to massage specific points on the feet corresponding to different body areas. A marine and plant extract moisture gel application with a cool refreshing tingling sensation concludes your service.

Hot Stone Classage 60 MIN./\$175 OR 90 MIN./\$245

Utilizing elements of nature combined with the art of massage, the experience is unforgettable. Penetrating heat from smooth, oiled and warmed basalt stones is used with light to medium pressure to relieve tense muscles and sore joints. This ancient art of thermotherapy creates calming and healing responses for the body and soul.

Deep Tissue Hassage 60 MIN./\$175 OR 90 MIN./\$245

A firm, slow, deliberate massage with medium to deep pressure for specific areas of tension, pain or chronic issues.

Sports Classage 60 MIN./\$155

This invigorating athletic massage uses rhythmic strokes and medium pressure to stimulate muscles, aid in flexibility and flush metabolic waste from the tissues. Hot towels are applied to sore muscles throughout your service. You'll emerge feeling relaxed and refreshed.

Classic Classage 60 MIN./\$155 OR 90 MIN./\$225 A full-body massage designed for relaxation. The therapist customizes your massage to address specific areas of concern, utilizing a range of light to medium pressure.

Haternity Hassage 60 MIN./\$155

We design this side-lying massage with special support and caution especially for the mom-to-be. This massage relieves discomfort and reduces fluid retention. *Please inform us of your due date at time of reservation.*

MASSAGE ENHANCEMENTS

Schedule any of the following enhancements in addition to your treatment to personalize your massage retreat.

Alaster Alassage Services \$20

Our Master Massage Therapists have over 10 years of practical experience. Enhance your treatment by requesting their guidance and knowledge at the time of booking.

Scalp Treatment \$35

Soothe and condition dry scalp with an intensive head massage using an AVEDA treatment.

Poot Treatment \$35

Revive your feet with an exfoliating salt scrub and hydrating wrap that leaves you feeling refreshed and re-energized.

Aromatherapy Enhancement \$20

Make any massage a truly sensory experience by adding the healing properties of essential oils to your service.

Paraffin Treatment \$20

Soothe and soften your hard working extremities as your therapist envelopes you in a restorative paraffin remedy. Please choose either hands or feet to complete your massage experience.

Deep Tissue Enhancement \$20

Enhance any massage retreat with firm pressure for specific areas of tension, pain, or chronic issues.





SPA MEDLEYS

Leave your cares at the door and reward yourself as our individualized treatments restore health and vitality. Choose from these customized experiences to make the most of your spa experience.

The Zen Retreat 2 HRS./\$280

Search for serenity with a progression of treatments that promote a foundation of wellness and balance. Whether a novice to yoga or a seasoned yogi, begin your journey with a customized Private Yoga Session. Allow us then to stretch and calm your body with a Thai Massage to complete your rediscovery of self.

The Fit Retreat 3 HRS./\$395

Start with a personalized training session in our state-ofthe-art fitness facility, and then detoxify tight muscles with the Ocean Fossil Mineral Therapy and a Sports Massage.

Sanctuary Journey 2 HRS./\$290

Your journey to relaxation begins with a one-hour massage (Classic, Maternity, Sports or Reflexology), followed by any of our one-hour facials.

Luxurious Retreat 3 HRS./\$460

Transport yourself with a luxurious series of treatments designed to delight the senses, soothe your mind and replenish your skin. Includes Head-To-Toe or Detoxifying Seaweed Body Retreat and The Signature Facial or The Southern Hospitality Facial.

Blissfully Unaware 4 HRS./\$460

Treat yourself to The Spa & Salon's transcendent combination of treatments, including The Signature Massage, Custom Facial and Signature Manicure/Pedicure.

The Gairway 2 HRS./\$310

Round out a day of golf with a botanical Cypress Scrub and Steam, and then succumb to the complete relaxation of our Post-Round Massage.

Por Gentlemen Only 3 HRS./\$375

Unwind from head to toe with treatments designed especially for gentlemen. A 60-minute Deep Tissue Massage, Gentlemen's Rescue Facial and Men's Conditioning Spa Pedicure will replenish and renew your body and mind.

Series of Bliss

Buy a series of three services of the same price and receive 10% off. Buy a series of five services of the same price and receive 15% off.

Series treatments are non-transferrable, non-refundable, and not valid with other offers.



SUITE SECLUSIONS

Bask in our private suite—ideal for couples, friends, mothers and daughters or even fathers and sons. Designed for the most exclusive experience, our Spa Suite features two treatment tables, a relaxation area and a Riverbath Whirlpool.

Private Retreat for One 2.5 HRS./\$370 Your own private haven awaits you as you begin with a relaxing soak in the Riverbath Whirlpool tub, and then enjoy our Ocean Fossil Mineral Therapy and your choice of a Classic Massage or Custom Facial.

Couple's Massage 60 MIN./\$330 OR 90 MIN./\$470 Enjoy a full-body massage for two in our private couples suite. Choose from a Classic, Foot Reflexology, Sports or Maternity massage. *Deep Tissue, Signature or Hot Stone Massages are also available for an additional fee.*

Couple's Retreat 1.5 HRS./\$390 OR 2 HRS./\$530 Couples enjoy their time together in the privacy of our Spa Suite. Begin with a private soak for two in the Riverbath Whirlpool tub, followed by candlelight Classic Massages. *Please choose a 60- or 90-minute massage*.





GENTLEMEN'S REWARDS

These services are designed to promote relaxation, reduce stress and boost vitality. No longer a luxury, these services are a necessity in today's hectic world.

Post-Round Massage 60 MIN./\$155

Iron out the kinks from a day on the course. This invigorating athletic massage uses rhythmic strokes to stimulate muscles, aid in flexibility and flush metabolic waste from the tissues. Hot towels aid in your relaxation and relief.

Gentlemen's Rescue Pacial 60 MIN./\$155

Soothe skin that's irritated from sun exposure, shaving and sports activities with this relaxing treatment that removes impurities and includes a thorough cleansing, exfoliation and re-hydration.

Gentlemen's Rescue Plus 90 MIN./\$245

This gentlemen's facial is an exceptional retreat. Enjoy the Gentlemen's Rescue Facial plus an application of mineral mud to the back and special attention to the scalp, neck, shoulders, arms and hands.

Purifying Pace and Back Treatment 60 MIN./\$165 A 30-minute facial combined with a 30-minute back treatment. Facial includes cleansing, exfoliation, custom mask and hydration. Back treatment includes cleansing, exfoliation and application of a detoxifying mineral

mud and then finishes with hydration.

Sea Power Remedy 90 MIN./\$250

Enjoy a body treatment plus massage that re-mineralizes and tones the body while melting muscle tension. Highly active algae extracts are kneaded into the skin, followed by a full-body massage.

Cypress Scrub and Steam 60 MIN./\$180

We buff, scrub and awaken your skin with a combination of dry brushing and exfoliating buffing grains. Enjoy a scalp massage, cocoon in steam to penetrate tired muscles and skin, then finish with an invigorating encapsulated rain shower and an application of smoothing shea butter.

Hen's Conditioning Spa Manicure/Pedicure MANICURE: 45 MIN./\$50 PEDICURE: 45 MIN./\$75 Soothe and soften over-used, dry hands and feet with our complete treatment. It works its wonders with a soak, exfoliation and massage, followed by traditional nail care and buffing to refine the nails.



FABULOUS FITNESS

A marvelous facility, just steps away from The Sanctuary Spa & Salon, offers convenient facilities and personal services dedicated to personal fitness.

Pitness Equipment

We are pleased to offer a variety of cardiovascular and resistance training equipment. All of our cardio machines are equipped with LCD flat-panel touch screens with integrated cable television for your viewing pleasure.

Pitness Studio Classes \$20

A private exercise studio is the setting for fitness classes offered exclusively to Sanctuary guests. Classes include pilates, yoga, weight training and sport-specific exercises.

Private Yoga Classes \$125

Each of our Certified Yoga Instructors brings a different expertise, allowing you to experience many styles of yoga, including Kripalu (gentle), Hatha, Vinyasa, Ashtanga, Sports Yoga and Yogilates. Through our emphasis on proper form and alignment, your journey to balance will be both safe and rewarding.

Private Pilates Classes \$125

Our Certified Pilates Instructors will customize your Mat Pilates workout to meet both your current fitness level and your goals. Beginners and devoted pilates students alike will benefit from these personal sessions designed to stretch, strengthen and balance the body. Focus is placed on breath, posture improvement and core strength.

Personal Training \$90

Let our expert staff of fitness professionals design an exercise program individualized for you. Whether you are interested in general fitness or a sport-specific program, one-on-one training sessions composed of warm-ups, resistance and cardiovascular training, and stretching techniques will assist you in reaching your fitness goals. Personal training sessions can also be designed for groups of up to eight participants in the Fitness Studio.



The 9it Retreat 3 HRS./\$395

Start with a personalized training session in our stateof-the-art fitness facility, and then detoxify tight muscles with the Ocean Fossil Mineral Therapy and a Sports Massage.

The Zen Retreat 2 HRS./\$280

Search for serenity with a progression of treatments that promote a foundation of wellness and balance. Whether a novice to yoga or a seasoned yogi, begin your journey with a customized Private Yoga Session. Allow us then to stretch and calm your body with a Thai Massage to complete your rediscovery of self.

Wellness Lifestyle Coaching \$200

During your session, a C.H.E.K. Certified Holistic Lifestyle Coach will listen to your individual needs and make lifestyle suggestions on ways to increase vitality and decrease stress. You will understand how sleep, stress, nutrition, digestion and exercise are correlated and learn how to use proven principles which build a strong foundation of health. You will be asked to complete questionnaires two weeks in advance that will allow your coach to review your goals and create a path towards a healthier lifestyle.

Indoor Swimming Pool

Adjacent to the fitness center, our indoor pool is available for a leisurely dip, a vigorous lap swim or a hydro-toning fitness class. The pool deck, bathed in natural light and appointed with classic chaise loungers, is ideal for relaxing after your workout or swim.

Pitness Center Hours and Information

The fitness center is open daily from 6:00 am–8:30 pm. The fitness center, fitness classes and the indoor pool are for Sanctuary guests only, ages 16 years old and up. For information regarding the fitness center, class schedules or the indoor pool, please call 843.768.6277



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SPA & SALON PARTICULARS

HOURS OF OPERATION Sunday–Saturday, 8:00 am–8:00 pm (Hours are subject to change seasonally.)

SPA & SALON RESERVATIONS Please phone us at 843.768.6340 or 843.768.6299.

CANCELLATION/RESCHEDULING POLICY

We require notification by 4:00 pm the day prior to the scheduled appointment to cancel or re-schedule. Please contact prior to 4:00 pm to avoid fees.

SERVICE FEE

For your convenience, a 20% service charge will be added to all services and packages. Please feel free to make an adjustment based on the service that you experienced.

ARRIVAL

We invite you to check in 30 minutes prior to your scheduled service to relax in our vitality mineral whirlpool, sauna and steam room while preparing for your treatment. We regret to inform you that late arrivals will result in abbreviated service.

SPA USE AND ADMISSION

Spa services are available to guests ages 18 and older. Young adults ages 5–17 may engage in specific salon treatments when accompanied by an adult. Use of spa facilities (includes sauna, steam room, vitality mineral whirlpool, locker room amenities and relaxation lounges) is complimentary for all spa guests on the day of scheduled spa services. Spa facility use without a treatment is available to guests ages 18 and over (subject to availability). *Hotel Guests: \$15 • Non-Hotel Guests: \$30*

MEDICAL CONDITIONS

Please inform us of any medical conditions or other special needs that require our attention.

SPA ATTIRE

Complimentary use of spa robes and slippers is provided for all guests. Our staff is professionally trained in proper draping to ensure modesty and comfort throughout your treatment.

VALUABLES

Please do not bring jewelry or other valuables to The Spa & Salon. Unfortunately, we are unable to replace or pay for items that are left or lost.

CONSIDERATIONS

To preserve our tranquil environment, The Spa & Salon is a pager-, cell phone-, smoke- and alcohol-free environment.



A FORBES TRAVEL GUIDE FIVE-STAR SPA

THE SPA & SALON: 843.768.6340

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