



Sanderling Bridal Offerings

Beautiful Bride

Bridal up do & makeup with prior consultation, paraffin manicure and bridal pedicure. 3.5 hrs.

Mother of the Bride

Mother hairstyle and makeup, manicure and pedicure. 2.5 hrs.

Bridal Soiree

Spend a relaxing stress free outing with your Bridal party. Each will receive a bridesmaid up do and express manicure/pedicure. 2 hrs.

Bridal Refuge

Start your new life in total relaxation! This package includes the Beautiful Bride plus a custom massage and brown sugar scrub. 5 hrs.

Groomed Groom

Enjoy a relaxed custom massage, steamed towel facial, and a gentleman's manicure. 2 hrs.

Happily Ever After...

Enjoy some one-on-one time together with a romantic, private Jacuzzi soak, followed by side-by-side massages. Your day will be enhanced with chocolate covered strawberries. 1.5 hrs.

Ala Carte

- Brides Up Do *(prior consultation required)* • Eyelashes
- Bridesmaid Up Do • Wash & Style
- Brides Makeup • Bridesmaid Makeup

Outside food and beverages are not permitted. We are happy to provide catering services to accompany your treatments. Please contact the spa for more information.



The Sanderling Spa



1461 Duck Road, Duck, NC 27949
 800-701-4111 • 252-261-4111
www.thesanderling.com

Sanderling Signatures

Serenity Ritual

Achieve total relaxation. Two therapists work on you in tandem. This ritual includes a hydro tub massage, facial cleansing, facial massage and facial masque, sea salt glow, sea mud wrap, scalp treatment, Scotch hose massage and Vichy rain shower.

The Russian Olive Refuge

Often called "The Tree of Paradise," the Russian Olive is native to the Outer Banks and can be seen in full bloom throughout the island in early spring and late fall. Our signature Russian Olive treatment starts with an exfoliation, a warm body wrap and finishes with an application of our signature Russian Olive body lotion.

The Pine Island Journey *Especially for Men*

This pine nettle scrub and invigorating massage infuses you with potent scents of the deep woods. Pine itself boasts powerful natural healing and cleansing properties. Ground nettle leaf with eucalyptus and pine also help fortify the body's immune system while easing muscle aches. Ease tension and clarify just about everything.

Sea of Life

Using a revolutionary Sea-telligent complex from the exclusive Ilike skin care line, this facial will refine and smooth the skin providing optimum protection against aging. This breathtaking facial massage incorporates sea shells and therapeutic ocean sounds. The complete treatment guarantees you an exquisite result and an unforgettable experience.

Signature Massage & Brown Sugar Scrub

Listening carefully to your concerns, your service provider will design the eighty minute treatment to your specific needs. Essential oils of tangerine, mandarin, orange & brown sugar leave skin smooth & nourished.



Healing Waters

Waves of Relaxation

Rinse away all of your stress as your body is massaged with warm water, ranging from high pressure to a fine tropical rain-like mist. This is a delightful ending to your body treatment or massage.

'Sea'renity

Soak in purifying seawater and take in the healing properties of the sea. You're then wrapped in warm sea mud, and finally massaged with pulsating jets of warm water.

Ocean Dreams *(Individual or Couples)*

Experience the penetrating healing elements of aromatherapy oils, thalasso mineral salts as you settle into our specialized hydro tub.

Scotch 'n' Water Soak

A Scotch Hose massages you with a stream of warm water of varying pressure. This therapeutic soak ends with a soothing Vichy Shower and application of our Signature Russian Olive body lotion.

Packages

The Sanderling Experience

Indulge in a complete day of pampering, relaxation, & renewal. Exfoliate & hydrate with our specialized body wrap, de-stress with a custom fifty minute massage. Renew in our European facial. End the experience with nails expertly finished with a manicure and pedicure. A health inspired lunch is also included to nourish you during your journey.

Soul Mate Sanctuary

Use of our exclusive couple's suite, Couples Massage (80 minutes), Couple's soak, Catered Lunch, Split of Champagne.

Shared Spa Retreat

A time to capture memories with a friend, couple, or mother/daughter. Services are performed in one of our suites with dual treatment tables. Share your spa experience indulging in a custom fifty minute massage followed by side-by-side pedicures in our luxurious reclining pedicure thrones that gently massage and feature jetted soak tubs.

Spa Sampler

A delightful way to experience a variety of treatments. Our Sunburst Facial, fifty minute custom massage and brown sugar body scrub will introduce you to the Sanderling Spa and still allow for beach & fun time in your day.

Sunset Adventure

Barefoot on the Banks Pedicure, Hand Rescue, Hair Styling & Make-up Design

Sanderling Stone Journey

Soothing sea stone massage & sea stone pedicure.



Skin Restoration

The Sanderling Facial

A revitalizing treatment with deep cleansing exfoliation, face, neck and shoulder massage, hand or foot reflexology, and a replenishing masque is customized to your skin's needs.

Sun Burst Express Facial

Great for in-between facials. For people on the go-enjoy a customized cleansing, masque, toning and moisturizing.

Surfer Girl *Especially for Teen Skin*

This facial counteracts bacteria, soothes, refines, and promotes healing of the skin. Benefits any stage of oily, blemished and acne skin.

Lift & Luminate

The Fountain of Youth for the skin. Ilike's exclusive anti-aging facial makes fine lines and wrinkles visible smoother and refines the skin's surface.

Back Balm

A deep pore cleansing, exfoliation, massage and masque designed for an often-neglected area. Leaves skin glowing and hydrated.

'Sun'sational Lip & Eye Treatment

Intensive moisturizing for a fresh, youthful appearance.

Southern Comfort *Especially for Men*

Soothe skin irritated by shaving, sun or wind with this therapeutic facial. Relax for the works including steam, a neck, hand and foot massage and a comforting hot towel pack.



Body Rescue

The Sanderling Signature Massage

Whether you desire a deeply relaxing experience, a more invigorating treatment or something in-between, a brief consultation to your treatment will result in the perfect massage for you.

Soul Mates

Enjoy your massage experience with someone special. You'll both be pampered by your own therapist in a private soundside room.

Sound-side Gazebo Sanctuary

The wide, tranquil waters of the Currituck Sound are a serene backdrop to your own quest for calm, contentment and renewal in a private outdoor sound-side gazebo.

Soothing Sea Stone Massage

Warm, smooth, heavy stones glide over your body, melting away tension. Request specific stones for deeper work.

The Lifesaving Touch

Borrowing from the art of reflexology that promotes balance and relieves tension, this pressure point massage on specific areas of the feet will leave you completely relaxed.

Beach Head

Rip Curl

Shampoo, Cut & Blow Dry

Ship Shape Hair

Allow our experts to create a polished look to enhance your own individual style.

Hair Drench

This soothing scalp massage uses warm aromatic oils to condition and protect hair from environmental stress and free radicals.

Hair Coloring and Retexturing

Fresh beautiful color makes every style shine. Add Highlights to brighten texture and dimension. Stylists can include: Full color, retouch, color wash, foil highlights, corrective color, and semi color.

Sun-Kissed Face

Make-Up Design

Allow our experts to create a polished look to enhance your own individual style.

Make-Up Lesson

This make up application and lesson uses our exclusive line of mineral make-up.

Get Waxed

...Because being hairless at the beach is so important. A full menu of waxing services is available. Please ask our spa coordinators for details.

Sanctuary Hours

Sunday 9am to 6pm; Monday-Saturday 8am to 8pm
Hours may vary during off-season



Lifesaving Body Treatments

The Sanderling Sea Cocktail

This is a vitamin cocktail for your skin. Sink into an hour of relaxing escape. Indulge yourself with an invigorating exfoliation before you luxuriate with a vitamin body cocktail of A, C, and E that will leave you feeling fully restored.

Beach Blanket

This full body wrap offers overall circulatory stimulation, encourages elimination of toxins, softens and smoothes skin and gives an overall sense of well-being.

Outer Banks Rasual Salt n' Sea

Relax and enjoy this full body salt glow before being completely wrapped in mineral-rich clay infused with centuries of ocean secrets. You'll be cocooned in this rich, beauty emulsion leaving your skin soft and conditioned.

Shore Soother

Head to toe relaxation focusing on the scalp, neck and shoulders with a therapeutic facial massage. Float away to paradise with a lower leg and calf massage followed by foot reflexology.

Vacation Rescue

A cooling, sensational way to find relief following too much sun exposure. A soothing body mask takes the sting out of over-exposed skin. Using our organic skin care line your therapist will start the healing process for sun damaged skin. Body wrap also include a soothing scalp massage.

Sun Kissed Bronzing

Get that healthy sun-kissed look without the drying effects of the sun. You will be exfoliated to allow for perfect coverage with our state-of-the-art self-tanner.



Hand & Foot Rescue

The Sanderling Manicure

Hands & Nails are softened, nourished, and massaged. This session includes a brightening serum to lighten the effects of aging.

Hand Rescue

Nails are soaked to soften cuticles; nails are shaped, filed and buffed and you are on your way.

The Sanderling Pedicure

This stimulating pedicure includes a foot soak, exfoliation, and polished. Allowing time for you to capture the most time on the beach.

Barefoot on the Banks

Our most luxurious pedicure, feet are soaked in a therapeutic bath, and followed by a natural peeling. Soothing mask is applied, and then feet are placed in heated booties. After the mask is removed feet are massaged with aromatic oils and toenails are polished.

Captain's Sole Repair *Especially for Men*

A masculine pedicure beginning with an aromatic sea soak and cream exfoliation followed by a specialty masque and relaxing foot massage.

Sea Stone Pedicure

A luxury treatment is provided by blending the harmony of this Asian hot stone wellness treatment with your manicure/ pedicure, making your treatment an unsurpassed spa experience.

