

# HAIR

## HAIR TREATMENTS

(Blow-dry included in price of treatment)

### Simply Smooth Keratin Treatment

This formaldehyde free treatment will eliminate frizz and cut drying and styling time in half. Lock in your hair color and leave your hair with an incredible healthy shine.

- Extended treatment (lasts 4-6 months) . . . . . \$300
- Express treatment (lasts 6-8 weeks) . . . . . \$50

### Moisture Rich Masque

After a relaxing shampoo a heavy hydrating masque is massaged into the hair and scalp and left on for 15 minutes. It is then rinsed and followed by a blow-dry, leaving hair soft and shiny. . . . . \$50

## HAIR DESIGN

- Women's Haircut (includes shampoo & blow dry) . . . . . from \$60
- Shampoo & Blow Dry . . . . . \$38
- Flat Iron Straightening . . . . . add \$10
- Curling Iron . . . . . add \$10
- Single Process Color . . . . . \$65
- Glaze Enhancement . . . . . \$20
- Up-do . . . . . \$60
- Face Framing Highlights . . . . . from \$70
- Partial Highlights . . . . . from \$100
- Full Head Highlights . . . . . from \$140
- Additional Lowlight . . . . . \$10 per extra color
- Corrective Color . . . . . Priced upon consultation
- Men's Haircut . . . . . \$30
- Men's Gray Blending . . . . . \$50
- Child's Haircut . . . . . \$25 (10 years & younger)

## LASHES & BROWS

- Temporary Lashes . . \$20
- Tinting - Eyelashes . . \$30
- Tinting - Eyebrows . . \$25
- Full Set Eyelash Extension . . . . . \$350
- Fill In Eyelash Extension . . \$75

## HAIR REMOVAL

- Eyebrow . . . . . \$25
- Lip . . . . . \$15
- Chin . . . . . \$20
- Chest . . . . . \$55
- Underarm . . . . . \$25
- Half Arm . . . . . \$35
- Full Arm . . . . . \$50
- Half Leg . . . . . \$40
- Full Leg . . . . . \$60
- Back . . . . . \$60
- Bikini . . . . . \$40
- Brazilian Bikini . . . . . from \$60

# BODY

## MASSAGE

**Signature Massage**  
Your therapist will adjust pressure to suit your needs while incorporating herbal infused warm towels for the ultimate relaxing experience . . .30/60/90 min. / \$60/\$100/\$145

**Therapeutic Massage**  
Personalized therapy with deep pressure and focus on your areas of tension . . . . . 60/90 minutes / \$110/\$155

**Deep Tissue**  
Deep tissue techniques to alleviate muscle tension and restore flexibility. . . . . 60/90 minutes / \$120/\$165

**Mother-To-Be Massage**  
This full-body massage for the expectant mother helps increase circulation, reduces fatigue and eases aches in the back, shoulders and neck. . . . . 60 minutes / \$115

**Heated Stone Massage**  
Your therapist will apply pressure with warm, smooth stones to release muscle stress, inspiring a sense of deep relaxation. . . . . 75 minutes / \$145

**Thai Yoga Massage**  
Our massage therapist will guide you through a series of yoga postures while palming and thumbing along the body's energy lines and pressure points. . . . . 90 minutes / \$165

**Reflexology**  
This service is based on the ancient practice of manipulating pressure points on hands and feet to help balance your body and soul. . . . . 30/60 minutes / \$60/\$100

**Couples Massage**  
Take time out for the two of you while relaxing side by side in our couples massage room.  
Signature Massage. . . . . 60/90 minutes / \$240/\$330  
Deep Tissue Massage . . . . . 60/90 minutes / \$280/\$370

**Massage Add-Ons (\$20 each)**  
Aromatherapy • Chest or Back Scrub • Sinus Relief  
Organic Honey Lifting Treatment

## BODY TREATMENTS

**Organic Body Peel**  
Eminence Organic Peels are made with all natural ingredients including fruit pulps, enzymes and green tea, and can help to rebalance, tighten, firm and tone the skin. Let our Skin Care Specialist choose the right peel for you. . . . . 75 minutes / \$135

**Eminence Organic Sea Salt Scrubs & Wraps**  
Your therapist will choose seasonal fruits and herbs to pamper and nourish your body. . . . . 60 minutes / \$120

**Norvell Spray Tan**  
Get a natural, sun kissed look without the damaging rays of the sun.  
Full Body . . . . . \$45      Legs . . . . . \$25  
Face/Shoulder/Arms . . \$25

*Relax • Refresh • Renew*



Walk-ins are welcome; however, appointments are recommended to ensure you'll be able to enjoy all the services you're looking for.

In addition to our services, our all-natural, eco-friendly lines of skin and hair care products are available for purchase.

Hours of operation vary seasonally, so please be sure to call ahead.

New services are added seasonally, and we offer Monthly Specials year round as well as Weekly Specials during the summer months. Be sure to visit our website or call for our latest list of offerings.

### Policies

- Please arrive 15 minutes prior to your appointment to fill out a brief client profile.
- If you cannot make your appointment, we appreciate 24 hours cancellation notice. A full service fee will be assessed for missed appointments.
- If you are late arriving to your appointment you will not receive an extension of scheduled service time. We recommend rescheduling your appointment if you are going to be more than 15 minutes late.
- Additional charges will be added to services provided during non-business hours. On-location services may be available for a fee.

910-454-0333 / islandretreatspa@bhisland.com  
www.islandretreatspa.com

Provided by North Carolina Licensed Massage and Bodywork Therapists



*Relax • Refresh • Renew*

A full service spa and salon offering hair cutting, coloring and styling, manicures and pedicures, massage, body treatments and skin care. Wedding parties and other groups welcome.

6 Maritime Way  
Bald Head Island, NC  
910-454-0333

Visit our website for a complete list of services and policies at

**www.islandretreatspa.com**

*Relax • Refresh • Renew*



From the rhythmic lull of the ocean to the canopy of silence found under venerable old oak trees, Bald Head Island is truly Mother Nature's sanctuary. Peace and restoration are hallmarks of a Bald Head Island visit, whether it's a vacation or a trip home that you take, again and again.

At Island Retreat Spa and Salon, we believe in letting nature nurture. Our philosophy focuses on the powerfully restorative effects of nature, which will renew and refresh your body, mind and spirit. Our product lines use all-natural, organic or eco-friendly ingredients of the purest quality, so you can feel good about pampering yourself.



Island Retreat Spa and Salon offers a soothing atmosphere for enjoying a wide range of services. Let our certified estheticians pamper you with a healing facial or soothing body wrap. Treat your weary feet to an invigorating pedicure, or tame your tresses with a moisturizing hair masque. Discover what a sigh of relief sounds like as our licensed massage therapists knead away every last worry.

Whether you're looking for a solitary retreat or an afternoon of beauty and well being with friends, Island Retreat offers services designed to help you rediscover your natural beauty.

## PACKAGES

### Day of Relaxation Package

Organic body salt scrub and body wrap, one hour Signature Massage, Signature Facial, Signature Pedicure, Signature Manicure, conditioning treatment with a shampoo style and lunch. . . . . 6 hours / \$475

### Renewal Package

Heated Stone Massage, Renew Rose Anti-Aging Facial, Signature Pedicure and Signature Manicure. . . . . 4 hours / \$335

### Couples Package

One hour Signature Couples Massage, and Signature Pedicure . . . . . 2 hours / \$340

### Bride-to-Be Package

One hour Signature Massage, Renew Rose Anti-Aging Facial with a Décolleté Treatment, Signature Pedicure, Signature Manicure and lunch . . . . . 4 hours / \$300

### Gentleman's Package

One hour Deep Tissue Massage, Signature Facial, Sports Manicure, Sports Pedicure and lunch. . . . . 4 hours / \$300

### Refresher Package

Half hour Signature Massage, Classic Pedicure and Classic Manicure . . . . . 2 hours / \$130

### Teen Package

Teen Facial, Classic Pedicure, Classic Manicure, Makeup Application, and Shampoo Style. . . . . 2 ½ hours / \$250

## BRIDES

### FOR THE BRIDE

#### Trial Run (required):

Hair . . . . . from \$70  
 Makeup. . . . . from \$60  
 Airbrush Makeup . . from \$75

#### Wedding Day:

Hair . . . . . from \$80  
 Makeup . . . . . from \$70  
 Airbrush Makeup . . from \$95

### FOR THE BRIDAL PARTY

Shampoo & Style . . . . \$38     Makeup . . . . . \$50  
 Up-do . . . . . \$60     Airbrush Makeup . . from \$95  
*Grooms and groomsmen packages available.*

## SKIN

### FACIALS AND SKIN CARE

#### Signature Facial

A skilled esthetician will analyze your skin to customize treatment. We will cleanse, exfoliate and wrap your face in warm herbal infused towels, followed by a facial massage and soothing masque. This facial will leave your skin revitalized, nourished and hydrated. . . . . 60 minutes / \$100

#### Renew Rose Anti-Aging Facial

Designed to revitalize dry skin's texture with aromatic rose and frankincense extracts. This treatment will smooth skin and encourage cell renewal in areas that are most affected by the aging process. . . . . 75 minutes / \$115

#### Citrus-C Facial

Vitamin C restores the skin's balance, reduces inflammation and redness, and provides high antioxidant protection. This balancing and nourishing facial benefits all skin types. . . . . 60 minutes / \$115

#### Clarity Facial

Using only the finest organic ingredients, this specially formulated facial helps reduce blemishes and improves scarring and skin tone. . . . . 60 minutes / \$105

#### Express Facial

Great as an introductory facial or to maintain results after a series of treatments. Does not include massage or extractions. . . . . 30 minutes / \$50

#### Teen Facial

Created for young skin, this facial includes an in-depth cleansing to remove impurities and correct imperfections. We also educate teens on how to properly care for their skin. . . . . 45 minutes / \$80

#### Image Peel

Customized Image Professional Peels offer unparalleled results for treating specific skin conditions. . . . . \$125 (includes take home kit)

#### Facial Add-Ons (\$30 each)

Décolleté Treatment • Luscious Lip Treatment • Eye Therapy

#### Skin Add-Ons (\$30 each)

Yam & Pumpkin Enzyme Peel or Pineapple Enzyme Peel. Pulp Puree is rich in enzymes, beta-carotene and antioxidants.

#### Makeup Application

Basic Application . . . . . 30 minutes / \$50  
*Temporary lashes are available for an additional \$20.*

## NAILS

### PEDICURES

#### Signature Pedicure

Soak weary feet in our harmonizing tonic accompanied by your choice of mineral bath salts. After nail shaping and cuticle care, choose a scrub to exfoliate. Finish with a massage, hydration and polish. . . . . \$70

#### Classic Pedicure

A relaxing foot soak is followed by an invigorating foot massage and nail trim. Finish with polish . . . . . \$55

#### Sport Pedicure

Soften and slough away any impurities your feet may have. Enjoy a tranquil soak followed by an invigorating foot massage, an herbal infused towel wrap and your choice of a buff and/or matte polish. . . . . \$65

#### Gelish Pedicure

A relaxing foot soak is followed by an invigorating massage. After nail shaping and cuticle care, choose from any of our chip-free Gelish polishes. . . . . \$85

#### Child's Pedicure (ages 10 and under)

This pedicure will shape nails and cuticles as needed, massage feet and polish toes to perfection. . . . . \$40

### MANICURES

#### Signature Manicure

After nail shaping and cuticle care, we exfoliate with your choice of scrub, followed by the ultimate hydration of our paraffin dip. . . . . \$45

#### Classic Manicure

This traditional manicure features a soothing hand massage after your nails have been trimmed and shaped to perfection. . . . . \$35

#### Sport Manicure

Soften and replenish rough, dry hands. After cleansing, light nail shaping and cuticle care, we will exfoliate and moisturize your hands and finish with a buff and/or matte polish. . . . . \$30

#### Gelish Manicure

Enjoy a soothing hand massage, cuticle care, and your choice of our chip-free Gelish polishes. . . . . \$65

#### Child's Manicure (ages 10 and under)

Manicure will shape nails and cuticles as needed, massage hands and arms, and polish nails to perfection. . . . . \$25

#### Nail Add-Ons

French Manicure . . . . \$10     French Pedicure . . . . \$10  
 Heated Stones . . . . \$20     Extended Massage  
 (15 min.) . . . . . \$20