



# SANDERLING Spa Menu

## SIGNATURE TREATMENTS

### SEA OF LIFE SIGNATURE FACIAL

[ 50 MIN ] \$170 | [ 80 MIN ] \$220

Indulge your skin with a customized one of kind facial utilizing the seaweed rich organic skincare of OSEA. A unique gartina seaweed gel is infused into the skin throughout the facial promoting deep hydration, firmness and youthful volume while protecting the skin from external aggressors. Gorgeous aromatherapies to calm your senses and collagen stimulating massage send you into a state of total relaxation.

### SOOTHING SEA STONE

[ 80 MIN ] \$ 250

This wonderfully warm and nurturing massage uses marble and basalt stones. This treatment relaxes both mind and body, boosting the immune system and improving circulation.

### SIGNATURE MASSAGE & SUGAR SCRUB

[ 80 MIN ] \$230

Renew and revitalize dull and dehydrated skin with this natural exfoliation sugar scrub. A blend of cold pressed virgin coconut oil and exotic nut extracts combine to nourish and seal in moisture to reveal softer, smoother, glowingly healthy skin with an added customized 50-minute massage.

### ISLAND OASIS

[ 50 MIN ] \$300

Dive into a deep oasis with our two in one treatment. Unwind as you enjoy our Sea of Life signature facial as well as our Life Saving Touch foot massage simultaneously. Leaving you rejuvenated from head to toe.

## MASSAGE

### RELAXATION

[ 50 MIN ] \$160 | [ 80 MIN ] \$210

Our Relaxation massage focuses on bringing you a deeply relaxing experience with light to medium pressure. Supportive to both your physical and emotional well-being.

### DEEP TISSUE

[ 50 MIN ] \$180 | [ 80 MIN ] \$ 230

Our Deep Tissue massage involves applying consistent firm pressure to target the inner layers of your muscles and connective tissues. Improving circulation, muscle pain and stiffness.

### CBD INFUSED

[ 50 MIN ] \$180 | [ 80 MIN ] \$230

Elevate your mind, relax the nervous system, and help provide immediate relief from aches, pains, arthritis, and inflammation with this 50 or 80 minute massage using Cause+Medic massage lotion. Served with a Crunchy Hydration CBD infused sparkling water.

### COUPLES

[ 50 MIN ] \$320 | [ 80 MIN ] \$420

Relax in the company of your loved one, dear friend, or family member in one of our serene couple's suites. You both will indulge in a light-to- medium pressure massage focusing on deep relaxation.

### AROMATHERAPY

[ 50 MIN ] \$170 | [ 80 MIN ] \$220

Melt away signs of stress. Osea's Vagus Nerve Oil helps promote a sense of well-being and serenity. This soothing blend of chamomile, lavender & juniper oil activates the body's relaxation response and helps regulate stress.

### MOTHER-TO-BE

[ 50 MIN ] \$160 | [ 80 MIN ] \$210

Designed to give Mom relief from the weight of pregnancy, this massage focuses on reducing tension in the lower back, neck, and hips while improving circulation for the whole body.

### WARMBAMBOO

[ 50 MIN ] \$195 | [ 80 MIN ] \$240

Warm bamboo is a deep tissue massage used to soften tight muscles. The soothing warmth of bamboo sticks relax the muscles, producing a veritable "muscle melting" sensation like no other.

### AROMATHERAPY BATH SOAK

[ 25 MIN ] COUPLES ] \$115

Immerse yourself in total relaxation. A bath soak enhanced with bath salts containing essential oils to balance the mind and body, as well as vitamins and minerals to hydrate and restore the skin. The perfect addition to any massage or body treatment.

## BODY CARE

### THE SEA SPLENDOR

[ 80 MIN ] \$225

A sensory experience that leaves you feeling brand new. A salt and botanical body scrub increases circulation, softens and exfoliates dull skin to prepare it for envelopment in a decadent marine body mask. This age defying blend is infused with Algae, White Tea, Copper and Zinc Peptides to plump, firm, tone and deeply moisturize your skin.

### OUTER BANKS DETOX

[ 80 MIN ] \$225

A full-body detox with supercharged exfoliation with a blend of algae, pumice, and kiwi AHA infused rice that polishes skin and purifies pores. Followed by a scalp massage and a sea clay body mask loaded with vitamins, minerals and essential fatty acids supporting your skin's natural regeneration process.

### VACATION RESCUE

[ 50 MIN ] \$150

A blend of cool aloe and healing herbs gently soothes the skin, while a cooling wrap reduces redness and inflammation for the face and body. End with our delicately-applied finishing oil, which is infused with antioxidants to revive your sun-parched skin.

### BABYMOON BLISS

[ 50 MIN ] \$150

An intuitive and relaxing body treatment that soothes and hydrates the skin that is to accommodate a growing baby. A body wrap of mineral-rich sea algae, warm aloe vera gel and antioxidant green tea extracts soothe the skin while you indulge in a deep scalp massage.

### SANDERLING SEA COCKTAIL

[ 50 MIN ] \$170

Indulge with an invigorating full-body exfoliation scrub before you luxuriate with a full-body wrap. A cocktail of vitamins A, C, and E that leaves your skin nourished and enriched.

### SHORE SOOTHER

[ 50 MIN ] \$160

Enjoy the health-stimulating benefits of dry brushing while experiencing the deep relaxation of a light touch lymphatic massage for the feet, as well as the hands, shoulders and scalp. This beautiful service is designed for mobility restrictions.

### LIFESAVING TOUCH

[ 50 MIN ] \$150

This popular 50-min foot reflexology massage lets you unwind and relax after a long day of traveling. Not only does it help relieve the tension in the lower parts of the legs by focusing on the reflex zones of the feet, it also can help reduce stress throughout the entire body.

## SKIN RESTORATION

### BOTANICAL SEA FACIAL

[ 50 MIN ] \$170

Replenish and hydrate with the benefits of clarifying botanicals and the power of the sea. This facial is designed to naturally cleanse, exfoliate and balance your skin. The perfect problem-solver for sensitive skin. This all-vegan facial is a blend of our favorite Naturopathica and OSEA products.

### LIFT & FIRM FACIAL

[ 50 MIN ] \$180

Experience unparalleled results in just a single treatment. Plump and densify your skin with this BAVOR collagen boosting therapy. Ultra-potent hyaluronic acid and collagen plump the skin from the inside out while smoothing fine lines and wrinkles. The effect of this treatment is amplified with a collagen infused mask to lift and reshape the facial contour.

### SANDERLING INTENSIVE ANTI-AGING FACIAL

[ 80 MIN ] \$220

Turn back the clock with this cosmeceutical BAVOR treatment that provides immediate visible results. Targeted active ingredients not only smooth visible wrinkles but prevent new wrinkle formation and slow the aging process. The potent formulations and specialized massage techniques improve skin firmness, tone and elasticity and redefine facial contours. The skin is plumped from within revealing a firmer, smoother and more youthful looking skin.

### SEABIOTIC FACIAL

[ 50 MIN ] \$180 | [ 80 MIN ] \$220

Designed to balance and calm blemished and stress-reactive skin. Boost your skin's natural radiance. An OSEA facial with pH balanced cleansing, mineral-rich hydration and extractions to eliminate clogged pores. Improving your skin's appearance and radiant complexion you can see and feel.

### A GENTLEMEN'S FACIAL

[ 50 MIN ] \$170

A true gentlemen's experience. Designed to meet the unique needs for his skin and tailored to address concerns such as razor burn, ingrown hairs, and oiliness, while also providing relaxation and rejuvenation.

### BACK BALM

[ 50 MIN ] \$150

A back facial treatment is exactly what it sounds like—a deep cleansing facial that is specifically designed to nourish and repair the skin on your back. Relaxing and an excellent way to cleanse, exfoliate dead skin, and deeply moisturize this hard-to-reach area.

*Please arrive at least 15 minutes prior to your service to enjoy the amenities. Slippers and a comfortable robe will be provided during your time with us. To enhance your spa experience we ask all guests to be aware of our cancellation policy.*

*Cancellations made inside 24 hours will be charged the full 100%. 252-261-7744*



# SANDERLING

## Salon Menu

### NAILS

*All services include nail shaping, cuticle care and polish.*

#### SWEPT AWAY SPA MANICURE

[ 50 Min ] \$70

Your hands deserve this revitalizing treatment featuring an aromatic sugar exfoliation, a moisturizing mask, and a soothing hand and arm massage. Complete the treatment with a relaxing paraffin and hot towel wrap.

#### BAREFOOT ON THE BANKS

[ 50 Min ] \$75

This treatment will leave you relaxed and renewed. Featuring our seasonal soak, aromatic sugar exfoliation, hydrating mask, and a lower leg and foot massage. Complete the treatment with a relaxing paraffin and hot towel wrap.

#### DEEP SEA MANICURE

[ 50 Min ] \$80

Your all-vegan OSEA manicure begins with a relaxing Gigartina therapy hand soak coupled with Undaria Cleansing scrub to gently exfoliate and a brightening mask to diminish hyperpigmentation. Nails are painted with Dazzle Dry, a luxury quick dry, long-lasting nail polish that is vegan. A hydrating hand massage with a Gigartina mask and anti-aging body balm completes your treatment.

#### DEEP SEA PEDICURE

[ 50 Min ] \$85

Your all-vegan OSEA pedicure begins with a relaxing Gigartina therapy foot soak followed by nail shaping, cuticle care, and callus softening. Exfoliation with Salts of the Earth scrub featuring a blend of mineral-rich salts from around the world.

Nails are painted with Dazzle Dry, a luxury quick dry, long-lasting nail polish that is vegan. A blissful foot massage with a white Gigartina mask that deeply nourishes and condition your feet. Complete the treatment with a relaxing hot towel wrap.

#### CBD MANICURE

[ 50 Min ] \$80

Elevate your manicure with CBD, featuring CAUSE + MEDIC products. This manicure blends the healing properties of CBD with active botanicals and naturally nourishing ingredients to soothe aches and pains and restore skin health. This CBD treatment features a lavender soak, sugar exfoliation, a moisturizing mask, and a soothing hand and arm massage all the while enjoying a complimentary CBD water from Crunchy Hydration.

#### CBD PEDICURE

[ 50 Min ] \$85

Elevate your pedicure with CBD, featuring CAUSE + MEDIC products. This pedicure blends the healing properties of CBD with active botanicals and naturally nourishing ingredients to soothe aches and pains and restore skin health. This CBD treatment features a lavender soak, dead sea salt exfoliation scrub and a hydrating mask with lower leg and foot massage all the while enjoying a complimentary CBD water from Crunchy Hydration.

#### EXPRESS MANICURE

[ 25 Min ] \$50

This no-fuss manicure is great for the person on the go. Nails are soaked to soften cuticles, shaped, filed buffed, and polished to perfection.

#### EXPRESS PEDICURE

[ 25 Min ] \$50

Simplicity at its finest. A relaxing soak followed by quick hydration will leave your feet primed for a perfect polish

#### NAIL ENHANCEMENTS

*Reflexology 25 minutes - \$50*

*Massage 25 minutes - \$50*

*French Polish 15 minutes - \$10*

*Gel Soak Off 20 minutes - \$10*

*Dazzle Dry 10 minutes - \$10*

*Specialty polish that lasts up to 14 days, dries hard in 5 minutes without UV light, and can be removed with regular polish remover.*

#### SEA STONE PEDICURE

[ 80 Min ] \$115

A warm gigartina therapy foot soaks, a revitalizing salt scrub exfoliation, and a moisture mask wrapped in hot towels. Then, enjoy a relaxing hot stone massage that will bring relief to your exhausted feet by improving circulation and massaging all your aches and pains.



# SANDERLING

## Salon Menu

### HAIR CARE

#### CUTS

Woman's Cut and Blow Dry - \$95

Men's Cut - \$45

Kid's Cut - \$40

Hair Treatment - \$85

#### STYLING

Blowout - \$45

Additional Styling Time - \$20 (15 minutes)

#### COLOR

Full Color - \$100

3D Color - \$250

Color Retouch - \$75

Full Highlight - \$220

Partial Highlight - \$100

Men's Color - \$40

### BRIDAL

Bride Styling /Updo	\$135
Bridal Party Updo	\$125
Bridal party styling	\$95
Bride Make-up	\$70
Bridal party make-up	\$65
Flower Girl Styling	\$45
Eyelashes	\$40
Groom / Groomsmen Haircut	\$45
Beard Trim	\$25

#### BEAUTIFUL BRIDE

4 Hours - \$300

Bridal Styling, Makeup, Swept Away Manicure & Barefoot on the Banks Pedicure

#### GROOM

2.5 Hours - \$225

Gentleman's Facial, Gentleman's Manicure, Groom's Cut & Styling

In-room styling and bridal services are available for an additional fee of \$25.00 per service and automatically include a gratuity of 20%.

### WAXING

LIP	\$18	FULL FACE	\$75	PARTIAL LEG	\$65
CHIN	\$20	UNDERARM	\$35	FULL LEG	\$100
EYE BROW	\$25	ARMS	\$55	BIKINI	\$65
EYE BROW TINT	\$35	BACK & CHEST	\$75	BRAZILIAN	\$100