



The Spa at Sea Island: A Zing to the Senses

SEA ISLAND, GA – Named one of the “World’s 30 Most Luxurious Spas” by *Forbes Travel Guide*, Sea Island’s expansive 65,000-square-foot Spa and Fitness Center reaches well beyond its four walls, invigorating guests through an array of curated treatments and amenities. From pampering to playful, the Forbes Five-Star Spa at Sea Island offers various therapeutic selections to accommodate the needs of every guest. Whether seeking a contemplative walk in the garden labyrinth, lively salon services for a bridal party, or a romantic massage in the couple’s suite, The Spa at Sea Island consults with each guest to tailor a unique experience specific to each guest’s needs.

Upon arrival, guests are immediately greeted by The Spa at Sea Island’s signature scent, a tantalizing combination of tobacco, sandalwood, and white peach, along with The Spa’s seasonal “Spallini” welcome cocktail, easing guests into decompression mode. Punctuated by subtle, nature-inspired design elements including tiered fountains, koi ponds, a manicured labyrinth and the picturesque, tree-filled Garden Atrium, The Spa combines relaxation with fun, helping guests rediscover the joy of living.

The Spa at Sea Island’s 23 treatment rooms, including two spacious Couples Suites for couples or intimate gatherings of friends, provide venues for an array of massages, body treatments, skincare and salon services that range from the “All the Right Moves” treatment, The Spa at Sea Island’s signature massage combining Thai, Lomi Lomi and Swedish techniques, to “Make Waves, a full-body skin treatment which leaves the skin firm and with a luminous glow from head to toe. To further customize the spa experience, guests can opt to listen to either “upbeat” or “downbeat” music during their treatment, depending on whether they want a lively or serene atmosphere. Guests can even send the clock hands spinning backward by enjoying our anti-aging “Time Fighter” facial which utilizes a revolutionary Re-Youth Complex. Couples Suites each feature a full-sized soaking tub, a balcony, stained glass windows, and beautifully appointed furnishings.

For guests seeking an invigorating workout, the state-of-the-art Fitness Center houses an indoor pool, the latest in Precor Cardio Equipment and three squash courts. In addition to four private studios for Cycling, Yoga, Reformer Pilates and TRX, the Fitness Center offers such unique classes and venues as Mind, Body, Meditation in our unique Garden Labyrinth, Hot Yoga in our Water Atrium with a wood burning fireplace, and Outdoor High Intensity Interval Training on our private beach. The Fitness Center is staffed by a team of professional fitness trainers who provide unique and individualized training and assessments through movement screening, InBody Analysis and a full body diagnostic assessment. They can provide challenging and corrective exercises to help guests reach their health goals. Working in tandem with our Nutrition Consultant, not only can guests learn what foods are best for their goals, they go home knowing how to prepare the food, armed with new knowledge and new techniques to make goals achievable.

In 2015, Sea Island became the first resort in the country to offer whole body cryotherapy (WBC), a popular sports recovery technique used in Europe and by professional athletes and A-list celebrities. The treatment, replaces the more traditional, lengthy and wet ice bath with a short, three- minute and dry sauna-like experience that feels great anytime, especially after a massage or physical activity. It is available in 15-minute sessions during which guests receive a professional consultation and three minutes in the cryotherapy unit. The unique treatment, designed to increase flexibility, reduce pain and

inflammation, and improve performance, is a perfect complement to a round of tennis, golf, personal training session, or group class.

The Spa and Fitness Center experience supplements the active lifestyle encouraged by Sea Island's extensive sporting life, which includes world-class golf on three championship courses, tennis on sixteen Har-Tru® clay courts, paddleboarding, fishing, salt marsh kayaking, and trap and skeet shooting. Resident experts in all areas are on hand to customize, encourage and help guests define their own memorable experience at The Spa at Sea Island.

For additional information or to make reservations, call 800-SEA-ISLAND (732-4752) or visit the web site at www.seaisland.com.

About Sea Island

Since 1928, Sea Island has been known as an exceptional destination appealing to those who appreciate gracious service and heartfelt hospitality. With four Forbes Five-Star experiences – The Cloister at Sea Island, The Lodge at Sea Island, The Spa at Sea Island, and the Georgian Room restaurant – Sea Island entices families, outdoor enthusiasts, and those simply wanting to refresh. It is the only resort in the world to have received four Forbes Five-Star awards for 13 consecutive years. As the only U.S. resort to host a G-8 Summit of world leaders, Sea Island provides exceptional settings and service for conferences and executive retreats.

Located on the southeastern coast of Georgia, Sea Island features five miles of private beach, a Beach Club, tennis center, Yacht Club, Shooting School, and children's programs, as well as three championship golf courses, including Seaside and Plantation, home of the PGA TOUR's RSM Classic. Located on St. Simons Island, The Inn at Sea Island offers casual accommodations with access to many Sea Island amenities. Broadfield, a Sea Island Sporting Club and Lodge, offers seasonal hunting and fishing opportunities.

Sea Island continues to add to its legendary offerings including a bowling alley and pub at the Beach Club and refreshed rooms in The Cloister. Recent enhancements at The Lodge include seven cottages, an oceanfront pool, pool house, an 18-hole putting course, a 17,000-square-foot, state-of-the-art Golf Performance Center, and complete redesign of one of the golf courses by PGA TOUR player and local resident Davis Love III and his brother, Mark Love, of Love Golf Design.

Those seeking adventures in the spirit of the American west may choose to visit The Broadmoor, the other member of the Sea Island family. Opened in 1918 and situated at the gateway to the Colorado Rocky Mountains in Colorado Springs, The Broadmoor is the longest consecutive winner of the Forbes Five-Star and AAA Five-Diamond awards. Like Sea Island, the resort offers guests a unique way to experience one of the country's most beautiful settings, and is known for its history, tradition, and service excellence.

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