

Sea Island®



WELLNESS AT SEA ISLAND

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Wellness at Sea Island comes in many enticing ways – paddling through winding creeks at high tide, sailing in a fresh ocean breeze, biking under ancient live oaks, fishing in the sea or river, playing golf with buddies, or simply walking along the miles of private beaches. For those looking for an indoor sanctuary, our 65,000-square-foot Forbes Five-Star Spa and Fitness Center has kept wellness a focus for decades. Join us for a class or work out on your own. Motivate yourself or meet up with a personal trainer. On the mat, in the water, at the studio. With an extensive modern facility and dozens of group classes each week, Sea Island’s fitness offerings and services will keep you on your toes.

The Spa at Sea Island

With towering palms above and smooth stones below, The Forbes Five-Star Spa at Sea Island captures the very essence of nature with cascading waterfall showers, mineral pool baths, a peaceful grass labyrinth, and sun-filled garden atrium. From the moment you arrive, let the gentle flow of our waters guide you through a renewed sense of spirit. This 65,000-square-foot facility is a haven for guests and members seeking a sanctuary of unparalleled elegance and serenity. The expert staff of therapists, consultants, and providers at The Spa at Sea Island offers a wide array of massages, body and skin care treatments including options for teens and kids. 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 their needs. Inviting spaces include:

- 23 treatment rooms
- Water Rotunda featuring a hydrotherapy pool and cascading waterfall
- Meditation Labyrinth
- Private men’s and women’s relaxation lounges
- Garden atrium for co-ed relaxation
- Spatique and Beautique retail areas
- Two couples suites with private balconies
- Eucalyptus-infused steam room and Dry Sauna
- Mineral pool bath in the men’s and women’s locker rooms
- Somadome Therapy Pod (service enhancement)

Water Journeys

To be enjoyed before or after your treatment. The Spa at Sea Island encourages guests to explore our series of curated and complimentary, self-guided Water Journeys. Perfect for eliminating tension and improving energy, these hydrotherapy experiences will treat the body and indulge the senses with alternating temperatures, varying pressure, aromatherapy, and sensory stimuli. Throughout each journey, guests will discover the therapeutic and purifying properties of water. These expertly crafted quests will work to open your mind and cleanse the soul as you emerge renewed.

Thermotherapy

This self-guided journey focuses on hot and cold contrast therapy, or thermotherapy. It stimulates blood circulation, boosts oxygen content of the lungs, and deeply relaxes the body to combat stress.

Colors of Noise

Sound meditation is a type of “focused awareness” meditation, with different colors of noise releasing subtly different properties in the mind. White, pink, blue, and brown noises all allow our brain the benefit of a more consistent sonic environment, resulting in deep relaxation and better sleep.

Meditation Labyrinth

Meditation is, above all, a quest. For this self-guided journey, our meditation labyrinth will quiet the mind, calm anxieties, recover balance, and enhance creativity.

Cascading Waterfalls

Experience invigoration and relaxation as the ceaseless flow of our cascading waterfalls washes away your stress. The soothing sounds and negative ions, created by moving water, have been shown to have therapeutic effects – resulting in a calmer mind and a more positive outlook.

Fitness Center

A 5,000-square-foot strength and cardio studio features training equipment and fitness classes that are held each week in four studios dedicated to personal training, yoga, and Pilates. The fitness center also features an indoor lap pool, the latest in Precor Cardio Equipment and three squash courts. Fitness options include:

- Personal Training
- Group Fitness Classes
- Whole-Body Cryotherapy
- Squash
- Strength and Cardio Studios
- Cycle Studio
- Heated Indoor Lap Pool
- Pilates and Yoga Studios
- Whirlpool
- Somadome
- Steam and Sauna
- Fitness Retail Selection

Nutrition

The Spa at Sea Island focuses on food that heals and provides nutritional education. The skilled staff offers solo or group cooking classes, customized consultations for meal planning, holistics happy hours and other ways to identify potential toxins and learn about foods that could be hurting the body. Working in tandem with the Nutrition Consultant, guests can go home with best practices in how to prepare food, armed with knowledge and new techniques to make goals achievable.

Salon

The Salon at Sea Island offers essential services for any special occasion, including color and hair services, bridal and events services, nails services, and special treatments for teens and kids.

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 14 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. 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.

About The Broadmoor – Sea Island Company

Under one ownership, the historic and independent sister properties of Sea Island in Georgia and The Broadmoor in Colorado offer multifaceted destinations with an array of accommodations, amenities and activities tailored to meet the specific needs and desires of nearly all individual guests and groups. The Broadmoor and its Wilderness Experience properties: The Ranch at Emerald Valley, Cloud Camp and the Orvis-endorsed Fly-Fishing Camp, encompass 5,000 acres. The resort campus has 784 rooms, suites, and cottages. It includes two championship golf courses, an award-winning spa and fitness center, nationally recognized tennis staff and program, 19 retail boutiques and a multitude of acclaimed restaurants, cafes, and lounges. Other activities include falconry, mountain biking, hiking, rock-climbing tours, fly-fishing, Wild West Experiences and more. The Broadmoor Wilderness Experience properties are three unique, all-inclusive boutique facilities that highlight an authentic Colorado experience while offering mountain rustic luxury along with The Broadmoor's legendary service. Like Sea Island, and The Broadmoor 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.

Media Contact

Sea Island Public Relations
publicrelations@seaisland.com