

 Journey spa



## Journey spa

The Journey spa at the Tides Inn offers a variety of therapeutic, relaxing and rejuvenating treatments in a tranquil and intimate waterfront setting. Discover the art of rejuvenation while you take a moment for yourself at Journey spa.

The following treatments are available:

|                            |         |
|----------------------------|---------|
| Facials _____              | 3 - 5   |
| Waxing _____               | 6       |
| Makeup _____               | 6       |
| Massage Therapies _____    | 7 - 9   |
| Body Treatments _____      | 10 - 12 |
| Nail Care Treatments _____ | 13      |
| Spa Packages _____         | 14      |
| Fitness _____              | 15 - 16 |

For spa appointments and bridal service packages, please call 804.438.4430.

# FACIALS

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## NATUROPATHICA®FACIALS

Our Naturopathica® facials incorporate pure ingredients and advanced skincare techniques, providing a natural and effective approach to healthy and luminous skin.

### JOURNEY SPA SIGNATURE FACIAL *60/90 minutes*

Our most popular facial uses organic and natural products to cleanse, calm, nourish, protect and balance your individual skin type. You will leave with glowing, clean skin.

### REGENERATIVE FACIAL *60/90 minutes*

This nourishing facial stimulates collagen production to renew skin's elasticity, targeting fine lines and wrinkles. You will see and feel immediate results with hydrated and radiant skin.

### MEN'S JOURNEY FACIAL *60/90 minutes*

This results-oriented treatment combines deep cleansing with calming and clarifying properties to effectively treat congestion and irritation that occur as a result of athletic activities and frequent shaving. An energizing scalp treatment is included in the 90-minute option to promote deeper relaxation. Please shave at least 4-8 hours prior.

### BACK FACIAL *30 minutes*

A deep pore cleansing, exfoliation and masque designed for an often neglected area that leaves your skin glowing and hydrated.

### TEEN CLARIFYING FACIAL *30 minutes*

Uncover the importance of good skin care habits at a young age. This facial is designed to specifically address breakouts that are associated with adolescent skin and will begin with a deep cleansing. Gentle extractions followed by a healing mask will then help to rehydrate dry, flaky skin, or eliminate oily particles.

# FACIALS

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## DERMAPLANING *60 minutes*

Brighten and smooth your skin by removing dead skin cells and fine facial hair leaving you with a youthful glow.

## ELEMIS BIOTEC FACIAL TREATMENTS

Elemis BIOTECH delivers new and highly effective, supercharged facial treatments to reboot cellular performance enhancing the skins ability to repair, renew, and retone.

### LINE ERASER *60 minutes*

De-age and energize skin towards optimum performance with three powerful technologies in one special treatment. Micro current, red & blue light therapy and micro-circulation oxygen stimulate and rejuvenate all skin types.

### FIRM-A-LIFT *60 minutes*

Rediscover the architecture of your face with this ground-breaking blend of lymphatic drainage massage, pulses of micro current and galvanic technology that leaves the face toned, firmer and more lifted

### SKIN RESURFACER *60 minutes*

This revolutionary, clinically proven facial addresses skin tone, fine lines and pore size to transform the texture of your skin. The ultrasonic peel, massage and LED light therapy deep cleans and exfoliates leaving the skin remarkable smooth.

### RADIANCE RENEW *60 minutes*

This cellular-boosting treatment combats a dull and tired complexion. The ultrasonic peel stimulates the removal of dead skin cells, while the galvanic rejuvenating ionic current restores and nourishes stressed skin. Great for special events!

## FACIALS

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### SENSITIVE SKIN SOOTHER *60 minutes*

This anti-inflammatory treatment soothes sensitive, fragile skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming antioxidants improve the skin's ability to repair itself. Ideal for Rosacea or sun damaged skin.

### ANTI-PIGMENT BRIGHTENER *60 minutes*

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discoloration and age spots. A unique complex of Vitamin C and brightening actives, Ultrasonic resurfacing and LED light therapy transforms skin to its perfect state.

### ADVANCED EYE TREATMENT *30 minutes*

Biotech technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin. Helps smooth and firm fine lines and wrinkles.

### SAVE THE NECK *30 minutes*

Microcurrent reminds the muscle to firm up and tighten slacked skin while the Arjuna-infused jowl and chin mask lifts and improves facial contours.

### FACIAL ENHANCEMENTS

*(Available as an add-on to any facial or treatment)*

Dark Spot Treatment  
Eye Treatment  
Jowl Firming  
Ultrasonic Peel  
Perfect Pout

## WAXING & MAKEUP

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### WAXING

Lip or Chin  
Eyebrows  
Underarms

### MAKEUP

Experience the weightless benefits of La Bella Donna's 100% natural mineral makeup. Whether you are preparing for a special occasion or seeking a new look, our trained professionals can show you the color palette to enhance your beauty.

### MAKEUP APPLICATION

A great way to add to that special occasion with a professional makeup application using our La Bella Donna products.

### MAKEUP LESSON

Learn application techniques and the latest makeup trends for a new look.

Eyelash Tinting  
Eyebrow Tinting  
Eyelash Perming

# MASSAGE THERAPIES

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## WILD JASMINE MIST MASSAGE *60/90 minutes*

A Swedish-style massage to inspire the senses with light-scented night jasmine oil to soothe the skin, while calming the mind. Includes a facial massage that will leave you feeling relaxed, soft and radiant.

## ARNICA INTENSIVE MASSAGE *60/90 minutes*

A combination of deep tissue, sports stretches, compressions and other massage techniques are used, along with pain-relieving arnica oil to help restore mobility and vitality, leaving you invigorated and refreshed.

## AROMATHERAPY MASSAGE *90 minutes*

Massages can become more meaningful when intentions are expressed and paired with powerful essential oils. This treatment combines a dry body brush exfoliation with a light, flowing massage and finishes with a warm wrap, allowing time for relaxation of the body, calming of the mind and release of the spirit.

## MOTHER-TO-BE MASSAGE *60 minutes*

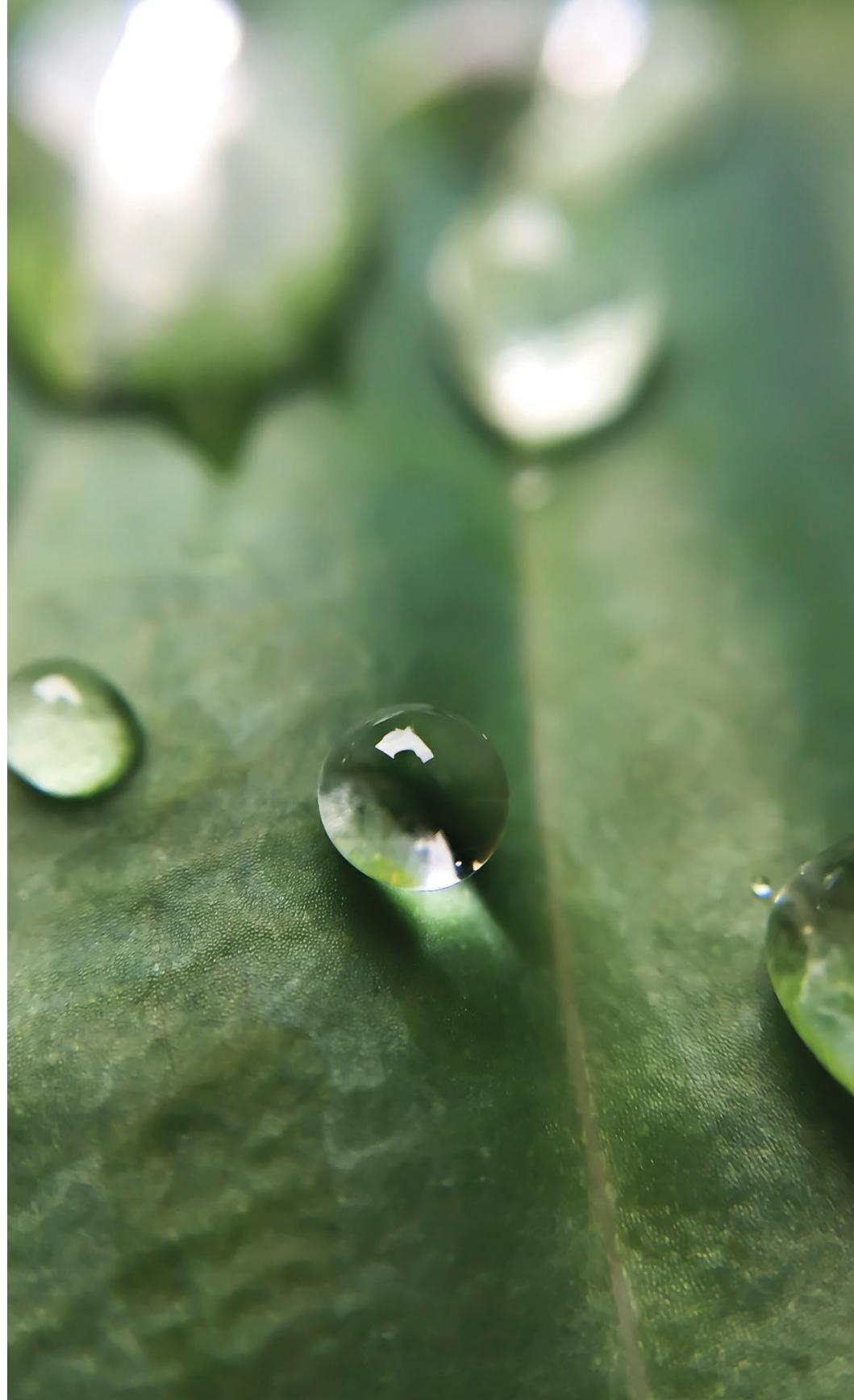
Designed to nurture both mother and baby, this gentle massage brings care and support to the common discomforts experienced during pregnancy. Safe, organic oils nourish skin and reduce the appearance of stretch marks in this relaxing massage that brings body, mind and spirit into a state of peaceful content.

## REFLEXOLOGY *60 minutes*

Reflexology is a technique where pressure is placed on specific points on the hands and feet affecting corresponding areas and organs of the body, alleviating discomfort, congestion and stress.

## DEEP TISSUE MASSAGE *60/90 minutes*

This firm to deep therapeutic massage uses a variety of muscle release techniques that target chronically tense areas in order to relieve muscle soreness resulting from overexertion.



## MASSAGE THERAPIES

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### CUSTOM MASSAGE *60/90 minutes*

Our therapists will customize a massage based on your needs using a variety of techniques including Swedish, Deep Tissue and Reflexology. To receive the most benefit from this treatment, please communicate your intention for the session at the time of booking. Your therapist will choose specific massage oils and techniques to ensure the best results.

### HIMALAYAN SALT STONE MASSAGE *60/90 minutes - May '18*

This highly relaxing and remineralizing body massage, using warm, hand-carved salt stones from the Himalayan Mountains, balances the central nervous system and nourishes depleted cells, leaving the body in a deep sense of relaxation. Stimulation of specific meridians on the body allows for improved sleep and reduced inflammation and gives an immediate sense of improved wellbeing.

## SPECIALTY OFFERINGS

### REFLEXOLOGY *30 minutes*

An effective way to alleviate stress and discomfort using specific pressure points on hand or feet.

### JASMINE SCALP MASSAGE *30 minutes*

Warm, nourishing oils are gently poured onto the scalp and slowly massaged into the hair, creating a soothing sensation that stimulates healing and brings healthy shine and luster to hair.

## BODY TREATMENTS

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### TIDE AND THYME *90/120 minutes*

A beautiful treatment designed to release stress and hydrate the body. To begin, a body polish using thyme oil brings out the skin's natural glow, preparing it for a hydrating wrap of whipped shea butter with herbal essences to energize the body. A scalp massage with jasmine oil relaxes the mind, and a mini-facial massage and reflexology treatment leave the entire body feeling rejuvenated.

### OCEAN ENERGY *90 minutes*

This marine-inspired treatment begins with a light exfoliation and application of mineral-rich ocean clay containing detoxifying, anti-inflammatory properties of lavender and rosemary. The benefits of this clay wrap are intensified with the addition of a scalp massage.

### BEE HAPPY BODY TREATMENT *60/90 minutes*

Your treatment will begin with a gentle exfoliation using creamy shea butter and micro sugar crystals scented like a southern tea infused with peach, ginger, orchid and white tea. Your heels will thank you for pampering them with a nourishing honey heel glaze that will soften even the buzziest feet. Your skin will feel rehydrated and refreshed following your massage with Sweet Cream Body Milk.

### BACK COUNTRY BUTTERED RUM *60/90 minutes*

Begin your treatment with our intoxicating Butter Rum Scrub made with brown sugar, butterscotch and dark rum, followed by a massage with our rich, buttery Caramel Body Milk. This treatment will leave you silky, smooth and blissfully relaxed.



# BODY TREATMENTS

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## 30 MINUTE SCRUBS

Body scrubs by Farmhouse Fresh® are naturally derived from fresh fruits, vegetables, milks and more from U.S. farms including their own.

### SWEET TEA

Creamy shea butter with micro sugar crystals infused with peach, ginger, orchid, and white tea leaving your skin exfoliated without feeling tight, dry or stripped of natural oils.

### BUTTER RUM

Golden brown sugar and premium aged rum combine with a rice bran oil creating a buttery-sweet body scrub leaving you silky and smooth. A little rum exfoliation and you're good to glow!

### HONEY LAVENDER

Light weight, non-greasy, fine grain scrub using fresh garden lavender and raw honey leaving your skin soft and smooth.

# NAIL CARE TREATMENTS

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## JOURNEY SPA MANICURE OR PEDICURE

Enjoy the beautiful view of the zen garden as you enjoy one of our refreshing, rejuvenating nail services.

Journey spa Manicure: 60 minutes

Journey spa Pedicure: 60 minutes

Men's Journey Manicure: 60 minutes

Men's Journey Pedicure: 60 minutes

## EXPRESS MANICURE OR PEDICURE

Express services include a simple cuticle clean up, nail shaping, filing and polish application.

Express Manicure: 30 minutes

Express Pedicure: 30 minutes

## POOLSIDE MANICURE OR PEDICURE

Treat yourself to an indulgent poolside service using Moroccan Oil products to exfoliate and re-hydrate your skin along with a cuticle clean up, nail shaping, filing and polish application.

Poolside Manicure

Poolside Pedicure

French polish can be added to any of the above nail services.

# SPA PACKAGES

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## JOURNEY SPA SIGNATURE PACKAGE

90 Minute Ocean Energy

90 Minute Journey spa Signature Facial

60 Minute Journey spa Manicure

60 Minute Journey spa Pedicure

## SEASONAL PACKAGE

90 minute Butter Rum or 90 minute Bee Happy Body Treatment

Plus, 60 minute Journey spa Signature facial

## EXPRESS PACKAGE

30 minute facial and 30 minute reflexology at the same time

30 minute Express Manicure

30 minute Express Pedicure

# FITNESS

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Keep your fitness routine or start one during your stay at Tides Inn. Our certified trainers and specialists are ready with group classes (reference the experience schedule) or one-on-one sessions. Please book your private fitness training sessions 24 hours in advance.

## THE TRAVELER'S WORKOUT *60 minutes*

Traveling can throw a wrench into any workout ritual. In this consultation, our trainer will help you explore techniques that can be performed on your travels without gym equipment or weights. Designed to help the traveler stay toned and healthy on the road, this consult will have you saying “bon voyage” to that extra travel baggage in no time.

## RAD ROLLER MOBILITY *45 minutes - June '18*

Unlock your body's true movement potential in a one-on-one using the RAD Roller tools and techniques. Our certified professionals will guide you through a series of release and muscle movements to relieve pain, increase mobility, and aid in recovery. Check out the entire selection of RAD products in the spa and take your relief home!

## STRENGTH TRAINING *60 minutes*

If you seek to begin a new program or tweak an existing one, our certified personal trainers will guide you through a customized workout and design a take-home program to continue your goals after departure. From novice to expert fitness enthusiast, this private session will breathe new life into your exercise routine.

## AQUA FITNESS *60 minutes*

Enjoy a custom-designed workout with less impact on your back, shoulders and knees. This session, which is available individually or shared for two, will incorporate stretching, core and strength training in the pool, using water for resistance and comfort.

# FITNESS

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Any of our regularly scheduled fitness classes here can be booked as a private class, either individually or as a “shared session” for two, and will be customized to meet your needs.

## YOGA *60 minutes*

Whether you are a novice or practice yoga on a regular basis, our yoga instructors can design a yoga session focused on your desired yoga type, skill level and interests.

## PILATES PLUS *60 minutes*

A fun and challenging core-based fusion workout class that incorporates low-impact cardio and body-weight strength exercises to burn calories and tone the entire body.

## PADDLEBOARD YOGA *90 minutes*

Challenge your balance and awaken your body. Check out the horizon upside down and end your session with a relaxing float with your fingertips in the water.

## OUTDOOR BOOTCAMP *60 minutes*

Ready to get your heart-rate up? Join our certified personal trainer for some outdoor calisthenics.



*Journey spa*

480 King Carter Drive  
Irvington, Virginia 22480

Spa: 804.438.4430

Hotel: 804.438.5000

[tidesinn.com](http://tidesinn.com)