

Spa Body Treatments

*All body wraps include exfoliation

Exfoliate

Chardonnay Signature Treatment

An opulent sugar cane and walnut shell "wine therapy" scrub exfoliates while French Chardonnay grape seed extract, shea butter and fine oils purify, soften and protect the skin. A shower with a velvety bath gel offering a refreshing bouquet of pomegranate that tones and conditions the skin. Finally, an application of the rich emollient of Chardonnay Body Butter with a hint of grapefruit and a deep heated luxury hand and foot treatment provides the ultimate in skin hydration.

60 minutes \$124 Couples \$240

De-Stress

Aromatherapy Cocoon

Breathe in tranquility as your body relaxes and stress gently slips away. Natural Essential oils soothe your senses as they are warmly applied to stimulate your body's ability to release stress. Your entire being is nestled in a delightful cocoon and transported to a state of divine relaxation.

75 minutes \$124 Couples \$240

Renew

Aromatic Anti-Fatigue Moor Wrap*

This scientifically-proven holistic, healing black magma dates back to ancient civilizations. A warm Aromatic Moor Mud rich in natural vitamins, minerals and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and stress vanishes. Ideal for those prone to chronic pain to fatigue, rheumatism/arthritis pain and post-sports injuries.

75 minutes \$124 Couples \$240

Cellu-Lite

Green Coffee Cellulite/Body Wrap *

Slim and tone your body with a cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention. Pure 100% micronized green coffee, naturally rich in chlorogenic acid, polysaccharides, proteins, and essential oils, smooths and enhances your skin's overall texture, visibly reducing spongy, dimply, cellulitic areas.

90 minutes \$132 Couples \$250

Detoxify

Sedona Heat Wrap

Wrap yourself in Seaweed Therapy. This effective treatment detoxifies and re-mineralizes dry, depleted skin. Your body is covered with warm micronized Seaweed and gently wrapped. As stress and toxins are eliminated, your body resurfaces youthful, replenished and hydrated.

75 minutes \$125 Couples \$240

Distinctive Services

Ear Candling

Transcending from ancient cultures to modern-day spas, this unique process lulls you toward relaxation with the soothing sound of a melting candle. Although results differ per person, this ear candling experience can truly enhance your personal wellness.

60 minutes \$55

Beach Feet

The ultimate experience for your sole. Enjoy a gentle exfoliation from your feet to your knees. Follow with an invigorating foot massage using pressure point techniques and mask therapy that leaves your sole and soul ready for the beach and pool.

30 minutes \$35

Regenerating Hand Treatment

Dryness, sun damage and the signs of aging quickly reflect on your highly exposed hands. This treatment includes an application of a delightful lavender mask. Precisely formulated, the mask first warms to allow the absorption of replenishing anti-aging vitamins, then cools to brighten the color of the skin. Your hands are rendered smooth silky-soft and rejuvenated.

Allow 30 minutes \$35

Desert Heat Back Masque

Retreat to desert therapy. Restore and alleviate tired back muscles with this warm, soothing masque. Featuring an exquisite blend of mineral rich desert sand and self-heating copper mud, this therapeutic treatment deeply penetrates to counteract post-sport injuries, deliver immediate relief, and inspire total relaxation.

45 minutes \$50

Neck Bust & Decollete Treatment

Our neck and decollete treatment is the definite answer to prevent and repair any visible signs of aging. Kigelia Africana Extract is the latest botanical discovery, which restores smoothness and firmness with high concentration of elastin to improve the skin's elasticity.

Allow 60 minutes \$60

De-Stress Eye Enhancement

An excellent treatment for dark, circles, puffiness, and fine lines around the delicate eye area.

with facial \$15 without facial \$20

Youthful Lip Treatment

Restore your lips youthful beauty. Plump, hydrate and refine your lip and mouth area.

with Facial \$15 without Facial \$20

How to Spa

To best begin your experience, allow yourself time to check in, change, and relax. Please arrive at least 15 minutes prior to your appointment for spa services.

Spa Appointments:

Calming Waters is open to the public (age 13 and older). Walk-ins are accepted, based on availability. Reservations are highly recommended.

Late Arrival:

Service times are based on guests arriving 15 minutes prior to the scheduled service. Late arrival may result in a shortened appointment to prevent delays to other guests.

Cell phones:

We ask as a consideration to our other guests that you please turn off your cell phones and pagers. Cell phone usage is not permitted inside the spa.

Cancellations:

Our therapists and services are extremely popular. Please, as a courtesy, make all cancellations at least 24 hours before your appointment (to avoid a 50% charge).

Gratuities:

Except for our special "Spa Journeys", gratuities are not included in our prices but are greatly appreciated by our staff.

Gift Cards:

Our beautifully packaged certificates and gift cards make an impressive and easy gift to give for any occasion. They can be purchased for an ala carte service, spa journeys or any dollar amount. Expiration date 6 months from date of purchase.

Return Check Fee \$30

Prices are Subject to Change

We are constantly expanding our services to bring you the latest and greatest. Although we make every effort to keep our website and spa menu updated, please note that prices and services are subject to change at any time.

Hours of Operation

The last Sunday of the month by appointment only 12-5

Tuesday: 10-8 Wed/Fri: 10-6

Thursday: 12-8 Saturday: 9-4

Tuesdays: Military Appreciation Day

Wednesdays: Super Senior Day

CALMING WATERS SPA

Immerse Yourself

Menu of Services

102 Marsh Harbour Parkway, Ste. 106
Kingsland, GA 31548
912-576-4646

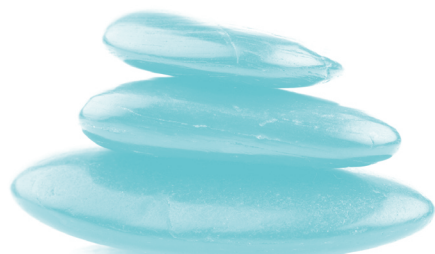
www.calmingwatersspa.com
calmingwatersspa@gmail.com

Welcome to CALMING WATERS SPA

Experience a comfortable and tranquil atmosphere that immediately vanquishes tension, stress and fatigue.

Once you pass through the spa doors the sound of our waterfalls will transport you to a place of quiet solitude and relaxation.

Think...**Calming Waters**...Immerse Yourself!



Spa Journeys

18% gratuity added for your convenience.

Spa Refresher \$316

Classic Facial
Chardonnay Signature Treatment
Relaxation Massage (60 minutes)
Youth Lip Treatment
Distress Eye Enhancement
Time Required 4½ hours

Seascape. \$253

Classic Facial
Revitalize Sabai Stone Therapy
Beach Feet
Anti-Aging Hand Treatment
Time Required 4 hours

Calming Waters Classic. . . . \$199

Classic Facial
Relaxation Massage (60 minutes)
Beach Feet
Time Required 3 hours

Dual Decadence \$155

Two therapists work in tandem to offer this unique experience. While an esthetician performs a deep cleansing facial, a massage therapist relieves your stress by performing foot reflexology and hand massage. A complete restoration of the mind and body. Time Required 1½ hours

High Performance Facial Therapy

Facials – Experience our unique approach to skin care, resulting in, a healthy glowing youthful experience. Our estheticians will analyze your skin and prescribe the correct facial treatment according to your individual skin type and lifestyle conditions.

Calming Waters Signature Skin Fit For Men

Ultimate rejuvenation just for men. This anti-aging treatment lavishes your skin with pure Caviar Extract to address your specific needs, including improving skin's elasticity, reducing expression lines, and soothing razor burned skin.

(Allow 90 minutes)
90 minutes. \$99 Series of 3 \$255

Anti-Free Radical

Treat yourself to this ultra-hydrating mask designed to combat dry, dehydrated skin. This treatment utilizes Vitamin A, E, and D to fight free radicals that cause premature aging. The results are tight, vibrant skin.

(Allow 90 minutes)
90 minutes. \$99 Series of 3 \$255

Luminous "C" & "Sea"

Revitalize dry damaged skin with the high potency of Vitamin C and stimulating freeze dried seaweed. This deep repairing mask will strengthen skin elasticity, counteract photo-aging, and restore a youthful appearance.

(Allow 90 minutes)
90 minutes. \$99 Series of 3 \$255

Rosacea RS2

A treatment that reveals ancient secrets of the Greek and Egyptian civilizations. Rich in green tea, French rose, and licorice extract, this mask will soothe the skin, ease blotchiness, and reduce redness. This treatment is recommended for hyposensitive skin conditions, specifically couperose, erythrose, rosacea, and acne rosacea.

(Allow 90 minutes)
90 minutes. \$99 Series of 3 \$255

Classic Facial

This deep pore cleansing facial will be customized to suit your skin's specific needs. Your skin will be exfoliated and your pores will gently be extracted. A relaxing massage will be performed and the appropriate mask and cream will be applied.

(Allow 60 minutes)
60 minutes. \$75 Series of 3 \$183

Peels & Anti-Aging Treatments

Benefits include:

- Improve skin tone
- Reinforce the skins ability to produce collagen
- Manage acne-prone skin and help diminish acne scars
- Refine aging and dehydrated skin
- Lighten discoloration known as Hyperpigmentation
- Promote rapid exfoliation of the skin and help to minimize fine lines.

For best results, a series of treatments are recommended.

Calming Waters Signature Caviar Rejuvenation

The most advanced defense against aging. This signature treatment lavishes your skin with pure Caviar Extract and Pearl Extract to improve suppleness and elasticity in the skin while reducing expression lines. A truly luxurious treat.

(Allow 90 minutes)
90 minutes. \$135 Series of 3 \$345

Microdermabrasion

This non-aggressive procedure is performed by using tiny crystals to remove imperfections without the use of harsh chemicals. This procedure expedites the natural process of epidermal cell regeneration and improves skin texture and tone.

(Allow 60 minutes)
60 minutes. \$125 Series of 3 \$333

Lactic Acid Peel

Lactic Acid is one of the best peels, offering many benefits. This treatment provides the skin with a smoother texture, minimizes wrinkles, and lightens hyperpigmentation. Great for all skin types, including acneic.

(Allow 60 minutes)
60 minutes. \$75 Series of 3 \$183

Waxing

Eyebrow \$12
Lip \$8
Chin \$8
Underarms \$20
½ Arm (Elbow & Below) \$30
Full Arm \$40
Chest (excludes stomach) \$50

Back. \$50
Stomach. \$20
Bikini. \$30
Brazilian \$80
½ Leg (Knee & Below) \$45
Full Leg (excludes bikini area). \$65
Full Face \$45

Massage Therapies

Experience the skilled hands of our professional massage therapists, well-trained in the art that has been prized for centuries for its ability to reduce stress, relieve muscular tension and energize the body.

Relaxation Massage

Envision utmost relaxation. Instantly alleviate your aching muscles while drenching every inch of your skin with refreshing hydration.

60 minutes. \$75 Series of 3 \$183
90 minute \$100 Series of 3 \$255
Couples 60 minute . . . \$145 Series of 3 \$375
Couples 90 minute . . . \$190 Series of 3 \$486

Therapeutic Massage

Discover relief and comfort for chronic aches and pains. Experience a total massage that uniquely combines deep pressure, trigger point and neuromuscular techniques.

60 minutes. \$85 Series of 3 \$219
90 minutes. \$115 Series of 3 \$294
Couples 60 minutes . . \$160 Series of 3 \$408
Couples 90 minutes . . \$220 Series of 3 \$561

Mothers Massage

Custom designed for the mother-to-be. This treatment supports and nurtures with special techniques for utmost comfort even during the late pregnancy stages. Relax and re-balance your inner wellness and that of your child as you prepare for the ultimate gift of life. Luxury foot or hand treatment included.

60 minutes. \$80

Revitalize Sabai® Therapy

Exhale and relax as your therapist administers an advanced mineralized black granite stone massage therapy. Sabai® therapeutic massage de-stresses your entire being . . . mind, body, and spirit. Customize your experience with your choice of scensual aromatic essential oils. Luxury deep heated hand and foot treatment included.

90 minutes. \$105

To The Point Massage

Focused treatment massage designed for one or two areas for those with chronic aches and pains.

30 minutes. \$45

Reflexology

This dynamic pressure point massage technique is applied to the feet to relieve soreness and release tension. Each pressure point corresponds to an area of the body to alleviate pain and promote healing. Especially beneficial for those on their feet for extended time periods.

30 minutes. \$50
Couples \$90