



whisper creek



Our group will travel to Whisper Creek Spa at 9:45 am from the Springhill Suites lobby. Upon arrival, we will check-in and enjoy a full morning of pampering. Lunch will be included along with a special wine tasting. **Each person can choose up to 3 services at no cost to you.** Once everyone's services are complete, we will travel back to the Springhill Suites.

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Any Known Allergies: \_\_\_\_\_

Any Known Injuries or Health Conditions: \_\_\_\_\_

## Massage Options:

### \_\_\_ Classic Massage | 50 min

Experience the benefits of a Classic Massage. Invigorate your body and awaken your senses. Activate nerves for relaxation. Provide relief for anxiety and promote healing. Soothe sore muscles from activities like golf and biking in the Lowcountry.

### \_\_\_ Deep Tissue Massage | 50 min

Ideal for individuals seeking a therapeutic massage targeting deep muscle tissue, this treatment offers: Enhanced blood circulation. Relief from chronic tension patterns. Increased flexibility of connective tissue. Enjoy a Complimentary Glass of Wine, Infrared Sauna, and a Warm Neck Wrap.

### \_\_\_ Whisper Creek Hot Stone | 50 min

Melt away as Whisper Creek™ basalt stones release toxins and purify the skin through a time-honored tradition of massage therapy. This full body massage works with hot stones to reduce inflammation and soothe, heal and ease aches and pains. The stones invigorate the circulatory and lymphatic systems to increase circulation and induce self-healing principles in the muscles.

### \_\_\_ Fire & Ice Athletic Recovery | 50 Min

Experience a rejuvenating stone-based massage with hot and cold therapy, featuring cold and hot stones infused with red hot shandy oil.

## Facial Options:

### \_\_\_ Organic Facial | 50 min

Drench your skin in with this hydrating, healing organic facial. This multi-active treatment provides key nutrients to the skin and helps combat environmental and dietary pollutants. This service helps reduce water loss, assists in cellular repair while infusing vitamins and antioxidants to protect against damaging free radicals.

### \_\_\_ Maya Chia Back to Nature Facial | 50 min

This facial features a double cleanse, exfoliation created with mortar and pestle to suit your skin's needs, facial massage incorporating gua sha tools, mask, hand and arm massage and serum application. Powerful antioxidant rich chia seeds and whit tea soothe the nervous system, improve skin health and reduces inflammation. Beetroot, which is high in vitamins and minerals helps reduce blemishes, pigmentation and eliminate toxins.

### \_\_\_ Illuminating & Vitamin C Facial | 50 min

This luxurious facial will visibly improve the appearance of skin tone, texture and luminosity with a combination of lactic and mandelic acid, brightening technologies and antioxidants. Enjoy a customized light touch massage for the ultimate indulgence. In just one treatment, you'll be able to see results of a youthful and radiant appearance.

### \_\_\_ Deep Clean Facial | 50 min

The benefits this facial will resurface the complexion, refine pores, and revitalize the skin. Formulated to address the root causes of dull and tired looking skin, the combination of the superfruit with Whisper Creek's proprietary Lactic Acid Complex works together to unveil smooth skin tone and texture for naturally luminous skin immediately.



## Body Services:

### \_\_\_ Exfoliating Sugar Scrub | 50 min

Exfoliate, rejuvenate and rehydrate with a seasonal scented sugar scrub. The antioxidant healing powers of the scrub will leave your skin feeling refreshed and smooth. A therapist will apply a nourishing body cream to complete this service.

### \_\_\_ Hydrotherapy Body Scrub | 80 min

Relieve discomfort and promote healthy well being with Hydrotherapy. Slough off a layer of dead skin with an indulgent seasonal scrub. A seasonal scrub is infused with brown sugar, Kentucky whiskey and gingersnap-pecan scented. Complemented with an invigorating body heat wrap and foot paraffin. Sanction your treatment with an aromatic shower treatment pursuing a hydrating souffle to renew your skin.

### \_\_\_ Make Me Mandarin Sugar Scrub and Toning Body Wrap | 50 min

A relaxing sugar scrub and toning body service utilizing the rejuvenating aroma of clementine oil, mandarin cream followed by a cactus toning body wrap.

### \_\_\_ Whisper Creek Coconut Truffle Wrap | 80 min

This relaxing anti-aging treatment is inspired to whisk you away to a quiet retreat. Begin your experience with aromatherapy while your therapist cleanses and exfoliates using a seasonal scrub. A warm body masque wrap with anti-aging botanicals is light touch massaged to the body. As the healing properties of the wrap cocoons the body, focus on your intentions through a self-meditation fifteen minute-relaxation experience. Your therapist will return to gently wash off the wrap with warm towels and then light touch applied to your body with a fruit infused souffle to hydrate and renew your skin.

## Nail Options:

natural nails only Whisper Creek does not offer Dip or Acrylic services at this time

### \_\_\_ Whisper Manicure | 50 min

Nail shaping, buffing, and cuticle maintenance  
Hot towel treatment with hydrating mask  
Hand massage with a vitamin-rich oil to leave your hands feeling silky smooth.

### \_\_\_ Whisper Pedicure | 60 min

Warm foot soak as nails are trimmed and buffed, cuticles are maintained  
Lower leg and foot are exfoliated with fine sea salt scrub  
A Hot towel treatment with ultra-hydrating mask  
Vitamin-rich oil to leave your skin feeling silky smooth

### \_\_\_ Creekside Manicure | 50 min

Nail shaping, buffing, and cuticle maintenance  
Hot towel treatment with hydrating mask  
A hand and arm Hot Stone massage to leave your hands feeling silky smooth.

### \_\_\_ Creekside Pedicure | 75 min

Start with a warm foot soak as nails are trimmed and buffed, cuticles are maintained  
Feet are then wrapped in a soothing hot towel treatment with ultra-hydrating mask  
Legs are treated with a relaxing hot stone massage

### \_\_\_ Gentlemens Bourbon Manicure | 35 min

Relieve dry and overworked hands with this bourbon infused men's hand treatment  
Nails are trimmed and groomed  
Hands are then massaged with vanilla bourbon oil

### \_\_\_ Gentlemens Bourbon Pedicure | 45 min

Relieve dry, tired feet with this bourbon infused men's foot treatment  
Nails are trimmed and groomed  
Feet are massaged with vanilla bourbon oil

## Locker Room Access & Salt Room Session

With massage, body treatments and facials, enjoy access to the coastal chic inspired locker room where you will have a reserved locker Just For You™, a plush robe and comfy slippers to wear during your treatments, as well as access to soft and filtered water flowing through the private showers.

Spend a few minutes in the infrared sauna before or after your treatment. Infrared sauna experiences support better sleep, relaxation, detoxification, weight loss, relief from sore muscles or joint pain, improvement circulation and help with chronic fatigue syndrome.

Relax in a one of the quiet rooms with a glass of champagne or wine before or after your treatment. Help yourself to fresh fruit infused water, tea or a coffee with organic snacks while you relax and restore before and after your treatment.

Whisper Creeks salt-inhalation room is an enhancement to any service. Benefits of salt inhalation include promoting better breathing, healthier skin, better sleep, improved physical fitness and endurance and overall wellness. It also helps to alleviate symptoms of many respiratory and skin conditions. Salt has antibacterial, anti-inflammatory effects and also helps to loosen mucus, remove air pathogens and improves the immune system. In a specially designed lounge chair with guided meditation available, you can quiet your mind while supporting your body's circulatory system.