



Sasangua

MENU OF SERVICES





The Experience



Characterized by a highly individualized approach and inspired by the surrounding waterways, Sasanqua Spa at the Kiawah Island Club sits secluded among the marsh, and leaves its guests feeling relaxed and restored. Developed from the mind of acclaimed NYC designer Clodagh, the facility is structured in every aspect to support the well-being of those inside, both physically and mentally.

Members are encouraged to indulge in the Spa's signature treatments, each devised from the best practices and ingredients to reflect Kiawah's innate qualities. The Island's unrivalled natural beauty can be seen from each of the seven treatment rooms or while relaxing in one of the outdoor whirlpools. Or guests can experience the intimacy of the respite in one of its two steam showers, dry saunas, four regular showers, or meditation rooms.

Spa-goers emerge deeply relaxed with an unmistakable glow of inner and outer beauty.



The Service

This mission of Kiawah Island Club's Sasanqua Spa is to offer the finest service to its Members and guests. Our highly skilled spa therapists are experts who guide your discovery of personal wellness solutions.

Using the finest all-natural ingredients, every treatment and service is authentic and highly personalized. Our caring associates stand ready to exceed your expectations and provide a unique and tranquil spa experience.



Massage Collection

Massage, aromatherapy and body treatments have been vital elements in the practice of healing arts for thousands of years. Today we understand that bodywork has many benefits for the mind, body, and spirit. It relieves muscle tension, helps the healing process, improves circulation, soothes mental stress, reduces anxiety, and fosters relaxation and peace of mind.



Facial Collection

We appreciate that your skin is unique to you, each one of our skin therapy treatments includes an analysis of your skin so that our certified aestheticians can tailor a treatment specific to your needs. Our facials immerse you in total relaxation, combining a classic European technique with the most current skin care technology. Each facial includes a scalp, neck, arm, and hand massage.





Advanced Facial Collection

While our traditional facials offer the best in skin care, the advanced collection and chemical peels target anti-aging, pigmentation, and acne. These treatments increase correction from the inside out with more aggressive and results-oriented practices.





Chemical Peels

Chemical peeling is the application of a chemical solution that causes the skin to peel or flake, allowing new skin to regenerate. Peels are used to improve superficial discoloration, acne, and soften fine lines. Multiple treatments often provide the best results.



Body Treatments

A facial for the whole body to provide soft, velvety skin that radiates health and wellness.



Nail Services

Enjoy the beautiful view of the Marsh while our experienced nail technicians rejuvenate your hands and feet.



Salon Services

The perfect complement to your spa experience, our full-service salon offers a variety of options.



12 RIVER COURSE LANE • KIAWAH ISLAND, SC 29455 • 843.768.5725



The Details



HOURS OF OPERATION

To view the most up-to-date hours of operation, please visit Kiawah Island Club's website at KiawahIslandClub.com, or call the Spa directly at 843.768.5725.

RESERVATIONS

Spa reservations are recommended at least two weeks in advance to ensure availability of your preferred date and time. Members may request reservations in person or via telephone or email. Please note, robes, towels, sandals, and other amenities are provided for your personal use during your visit.

Because demand for spa services is high, especially on weekends and holidays, we highly recommend that appointments be made or that Members and guests call ahead to determine space availability and ensure optimal relaxation.

CANCELLATION POLICY

As a courtesy to other Members and our service providers, please notify the spa at least 24 hours in advance if you need to cancel or reschedule your appointment. Any service canceled or re-scheduled within 24 hours results in a 50% charge of the scheduled service.

CHARGES & FEES

For your convenience, a 20% gratuity is automatically applied to all services, as is customary throughout the Club. If you'd like to tip an additional amount, please do so at your own discretion.

Following your treatment, the spa welcomes you to sit, relax, and enjoy complimentary tea, fruit infused water, or one glass of wine, champagne, or beer. Additional beverages may be purchased for \$5 per glass.

The use of spa amenities—such as the sauna, hot tubs, and steam rooms—requires a usage fee of \$15 per person per day, and includes one complimentary refreshment. This \$15 charge is waived with the purchase of one spa service. Please note, calling ahead is recommended to determine space availability.

ARRIVAL

We recommend that you arrive at least 30 minutes prior to your appointment to relax in preparation for your services. Arriving late limits the time available for your treatment, thus lessening its effectiveness and your overall satisfaction.

ETIQUETTE

Because it is meant to serve as an oasis for its tenants, please respect other guests' right to relaxation by not using mobile phones or electronic devices within the spa and/or salon.

HEALTH CONDITIONS

Please notify our Spa reservation department before booking your treatments if you have high blood pressure, allergies, any other physical ailments or disabilities, or if you are pregnant. If at any time during your services you experience discomfort, alert your therapist immediately.

AGE REQUIREMENTS

Guests of the spa must be at least 12 years of age. Children between the ages of 12 and 17 may receive treatments under the following conditions: a parent or guardian is present to sign a consent form, and the treatments are performed from a same-gender therapist (excluding facial treatments). Salon services are available for guests of all ages. As a reminder, no children under the age of 18 are permitted to use the steam room, sauna, whirlpool, or specialty showers.

GIFT CARDS

For your convenience, Club gift cards are available for any of our spa and salon services. Ask our reception staff for details.



Massage Collection

AUTHENTIC, ORGANIC, SOOTHING

Massage, aromatherapy, and body treatments have been vital elements in the practice of healing arts for thousands of years. Today we understand that bodywork has many benefits for the mind, body, and spirit. It relieves muscle tension, helps the healing process, improves circulation, soothes mental stress, reduces anxiety, and fosters relaxation and peace of mind.

Your personal wellness goals are an invaluable guide to treatment. Reflecting ancient practices, all massages and body treatments feature organic ingredients—fruits, plants, and minerals—many with a traditional history of soothing or healing properties to refresh and rejuvenate. Sasanqua strives to use products harvested through biodynamic agriculture—causing an increase in their potency, and protection of both your health and the environment.

SASANQUA SEA ESCAPE MASSAGE

Warm, Balanced, Blissful

This transformational massage is a dynamic blend of long, flowing strokes and deeper, therapeutic strokes for considerable tension relief. The use of heated basalt stones increase circulation and melt away stress. In addition, the service incorporates hydrating, heated paraffin for your hands and feet, a calming facial massage, and a luxurious scalp treatment.

90 MIN \$195

CUPPING AND MASSAGE

Traditional, Releasing, Detoxifying

Contemporary methods of ancient Eastern practice are used along with clinical-style massage (not full body, but focused work) creating suction pressure. Massage cupping lifts the connective tissue to free adhesions and release tight muscles. These techniques increase blood flow, nourish body tissues, and stimulate the nervous system while helping restore the balance of qi and life force energy. This treatment is contraindicated for first trimester pregnancy, liver and kidney disease, cardiopathy, or those undergoing cancer treatments.

60 MIN \$140 / 90 MIN \$190

INTEGRATED SPA REFLEXOLOGY

Stimulating, Releasing, Healing

A relaxing take on the traditional art of Reflexology, this service begins with a hot towel cleansing ritual. Specific pressure points on the feet are stimulated, encouraging the body to find its own energy path and release blockages which may be the source of pain or discomfort.

30 MIN \$70 / 60 MIN \$125

HEALING STONE MASSAGE

Warm, Soothing, Nurturing

This warming and grounding massage uses heated basalt stones combined with gentle massage techniques to melt away stress.

60 MIN \$135 / 90 MIN \$185

KIAWAH CLASSIC MASSAGE

Traditional, Therapeutic, Swedish

This customized classic massage is perfect to sooth and relax. Light to medium pressure is applied to enhance circulation and leave you feeling completely relaxed.

60 MIN \$135 / 90 MIN \$185

KIAWAH DEEP MUSCLE RELIEVE & REPAIR

Focused, Specific, Relieving

This massage is a results-driven treatment that aids in healing. Firm strokes that are deep and more concentrated—combined with a range of Western and Eastern bodywork techniques—perfectly address muscle tension. A special oil blend with organic lavender, sage, and high-potency, super-critical extract of arnica flower relieve aches, pains, and soft tissue damage. This particular treatment is ideal for those with chronic pain.

60 MIN \$145 / 90 MIN \$195

MINERAL WELLNESS MASSAGE

Replenishing, Refreshing, Detoxifying

Magnesium is responsible for promoting healthy energy levels, sleep, muscle function, and overall well-being. This ultimate wellness treatment combines the benefits of dry brushing and therapeutic massage with magnesium to boost detoxification and replenish commonly deficient levels of this essential mineral. After an exfoliating and stimulating dry brush, the body is immersed in a mineral-infused soak to relax and replenish. A soothing massage follows with Mineral Wellness Lotion to nourish the skin and dissipate tension.

60 MIN \$145 / 90 MIN \$195

MOM-TO-BE MASSAGE

Prenatal, Nurturing, Calming

Administered in a side-lying position, this prenatal massage is a time to experience relaxation for the mother-to-be. The procedure is available after the mother's first trimester of pregnancy, to gently reduce aches and pains, ease swelling, and improve circulation—relieving many of the physical discomforts associated with pregnancy.

30 MIN \$90 / 60 MIN \$135

ORGANIC AROMATHERAPY MASSAGE

Healing, Nourishing, Balanced

Taking massage to the next level, this enhanced treatment begins with a warm eucalyptus foot bath. Lavender-infused towels warm the body and act as a calming aromatic ritual fostering comfort and serenity.

60 MIN \$135 / 90 MIN \$185

SWE-THAI MASSAGE

Loosening, Balanced, Elongating

This massage fuses traditional Thai techniques—often called passive or assisted yoga—and advanced therapeutic strokes. The rhythmical movements, deep compressions, and stretches allow your muscles to loosen and improve the flow of qi throughout the body.

90 MIN \$195

TARGETED MASSAGE

Specific, Therapeutic, Relieving

Sasanqua's Targeted Massage is the perfect treatment for limited time. This service focuses on your most troublesome area. Get the tension worked out of your neck, shoulders, or lower back.

30 MIN \$75

THAI FOOT MASSAGE

Energizing, Invigorating, Balanced

A deeply relaxing yet invigorating massage of the feet and legs, this service stretches and applies acupressure techniques to stimulate the reflex points on the lower body. The use of a traditional Thai massage stick takes this treatment to the next level.

30 MIN \$75 / 60 MIN \$130

Massage Enhancements & Targeted Offerings

THESE ENHANCEMENT OPTIONS ARE INCLUDED IN YOUR SCHEDULED TREATMENT, AND ADD NO ADDITIONAL TIME.

INVIGORATING FOOT TREATMENT

A blend of mineral-rich Marine and Dead Sea salts, African shea butter, sea kelp, and algae smooth rough, dry, overworked feet. The foot exfoliation is finished with a deeply hydrating pedicure balm containing lavender, litsea, and peppermint leaving your feet cool and rejuvenated.

\$35

MASSAGE CUPPING—ADD-ON

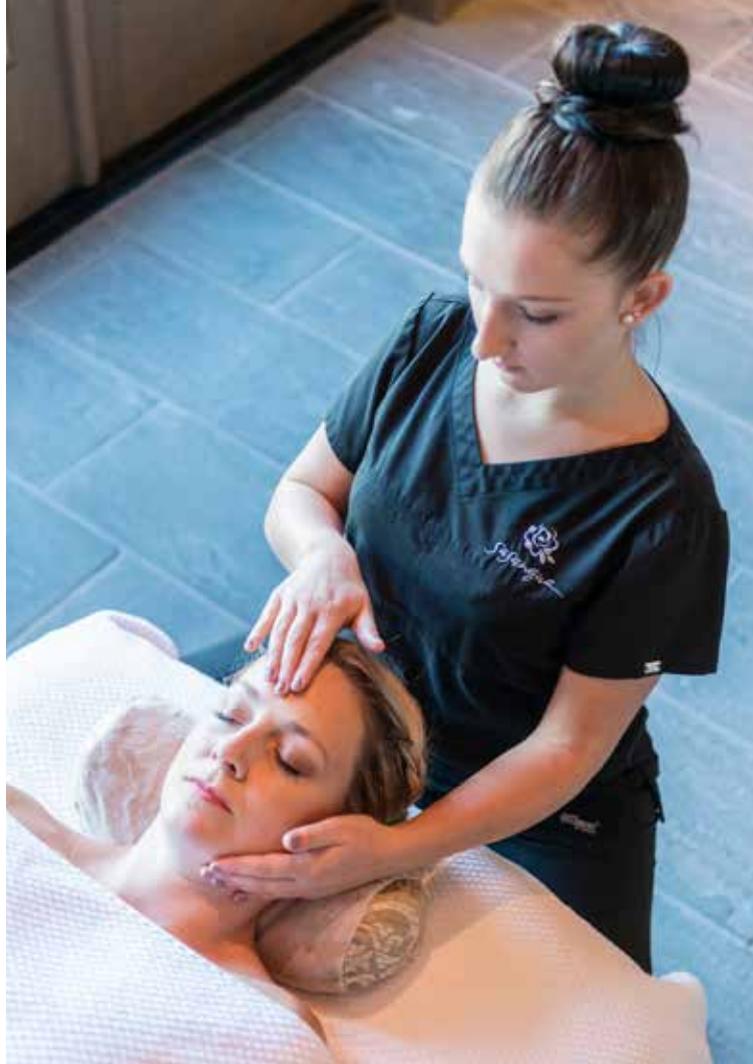
Added to our classic or deep tissue massage service, this ancient practice is used to loosen the connective tissue to enhance pain relief, reduce inflammation, and enhance well-being.

\$35

THERAPEUTIC SCALP MASSAGE

This blend of Moroccan, argan, and jojoba oils is infused with pure plant essences—your choice of scent bouquet from our Phia Pure Energy line—and relaxes your mind, releases tension, and conditions your scalp and hair.

\$35



Facial Collection

We appreciate that your skin is unique to you, each one of our skin therapy treatments includes an analysis of your skin so that our certified aestheticians can tailor a treatment specific to your needs. Our facials immerse you in total relaxation, combining a classic European technique with the most current skin care technology. Each facial includes a scalp, neck, arm, and hand massage.

SASANQUA SIGNATURE FACIAL

Restorative, Clarifying, Glowing

Rejuvenate, glow, and relax with this signature facial treatment. It includes facial exfoliation using a diamond tip microdermabrasion, and superior anti-aging and hydrating enzymes to revitalize the skin. Relax and renew with a nourishing scalp, neck, and shoulder massage using Phia pure energy oil to help you unwind. The service is topped off with our luxurious hand and foot treatment.

90 MIN \$200

AGE CORRECTIVE FACIAL

Renewing, Luminous, Hydrating

A natural retinal alternative, complex, Swiss green apple stem cells, coconut oil, and monoi deliver instant firming action and give lasting age-defying results. Skin is left smooth, supple, and bright while wrinkles and crows feet are softened. This treatment is recommended for normal to dry skin, especially mature skin.

60 MIN \$135 / 90 MIN \$185

BRIGHT SKIN ILLUMINATING FACIAL

Glowing, Lightening, Brightening

Lighten the effects of sun damage with this skin-brightening facial. Dull surface cells are polished away while epidermal brightening products fade dark spots, leaving skin radiant and refreshed.

60 MIN \$135 / 90 MIN \$185

CLARIFYING BACK FACIAL

Restorative, Luminous, Smoothing

Calming scalp and neck massages promote tranquility and relaxation through this purifying cleanse and exfoliation, followed by a mask tailored to your needs.

30 MIN \$120

FACIAL FUSION

Blissful, Comforting, Releasing

If you're having trouble deciding between a facial and a massage, try the "Fusion," a mini facial treatment combined with an extended scalp, face, neck, shoulder, arm, hand, and foot massage.

60 MIN \$140

FIRM SKIN ORGANIC FACIAL

Firming, Tightening, Fresh

Antioxidant Complex protects skin from harsh elements while it nourishes and promotes the look of elasticity.

60 MIN \$135 / 90 MIN \$185

KIAWAH ORGANIC FACIAL

Nourishing, Hydrating, Rejuvenating

The Kiawah Organic Facial utilizes Eminence Organic Skin Care products—a hand-crafted line incorporating organic ingredients with proven results—and is designed to hydrate and illuminate your skin.

60 MIN \$135 / 90 MIN \$185

REFRESHING FACIAL

Conditioning, Cleansing, Invigorating

With the focus on cleansing, exfoliating, and hydrating the skin, this treatment leaves skin feeling rejuvenated, soft, and revived.

30 MIN \$85

GENTLEMAN'S FACIAL

Customized, Therapeutic, Relaxing

This deep cleansing, therapeutic facial is designed specifically for men, and includes a neck and shoulder massage. It addresses common skin care needs such as razor burn and sensitivity from shaving, relaxes the skin, and refines the pores. Men are asked to shave two hours prior to the treatment.

60 MIN \$135 / 90 MIN \$185

Facial Enhancements

THESE ENHANCEMENT OPTIONS ARE INCLUDED IN YOUR SCHEDULED TREATMENT, AND ADD NO ADDITIONAL TIME.

FACIAL CUPPING

This procedure increases circulation and enhances the absorption of facial serums while lifting and toning the skin.

\$35

HAND OR FEET PARAFFIN

Lock in moisture and enhance the appearance of the skin with this paraben-free option. Available with any treatment, this enhancement leaves your hands and feet feeling silky smooth and deeply hydrated.

\$35



Advanced Facial Collection

While our traditional facials offer the best in skin care, the advanced collection and chemical peels target anti-aging, pigmentation, and acne. These treatments increase correction from the inside out with more aggressive and results-oriented practices.

MICRODERMABRASION

This procedure mechanically removes the upper most layer of dead skin cells using a diamond tip. Microdermabrasion also makes it easier for skincare products to penetrate into the deeper layers of the skin which help stimulate collagen production and maintain the elasticity of the skin. Multiple treatments provide the best results.

Average Session: 30 minutes

\$85 SINGLE TREATMENT

\$255 SERIES OF FOUR TREATMENTS

MICRO PEEL—DERMAFLASH

This procedure refinishes the top layers of the skin through a method of very precise and controlled scraping. The treatment removes fine facial hair and provides light exfoliation, giving the skin a smoother appearance.

Average Session: 45 min

\$135

Chemical Peels

Chemical peeling is the application of a chemical solution that causes the skin to peel or flake, allowing new skin to regenerate. Peels are used to improve superficial discoloration, acne, and soften fine lines. Multiple treatments often provide the best results.

ALPHA-BETA PEEL

This very effective peel uses the perfect blend of acids to exfoliate without harshness, irritation, or inflammation. With this new technology in peeling, clients experience little to no stinging and should not experience flaking or peeling.

\$120 SINGLE TREATMENT

\$360 SERIES OF FOUR TREATMENTS

LACTIC PEEL

Alpha hydroxy acid exfoliates the outer layer your skin to encourage new cell turnover. This particular chemical peel is a natural humectants, and pulls moisture from the collagen level to the surface of the skin. This is an excellent choice for dry, sun-damaged skin, uneven pigment, or acne effects, and for sensitive skin types.

\$120 SINGLE TREATMENT

\$360 SERIES OF FOUR TREATMENTS

MANDELICLEAR PEEL

The MandeliClear system was developed specifically for brightening pigmentation associated with melasma or photo damaged skin. This peel is safe, gentle, and well-tolerated by most skin types.

\$120 SINGLE TREATMENT

\$360 SERIES OF FOUR TREATMENTS

Body Treatments

BODY FIRMING DETOX

Firming, Toning, Tightening

Refine and firm body contours as you detoxify and reenergize. An exclusive dry brush technique helps to exfoliate the skin, stimulate lymphatic drainage and circulation, and promote the absorption of clinically-proven slimming actives. The firming massage that follows includes Intensive Slimming Serum with ginger and caffeine to help increase circulation and activate lipolysis, and finishes with Multi-Vitamin Firming Crème to hydrate, smooth, and brighten.

60 MIN \$135

BRIGHTER BODY GLOW

Illuminating, Nourishing, Hydrating

Illuminate your body from head to toe with this results-oriented treatment. This multi-active experience incorporates exfoliating bamboo, fruit enzymes, and multi-fruit acids along with stimulating body-buffing techniques to refine texture and brighten the skin. Organic Ginger Oil blended with Multi-Vitamin Firming Crème containing Shea Butter and nutrient rich algae is massaged onto the body using long relaxing strokes with focus on the neck, back, and shoulders.

60 MIN \$135

COASTAL BODY POLISH

Refreshing, Revitalizing, Moisturizing

Awaken the senses with the signature aroma of Neroli Blossom in this deeply relaxing yet uplifting experience. Ocean mineral salts are applied to the body for a blissful exfoliation followed with a luxurious application of Marine Moisture Balm infused with Sweet Orange Blossom essential oils.

60 MIN \$120

LOWCOUNTRY RENEWAL

Renewing, Warming, Calming

Purify, calm, cleanse, and renew your body with this signature treatment. Open with an energy-balancing ritual and nourishing mineral salt scrub followed by a warm stone full body massage. Close with a soothing cocoon wrap enhanced with a tension-melting scalp massage and reflexology foot ritual. Customize your experience by intuitively selecting your choice of uplifting muscle therapy or detoxifying essential oil aromatherapy.

90 MIN \$225

NOURISHING ALGAE WRAP

Natural, Energizing, Invigorating

Using an all-natural, live Spirulina Algae, this seaweed treatment imparts essential vitamins, minerals, and protein to nourish and energize the body. It's most effective when used as part of a slimming or wellness program.

60 MIN \$135

Nail Services

BASIC QUICK-FIX MANICURE

This express treatment includes a quick file, buff, and polish application.

30 MIN \$35

BASIC QUICK-FIX PEDICURE

This express treatment includes a nail shaping, cuticle treatment, and polish application only. It is best suited for polish change and minimal maintenance of the nails.

30 MIN \$48

BRIGHTENING MANICURE

This deluxe, brightening hand treatment incorporates a unique Multi-Acid Peel for exfoliation using an effective 20% multi-acid complex, moisturizing Myrrh Nail Oil, a hand soak in muscle-relieving minerals with essential oils, and a massage based on Ginger, Coriander, and Plai essential oils to energize, invigorate, and nourish the skin.

50 MIN \$60

BRIGHTENING PEDICURE

This therapeutic pedicure leaves your feet and legs brighter, refreshed, and renewed. It starts with a foot soak infused with nourishing minerals and trace elements to relieve tired, achy feet. The exfoliating bamboo and fruit enzymes along with stimulating leg buffing techniques refine texture and brighten the skin. The massage includes a nourishing multi-vitamin rich firming crème, finished with a cooling, invigorating foot balm.

50 MIN \$85

ISLAND AROMA MANICURE

This luxury treatment begins with a gentle hand exfoliation using a Multi-Acid Peel, then natural Myrrh Nail Oil moisturizes and softens cuticles. Hands are pampered in a re-mineralizing soak in muscle-relieving minerals and essential oils, followed by a relaxing massage using Geranium, Grapefruit, and Lavender essences.

50 MIN \$55

ISLAND AROMA PEDICURE

This pedicure and foot treatment helps to stimulate circulation as well as revitalize and re-mineralize tired feet. Using Eucalyptus essential oil and Turkish salts, the feet are exfoliated, and then rejuvenated in a Eucalyptus foot soak. A massage with invigorating foot balm concludes the revitalizing treatment.

50 MIN \$60

Nail Service Enhancements

PARAFFIN TREATMENT
\$15

POLISH CHANGE
\$16

FRENCH TIP
\$11

**GEL POLISH REMOVAL
AND APPLICATION**
\$45

GEL REMOVAL ONLY
\$20

GEL ADD-ON ONLY
\$10

Salon Services

HAIR SERVICES

Sasanqua's hair services include the following: wash, set, style, cut, color, highlights, Keratin hair straightening and hair relaxer, and therapeutic scalp treatments.

WOMAN'S HAIRCUT
\$68

MEN'S HAIRCUT
\$38

CHILD'S HAIRCUT
(AGE 10 & UNDER)
\$28

SHAMPOO WITH BLOW-DRY
\$48

UP-DOS
\$80

SPECIAL STYLE
\$25

OVERALL COLOR
\$80

SHINE ENHANCEMENT
\$55

FACE FRAMING HIGHLIGHTS
\$7 (PER FOIL)

PARTIAL HIGHLIGHTS
(CROWN AND SIDES)
\$80

FULL HIGHLIGHTS
(FULL HEAD)
\$100

PERMS
\$75

MEN'S COLOR
\$45

CONDITIONING TREATMENT
\$30

Waxing Services

EYEBROW
\$22

LIP
\$22

CHIN
\$22

UNDERARM
\$28

BACK
BEGINNING AT \$55

BIKINI
BEGINNING AT \$55

BRAZILIAN BIKINI
\$58

HALF LEG
\$58

FULL LEG
\$78

BROW TWEEZING
BEGINNING AT \$28

**During hair removal consultation,
a price adjustment may be determined*

**Prices listed for hair services are "beginning at" and will be adjusted based on the length of hair, condition of hair, and any customization discussed during consultation with a stylist*