*HOURS**

Tuesday – Saturday
9:30 AM – 5:00 PM

Closed Thanksgiving &
Christmas Day

The SPA
AT SONESTA

**Hours subject to change.*



The SPA
AT SONESTA

Sonesta Resort Hilton Head Island
130 Shipyard Drive
Hilton Head Island, SC 29928
843-341-2786

nails

sonesta signature manicure

Manicure | 40 minutes | $55

A refined escape for hands. Start with a warm coconut milk soak to soften and soothe. Skin is nourished with exotic nut oils for a radiant glow. Nails are shaped and buffed, followed by a shea butter massage and flawless polish. A true moment of self-care and elegance.

sonesta signature pedicure

Pedicure | 50 minutes | $70

An indulgent retreat for your feet. Begin with a warm coconut milk soak to melt away tension. Calluses are smoothed and skin is nourished with exotic oils. Nails are shaped, buffed, and finished with a rich shea butter massage and your choice of polish—an elegant touch of renewal.

classic pedi

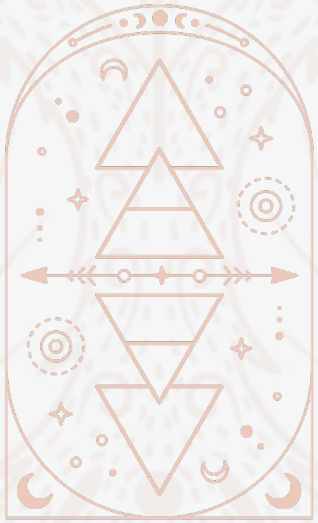
Pedicure | 40 minutes | $55

Timeless and tailored. Start with a warm coconut milk soak and gentle exfoliation. Cuticles are cleaned, nails shaped and buffed, then finished with your choice of polish. A simple touch of coastal elegance.

smooth move

30 minutes | $50

A luxurious foot soak, smoothing scrub, and relaxing massage—an added touch of indulgence for beautifully renewed feet.



luxe manicure or pedicure

Manicure | 60 minutes | $75

Pedicure | 80 minutes | $120

This lavish treatment starts with a specialty coconut soak, expert nail shaping, and cuticle care. A sugar scrub is applied and gently removed before a soothing coconut body butter massage. Finished with a warm paraffin treatment and flawless polish, it's the ultimate in nail luxury and renewal.

little luxe mani or pedi

Manicure | 20 minutes | $25

Pedicure | 30 minutes | $35

A delightful moment just for kids under 12. This gentle treatment includes a sugar rub exfoliation, a light massage, and the perfect polish for tiny fingers and toes. Sweet, simple, and oh-so special.

add on treatments

+ *Gel/Shellac Soak Off | $15*
+ *Shellac Polish Upgrade | $20**
+ *French Polish | $10**
+ *Nail Art | $5/nail**
+ *Glove Paraffin Treatment, Hands or Feet | $25**
+ *Callous Treatment for Feet | $10*
+ *Nail Repair | $5/nail*

**Time permitting*

massage

the sonesta signature massage

50 minutes $130/80 minutes $175

A personalized journey in relaxation. Blending classic Swedish techniques with targeted therapeutic work, this massage adapts intuitively to your body's needs. Enhance the experience with a curated selection of aromatherapies designed to balance mind and body—inviting discovery and pure self-care.

tranquil escape

50 minutes $120/80 minutes $165

Unwind and reset with light pressure and long, flowing strokes. This classic Swedish massage calms the nervous system, stimulates circulation, and creates space for inner stillness—a gentle embrace of self-care.

deep tissue

50 minutes $140

Designed for those seeking deeper release, this massage uses firm pressure and therapeutic techniques to dissolve tension and target trigger points. It's a restorative path to physical renewal, ideal after days of exploration or activity.

performance reset

50 minutes $150

Tailored for active bodies and athletic lifestyles, this high-impact treatment is your muscle's best friend post-adventure. Restore vitality and ease soreness after your latest discovery or fitness challenge.

hot stone glow

80 minutes $195

A soothing sensory escape. Smooth, warm basalt stones are used to gently melt away layers of stress and tension without deep pressure. Reconnect with calm while embracing the warmth of this grounding ritual.

tension release

20 minutes $65

Short on time but high on tension? This targeted massage releases stress in the shoulders, neck, and upper back—perfect for those that crave quick yet effective relief. A mini moment of self-care between discoveries.

prenatal

50 minutes $150/80 minutes $195

Specially designed for moms-to-be beyond the first trimester. Gentle pressure and soothing techniques ease pregnancy-related discomfort and promote peaceful rest—an essential moment of tender care and connection.

****Guest must be beyond the first trimester.***

body treatment

the radiance escape

50 minutes $125

Transport yourself with this radiant body polish. A warm coconut milk drizzle softens the skin before a luxurious blend of brown sugar and exotic nut oils gently exfoliates, revealing a silken, sun-kissed glow. A sensory escape for body and spirit.

hydrating indulgence wrap *80 minutes $185*

A full-body hydration experience designed to calm the mind and deeply nourish the skin. Gentle dry brushing prepares the skin, followed by warm coconut oil applied with light, flowing strokes. Wrapped in a warm cocoon, you'll enjoy a shea butter hand and foot treatment, a cooling facial massage, and a soothing scalp ritual. Total body bliss.

total renewal

100 minutes $235

The pinnacle of relaxation. The journey begins with our exclusive Spa Ritual, where delicate aromas and mindful massage invite deep tranquility. A warm infusion of coconut milk and oils is massaged into the skin before being wrapped in a velvety cocoon. While enveloped, experience reflexology for the hands and feet, a cold-stone facial massage, and our signature dual fan brush technique. This treatment is pure, unforgettable indulgence.



packages

the sonesta signature retreat

(approx. 4 hours) $400

Indulge in head-to-toe renewal with Sonesta's Signature Retreat—our curated trio of massage, facial, and mani-pedi designed to elevate your self-care experience. Includes the signature massage (50 mins), signature facial (50 mins), signature manicure & pedicure.

the renewal escape

(approx. 4.5 hours) $580

Total-body rejuvenation through touch, hydration, and indulgence. Services include the hand and foot massage (50 mins), hydrating indulgence wrap (80 mins), hydration revival facial & signature pedicure.

Inner radiance glow

(approx. 3.5 hours) $420

Reveal your natural glow from the inside out with this head-to-toe journey of warmth, renewal, and radiant self-care Services include hot stone glow massage, the radiance escape body treatment and classic manicure & pedicure.

the radiance ritual

(approx. 2.5 hours) $370

Restore balance and glow from the inside out. Services include the sonesta signature massage (80 mins) and timeless renewal facial.

facial

the sonesta signature facial *50 minutes $145*

Your skin, your way. This facial includes a steam cleanse, exfoliation, extractions, and a relaxing massage of the face, neck, and arms for a radiant finish.

revive for him

50 minutes $145

Tailored for him, this facial includes a deep cleanse, exfoliation, and extractions, plus a tension-releasing massage for the face, shoulders, chest, and arms.

hydration revival

50 minutes $155

A drink of water for your skin. This treatment deeply hydrates with a steam cleanse, exfoliation, mask, and a relaxing upper body massage.

timeless renewal

80 minutes $195

Our most advanced anti-aging facial boosts regeneration and firmness with deep cleansing, exfoliation, firming mask, and facial massage for radiant renewal.

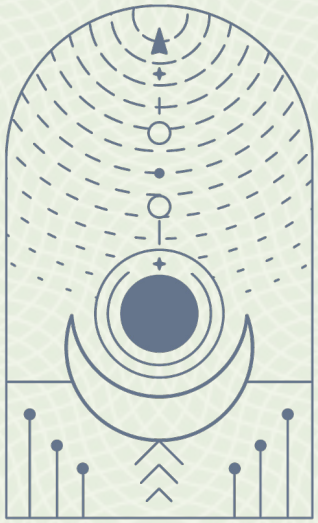
glow & go

20 minutes $75

Short on time? This express facial features a quick cleanse, exfoliation, and light hydration—ideal before any event.

waxing

+ *Brow $20*
+ *Lip $15*
+ *Chin $15*
+ *Full Face $50*
+ *Bikini $50*
+ *Back $70*
+ *Brazilian $70*
+ *Half Leg $50*
+ *Full Leg $100*
+ *Chest $50*
+ *Underarm $30*
+ *Half Arm $40*
+ *Full Arm $60*



massage, facial & body treatment add ons

+ *Warm Oil Scalp Treatment | $25*
+ *Sugar Rub Foot Exfoliation | $25*
+ *Aromatherapy | $10*
+ *Cold Stone Face Add-On | $25*
+ *Silicone Cupping | $15 (massage only)*
+ *Hot Stone Focus Area | $25 (massage only)*
+ *Lip Collagen Gel Mask | $10*
+ *Eye Collagen Gel Mask | $10*
+ *CBD Enhancement | $15*
+ *Glove Paraffin Treatment, Hands or Feet | $25*
+ *Derma Flash | $15 (facials only)*

information

spa etiquette

To ensure a serene experience for all guests, we kindly ask that you arrive at least 15 minutes prior to your scheduled appointment time. This allows for a smooth check-in and a prompt start to your treatment. Late arrivals may be subject to reduced service time or rescheduling based on availability. For the comfort of all guests, please keep voices low and refrain from using cell phones, laptops and cameras. Guests under 18 are not permitted in the treatment room relaxation area.

reservations

Reservations are required and appointments are made based on availability. A valid credit card is required at the time of booking. Should you have a preference for a male or female therapist, please share this when making the appointment. Gender preference requests will be accommodated based on availability.

cancellation policy

Cancellations must be made by 4pm the day prior to avoid charges. Appointments canceled after this time—or missed entirely—will be charged in full.

gratuities

For your convenience, a 20% service charge will automatically be applied to all treatments.



AS A GUEST OF THE SPA YOU HAVE THE RIGHT TO:

- A clean, safe and comfortable environment.
- Pause or stop a treatment at any time, for any reason.
- Be treated with consideration, dignity and respect.
- Confidential treatment of your disclosed health information.
- Services provided by trained, certified professionals in accordance with spa protocols and policies.
- Clear and open communication regarding your spa experience.
  - Access to Information regarding staff qualifications, licensing and training.

AS A GUEST OF THE SPA YOU HAVE THE RESPONSIBILITY TO:

- Share your preferences, expectations and any concerns with your therapist.
- Provide accurate health details and the reason for your visit.
- Treat spa staff and fellow guests with courtesy and respect.
- Use spa facilities, equipment and products as directed.
- Engage in efforts to preserve the serene environment.
- Follow the spa's published policies and procedures.
- Be punctual and provide notice for cancellations whenever possible.

AGE REQUIREMENTS:

Massage and body treatment services are not available to guests under the age of 18. For alternative options for younger guests, please inquire with the spa team.