

HAIR

HAIR TREATMENTS

(Blow-dry included in price of treatment)

Restructurizing Keratin Treatment

After a relaxing shampoo, rich keratin oil is worked into dry, damaged ends. Next, a heavy masque is massaged into the hair and scalp and left on under low heat for 15 minutes. It is then rinsed and followed by a blow-dry, leaving hair restored and shiny. \$65

Moisture Rich Masque

After a relaxing shampoo a heavy hydrating masque is massaged into the hair and scalp and left on for 15 minutes. It is then rinsed and followed by a blow-dry, leaving hair soft and shiny. \$50

HAIR DESIGN

- Women's Haircut
(includes shampoo & blow dry) from \$60
- Shampoo & Blow Dry \$38
- Flat Iron Straightening add \$10
- Curling Iron add \$10
- Single Process Color \$65
- Glaze Enhancement \$20
- Up-do \$60
- Face Framing Highlights from \$70
- Partial Highlights from \$100
- Full Head Highlights from \$140
- Additional Lowlight \$10 per extra color
- Corrective Color Priced upon consultation
- Men's Haircut \$30
- Men's Gray Blending \$50
- Child's Haircut \$25 (10 years & younger)

BODY

MASSAGE

Signature Massage

Your therapist will adjust pressure to suit your individual needs while incorporating herbal infused warm towels for the ultimate relaxing experience. 30/60/90 minutes / \$60/\$100/\$145

Therapeutic Massage

This massage offers personalized therapy with deep pressure and focus on your areas of tension. 60/90 minutes / \$110/\$155

Deep Tissue

This full-body massage features deep tissue techniques to alleviate muscle tension and restore flexibility. 60/90 minutes / \$120/\$165

Mother-To-Be Massage

This full-body Swedish massage is designed specifically for the expectant mother to help increase circulation and reduce fatigue. Eases aches in the back, shoulders and neck that may be caused by increased weight and shifting posture. 60 minutes / \$115

Heated Stone Massage

Your therapist will apply pressure with warm, smooth stones to release muscle stress, inspiring a sense of deep relaxation. 75 minutes / \$145

Thai Yoga Massage

Our massage therapist will guide you through a series of yoga postures while palming and thumbing along the body's energy lines and pressure points. Together these actions result in a full body treatment. 90 minutes / \$165

Reflexology

This service is based on the ancient practice of manipulating pressure points on hands and feet to help balance your body and soul. 30/60 minutes / \$60/\$100

Couples Massage

Take time out for the two of you while relaxing side by side in our couples massage room.
Signature Massage. 60/90 minutes / \$240/\$330
Deep Tissue Massage 60/90 minutes / \$280/\$370

Massage Add-Ons (\$20 each)

- Aromatherapy • Chest or Back Scrub • Sinus Relief
- Organic Honey Lifting Treatment

BODY TREATMENTS

Eminence Organic Sea Salt Scrubs & Wraps

Your therapist will choose seasonal fruits and herbs to pamper and nourish your body. 60 minutes / \$120

Relax • Refresh • Renew



Walk-ins are welcome; however, appointments are recommended to ensure you'll be able to enjoy all the services you're looking for.

In addition to our services, our all-natural, eco-friendly lines of skin and hair care products are available for purchase.

Hours of operation vary seasonally, so please be sure to call ahead.

New services are added seasonally, so be sure to visit our Web site or call for our latest offerings.

Policies

- Please arrive 15 minutes prior to your appointment to fill out a brief client profile.
- If you cannot make your appointment, we appreciate 24 hours cancellation notice. A fee may be assessed for missed appointments. If you have two or more appointments and cannot provide 24 hours cancellation, you will be charged 50% of the services scheduled.
- If you are late arriving to your appointment you will not receive an extension of scheduled service time. We recommend rescheduling your appointment if you are going to be more than 15 minutes late.
- Additional charges will be added to services provided during non-business hours. On-location services may be available for a fee.

910-454-0333 / islandretreatspa@bhisland.com
www.islandretreatspa.com

Provided by North Carolina Licensed Massage and Bodywork Therapists



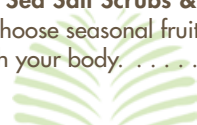
Relax • Refresh • Renew

A full service spa and salon offering hair cutting, coloring and styling, manicures and pedicures, massage, body treatments and skin care. Wedding parties and other groups welcome.

6 Maritime Way
Bald Head Island, NC
910-454-0333

Visit our Web site for a complete list of services and policies at

www.islandretreatspa.com



Relax • Refresh • Renew



From the rhythmic lull of the ocean to the canopy of silence found under venerable old oak trees, Bald Head Island is truly Mother Nature's sanctuary. Peace and restoration are hallmarks of a Bald Head Island visit, whether it's a vacation or a trip home that you take, again and again.

At Island Retreat Spa and Salon, we believe in letting nature nurture. Our philosophy focuses on the powerfully restorative effects of nature, which will renew and refresh your body, mind and spirit. Our product lines use all-natural, organic or eco-friendly ingredients of the purest quality, so you can feel good about pampering yourself.



Island Retreat Spa and Salon offers a soothing atmosphere for enjoying a wide range of services. Let our certified estheticians pamper you with a healing facial or soothing body wrap. Treat your weary feet to an invigorating pedicure, or tame your tresses with a moisturizing hair masque. Discover what a sigh of relief sounds like as our licensed massage therapists knead away every last worry.

Whether you're looking for a solitary retreat or an afternoon of beauty and well being with friends, Island Retreat offers services designed to help you rediscover your natural beauty.

PACKAGES

Day of Relaxation Package

Organic body salt scrub and body wrap, one hour Signature Massage, Signature Facial, Signature Pedicure, Signature Manicure, conditioning treatment with a shampoo style, Spatini and lunch. 6 hours / \$475

Renewal Package

Heated Stone Massage, Renew Rose Anti-Aging Facial, Signature Pedicure, Signature Manicure and Spatini. 4 hours / \$320

Couples Package

One hour Signature Couples Massage, Signature Pedicure and Spatini 2 hours / \$340

Bride-to-Be Package

One hour Signature Massage, Renew Rose Anti-Aging Facial with a Décolleté Treatment, Signature Pedicure, Signature Manicure, Spatini and lunch. 4 hours / \$300

Gentleman's Package

One hour Deep Tissue Massage, Signature Facial, Sports Manicure, Sports Pedicure, Spatini and lunch. 4 hours / \$300

Refresher Package

Half hour Signature Massage, Classic Pedicure and Classic Manicure 2 hours / \$130

Teen Package

Clarity Facial, Classic Pedicure, Classic Manicure, Makeup Application, Shampoo Style and Spateenie. 2 ½ hours / \$250

BRIDES

FOR THE BRIDE

Trial Run (required):

Hair from \$70
Makeup. from \$60

Wedding Day:

Hair from \$80
Makeup from \$70

FOR THE BRIDAL PARTY

Shampoo & Style \$38
Up-do \$60
Makeup. \$50

SKIN

SKIN FACIALS

Signature Facial

A skilled esthetician will analyze your skin to customize treatment. Smell the exquisite allure of fresh scents while we cleanse, exfoliate and wrap your face in warm herbal infused towels. Enjoy a facial massage followed by a soothing masque. This facial will leave your skin revitalized, nourished and hydrated. 60 minutes / \$100

Renew Rose Anti-Aging Facial

Designed for dry skin to revitalize the skin's texture with aromatic rose and frankincense extracts. This treatment will smooth skin and encourage cell renewal in areas that are most affected by the aging process.75 minutes/ \$115

Citrus-C Facial

The naturally rich content of vitamin C encapsulates the ability to restore the skin's balance, reduce inflammation and redness, and provide high antioxidant protection. This balancing and nourishing facial benefits all skin types. 60 minutes / \$115

Clarity Facial

Using only the finest organic ingredients, this specially formulated facial helps reduce blemishes and improves scarring and skin tone. 60 minutes / \$105

Facial Add-Ons (\$30 each)

Décolleté Treatment • Luscious Lip Treatment • Eye Therapy

Skin Add-Ons (\$30 each)

Yam & Pumpkin Enzyme Peel or Pineapple Enzyme Peel
Pumpkin Pulp Puree is rich in enzymes, beta-carotene and antioxidants.

Makeup Application

Basic Application 30 minutes / \$50
Temporary lashes are available for an additional \$20.

LASHES & BROWS

Temporary \$20 Tinting - Eyelashes. . . . \$30
Tinting - Eyebrows. . . . \$25

HAIR REMOVAL

Eyebrow \$25 Full Arm \$50
Lip \$15 Half Leg \$40
Chin \$20 Full Leg. \$60
Chest. \$55 Back. \$60
Underarm \$25 Bikini \$40
Half Arm \$35 Brazilian Bikini . . . from \$60

NAILS

PEDICURES

Signature Pedicure

Soak weary feet in our harmonizing tonic accompanied by your choice of mineral bath salts. After nail shaping and cuticle care, choose from Indonesian ginger scrub or organic French lavender scrub to exfoliate. After a massage, we give your feet ultimate hydration by wrapping them in herbal infused warm towels. 60 minutes / \$70

Classic Pedicure

A relaxing foot soak is followed by an invigorating foot massage, after nails have been trimmed to perfection. Finish with a polish of your choice. 45 minutes / \$55

Sport Pedicure

Soften and slough away any impurities your feet may have. Enjoy a tranquil soak followed by an invigorating foot massage. This treatment is completed with an herbal infused towel wrap and your choice of a buff and/or matte polish. 60 minutes / \$65

Child's Pedicure (ages 10 and under)

This pedicure will shape nails and cuticles as needed, massage feet and polish toes to perfection. \$40

MANICURES

Signature Manicure

After nail shaping and cuticle care, we exfoliate with your choice of Indonesian ginger scrub or organic French lavender scrub, followed by the ultimate hydration of our paraffin dip. 45 minutes / \$45

Classic Manicure

This traditional manicure features a soothing hand massage after your nails have been trimmed and shaped to perfection. 30 minutes / \$35

Sport Manicure

Soften and replenish rough, dry hands. After cleansing, light nail shaping and cuticle care, we will exfoliate and moisturize your hands and finish with a buff and/or matte polish. 30 minutes / \$30

Child's Manicure (ages 10 and under)

Manicure will shape nails and cuticles as needed, massage hands and arms, and polish nails to perfection. \$25

Nail Add-Ons

French Manicure \$10 French Pedicure. . . . \$10