

Relax Relax Relax AND REJUVENATE

by Julie Thompson Adolf

FROM PAMPERING PEDICURES TO WEIGHT LOSS AND
WATER THERAPIES, SOUTH CAROLINA SPAS RESTORE
INNER BALANCE AND CLEANS THE SPIRIT.

In today's frantically paced world, we all look forward to vacations. Vacations, ideally, provide much-needed R&R, time to regroup and relax with family or friends. But in our quest to indulge in as much fun as possible during our weeklong hiatus from real life, vacations often leave us feeling even more exhausted when we return than when we departed. Too much food, too much sun and too little exercise can cause post-vacation guilt for our gluttonous ways. However, throughout South Carolina, you'll find vacation getaways designed to soothe the soul, kick-start a fitness program or pamper your exterior. For a truly refreshing vacation, a variety of spas offers specially designed programs to ensure your vacation invigorates and rejuvenates so you can face post-vacation reality with a healthy attitude when you return home.



Located in Summerville is **Sandalwoods Day Spa at Woodlands Resort & Inn**. Offering guests a balance between mind, body and spirit, the Woodlands provides a restorative retreat with a variety of services inspired by classical European traditions, such as day spa massages and body treatments, a AAA Five Diamond restaurant, croquet, swimming and clay court tennis. The staff at Sandalwoods Day Spa is trained in international bodywork systems and plant aromaology and determines each individual client's "aroma identity." The staff then formulates a mix of flower and plant essences for the client to be used in body wraps, massage therapies, and esthiology treatments. 800-774-9999

Located in Hilton Head Island is **Sea Pines Resort**, featuring both a fitness center as well as Le Spa. Located at the Plantation Club, the fitness center offers aerobics and fitness classes, fitness

equipment, personal training and fitness assessments. Le Spa provides a full array of salon and spa services designed to help guests relax and look their best. 843-363-6000

Founded in 1976, the **Hilton Head Health Institute** developed an international reputation for serious weight management, behavioral modification, stress reduction and health enhancement. The Institute focuses on physical and psychological well being, with numerous programs designed to help the guest embrace and maintain a healthy lifestyle. More than 30 fitness classes are offered, including resistance training, beach walking, yoga, Tai Chi, Pilates and more. 843-785-7292/ 800-292-2440

For fitness, weight loss and fun along the Grand Strand, **Fitness Kicks Adventure Retreat** offers guests personalized fitness programs, high-energy activities and an ideal beach locale. Located in North Myrtle Beach, Fitness Kicks provides a wide range of activities, including Fit-Kickboxing, kayaking, inline skating, Beach Boot Camp and sports conditioning. Each guest receives a personalized fitness and nutritional evaluation. The challenging

fitness programs are designed to trim, tone and re-energize guests while providing a peaceful beach setting. 843-249-3486

Nestled one mile from the beach in Pawleys Island is **Yoga at the Beach**, a sanctuary and a place of renewal and peace. Styles of yoga taught include Iyengar, Kundalini and Ashtanga. Phoenix Rising Yoga Therapy and Massage Therapy also are available. Private sessions, group classes, seminars and workshops are available. Instructors also will develop a program to fit individual needs. 843-237-4199

For individuals who prefer to combine fitness with facials, the **Spa at Charleston Place Hotel** offers luxurious packages intended to relax and rejuvenate. From a massage with warm botanical oils or a stimulating spa pedicure to invigorating aquatic aerobics and a

refreshing dip in the pool, the \$1.4 million full-service European-style spa provides numerous services. 800-611-5545

Whether you're seeking a life-altering fitness regime or simply a perfect pedicure, South Carolina spas provide the ideal balance of relaxation and rejuvenation to help you prepare to return—refreshed—to real life.

