



Ocean Tides  *Spa*



RELAX, RENEW, REJUVENATE.

Steps away from the Atlantic coastline, guests can immerse themselves in a spa journey that indulges the senses at Ocean Tides Spa. Our specially trained therapists will pamper you with a full array of relaxing services, from our Signature Quartz Sand Massage to our Illuminating Mermaid Facial.

You will find that our treatments reflect elements of our coastal setting. For centuries, the nautilus shell seen throughout the spa has held a deep symbolic meaning of balance and harmony. Both are offered in abundance in all of our services. Through an enchanting ritual of treatments, you will experience the beauty of nature and its healing properties. After a day at Ocean Tides Spa at Omni Hilton Head Oceanfront Resort, you will emerge renewed.

BODY TREATMENTS

ISLAND HYDRATING WRAP

50 MINUTES | 80 MINUTES

By hydrating your skin and detoxifying your system, this treatment will leave your mind renewed and body restored. Your skin is gently exfoliated and then warm oil containing vitamins and antioxidants is applied. Your body is relaxed then wrapped, while a warm oil scalp massage and cold stone face massage relieves all your tension. This ultimate treatment leaves your body hydrated and restored while your mind stays on island time.

PARADISE GLOW

50 MINUTES | 80 MINUTES

This treatment is designed to hydrate and nourish the skin while completely relaxing the mind and body. Organic cane sugar combined with exotic drift nut oils gently exfoliates the skin. Next, warm pineapple oil is used to massage all your stresses away. A Fijian Scalp Treatment concludes this ritual leaving you restored, relaxed and replenished.

SUGAR SCRUB

50 MINUTES

Sugar cane combined with exotic tropical nut oils and fruit enzymes exfoliate and nourish skin to create the ultimate healthy glow. This treatment gently rids the body of dead skin, revealing new, healthier skin as well as replenishing moisture loss.

DEAD SEA MUD WRAP

50 MINUTES | 80 MINUTES

With mud harvested from the Dead Sea, this treatment is known for its healing properties and high concentration of essential minerals which will help relieve aching joints, stiffness, skin problems and will help detoxify the body.

HAND TREATMENTS

OCEAN TIDES SIGNATURE MANICURE

50 MINUTES

Your manicure begins with a warm soak and the finest coconut exfoliation. A warm body butter wrap for your hands will deliver moisture to instantly revive skin while cuticles and nails will be shaped and nourished. To finish the treatment, breathe deep and relax as your arms are gently massaged. You may choose buffing or polish for a finished look.

MINI MANICURE

25 MINUTES

In need of a quick touch-up? This manicure provides nail care and perfectly polished nails.

GENTLEMEN HAND TREATMENT

25 MINUTES

This hand treatment will include filing, trimming, cuticle care and a relaxing hand massage.

NAIL ENHANCEMENTS

GEL POLISH

FRENCH POLISH

PARAFFIN TREATMENT

DIP POLISH

WARM TIGER SHELLS

HONEY COCOON TREATMENT



FOOT TREATMENTS

OCEAN TIDES SIGNATURE PEDICURE

50 MINUTES

Sit back and be pampered from soul to sole. Start with a ritual cleansing with coconut milk, followed by an exfoliation of pure cane sugar infused with essential oils. Warm body butter is then applied to the feet while your legs are massaged. Finally, your choice of color is applied to your nails to remind you daily of your excursion to paradise.

MINI PEDICURE

25 MINUTES

In need of a quick touch-up? This pedicure provides nail care and perfectly polished toes.

GENTLEMEN FOOT TREATMENT

50 MINUTES

Relaxing and invigorating pedicure with a groom and buff paired with a soothing foot and leg massage.

 *Ocean Tides Spa favorite treatment*

FACIALS

OCEAN TIDES SIGNATURE FACIAL

50 MINUTES | 80 MINUTES

Reestablish the natural beauty and health of your skin with pure ingredients and simple luxury. This facial is customized to your skin to provide your complexion with the greatest benefits.

PURE RADIANCE

50 MINUTES | 80 MINUTES

Using all-natural ingredients, this custom, deep cleansing facial gives you both results and a relaxing experience. Deep cleansing, exfoliation, extractions and the high frequency wand are all combined in this facial to help promote radiance and clarity to the skin.

YOUTHFUL GLOW

50 MINUTES | 80 MINUTES

This facial is designed to deliver a powerful hydrating boost to skin. This will rejuvenate skin and reduce the appearance of fine lines and wrinkles. Skin will be deeply repaired and conditioned leaving you with a beautiful youthful glow.

GENTLEMEN FACIAL

50 MINUTES | 80 MINUTES

This customized deep cleansing and hydrating facial is formulated to address the specific needs of a man's skin.

ILLUMINATING MERMAID FACIAL

50 MINUTES | 80 MINUTES

Restore your skin's vitality to reveal a bright, smooth, radiant complexion. The unique Marine Mermaid Mask will reduce redness, calm and leave you with a dewy glow. This is the perfect treatment before a special event.

FACIAL ENHANCEMENTS

COLLAGEN EYE TREATMENT

COLLAGEN LIP TREATMENT

MICRODERMABRASION

HOT OIL SCALP TREATMENT

EYEBROW WAXING

LIP WAXING

HAND OR FOOT TREATMENT

COOL STONES

LASH TINTING

HIGH FREQUENCY WAND

SEASONAL OFFERINGS

Contact the spa to inquire about our seasonal treatments and enhancements.

MASSAGES

CALMING CURRENTS

50 MINUTES | 80 MINUTES

The name says it all. This massage is designed to relax and calm. Using light to moderate pressure, this massage will promote relaxation, enhance circulation and relieve muscle pain and tension.

MOMMY-TO-BE

50 MINUTES | 80 MINUTES

Using warm organic agave oil, this massage will leave mommy and baby blissfully relaxed.

DEEP TISSUE

50 MINUTES | 80 MINUTES

Experience the rejuvenating effects of a deep tissue massage. This intense indulgence helps restore body alignment and range of motion by focusing on the deeper layer of muscle tissue.

OCEAN CALMS EXPERIENCE

50 MINUTES | 80 MINUTES

Truly a special treatment, our Ocean Calms Experience will transport you into a blissfully relaxed state-of-mind. This treatment is designed to remove any stress or anxiety you may be feeling. Helping to ease a hectic lifestyle, this treatment increases energy flow around the body which balances and creates harmony.

 *Ocean Tides Spa favorite treatment*

SIGNATURE QUARTZ SAND

80 MINUTES

Breathe deep as you are taken into a deep state of relaxation during this one-of-a-kind massage. As the warm quartz surrounds your body, your therapist will use warm quartz poultice to provide a therapeutic massage soothing away muscle tension, stress and achy joints. This distinctive massage is custom tailored to address your needs.

TIDE SALT STONE

50 MINUTES | 80 MINUTES

Melt all your stress away with this relaxing and therapeutic massage. Himalayan sea salt is handcarved into massage stones that gently soothe away stress, tension and pollutants. Warm stones and unique hands-on techniques provide the ultimate massage experience.

COUPLES

50 MINUTES | 80 MINUTES

Treat yourself and a loved one to ultimate relaxation with a dual massage in the comfort of a private treatment room. You may choose from our variety of massages and relax as you are pampered side-by-side.

PAR 4 SPORTS

50 MINUTES | 80 MINUTES

This massage is geared toward athletes of every kind, from world-class professionals to weekend joggers or golf enthusiasts. Designed to promote flexibility, reduce fatigue, improve endurance, help prevent injuries and prepare the body and mind for optimal performance.

ENHANCEMENTS

COOL STONE FACE MASSAGE

PURE FIJI WARM OIL

HAND OR FOOT TREATMENT

HOT OIL SCALP MASSAGE

AROMATHERAPY

DRY BRUSHING

SEASONAL OFFERINGS

Contact the spa to inquire about our seasonal treatments and enhancements.





OCEAN TIDES SALON

HAIR SERVICES

LADIES CUT AND STYLE

GENTLEMEN CUT AND STYLE

BLOW-DRY AND STYLE

PARTIAL HIGHLIGHTS

FULL HIGHLIGHTS

SINGLE PROCESS COLOR

CONSULTATION

BRIDAL HAIR

SPECIAL EVENT HAIR

MAKEUP SERVICES

SPECIAL EVENT MAKEUP APPLICATION

SALON ENHANCEMENTS

HAIR RESCUE TREATMENT

LASHES

EYEBROW TINTING

DETAILS

MAXIMIZING YOUR SPA EXPERIENCE

Advance reservations are recommended and may be reserved with any major credit card.

Please arrive at least 10 minutes prior to your appointment to allow time to check in. Each guest is special to us and we want to give everyone the courtesy of starting and ending services on time. In the event that you arrive late to your service, you may lose valuable treatment time.

Enjoy our relaxation room and sauna before and after your treatment. Please note that our relaxation room, and locker rooms are for our guests 18 and over.

SPA ETIQUETTE

The spa is an environment of relaxation and tranquility. Please respect all of our guests' rights to privacy and quiet time. We invite you to unplug during your visit to Ocean Tides Spa leaving behind your cellphone. We ask that you speak softly or simply enjoy the silence.

PERSONAL POSSESSIONS

We regret that we cannot be held responsible for the loss of, or damage to personal articles; including clothing and accessories. We ask that you remove all jewelry before any service. We recommend leaving your jewelry at home or in the safe provided in your guest room.

SERVICE GRATUITY CHARGE

For your convenience, a service charge is automatically added to your salon and treatment prices.

CANCELLATION POLICY

As a courtesy to other guests and our staff, cancellations and time changes must be received at least 24 hours prior to your appointment to avoid being charged the full cost. Groups of five or more require a two-week guarantee. The spa strictly adheres to our cancellation policy. Services, pricing and spa hours are subject to change.



CALL TODAY TO MAKE YOUR SPA APPOINTMENT.

OMNI HILTON HEAD OCEANFRONT RESORT • 843-341-8056

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