

At the Spa at Palmetto Bluff, guests can relax on the outdoor veranda in each treatment room and enjoy the exquisite views of the May River and surrounding maritime forests.

An Oasis of Luxury

By Katie McElveen

If you and your girlfriends are finding yourselves bored with bunco, sick of scrapbooking and not quite ready to start a shuffleboard club, it might be time to consider the ultimate girls' getaway: a spa weekend.

And not just any spa weekend. Situated within some of the state's top resort destinations—think the jewel-box shops of Charleston, wide beaches, room service and champagne by the infinity pool—South Carolina's spas will transform you from moms to goddesses in no time.

Taking inspiration from the ocean as well as Kiawah Island's many marshes and marine forests, **The Spa at The Sanctuary** comforts the eyes with native wood, regional stone and lush garden plants while

busy Myrtle Beach. Undo damage with the sun lover's facial, which unleashes the soothing powers of aloe vera and other plant-based ingredients in a unique "cosmeceutical" formulation that will bring health back to your skin along with a beautiful glow. Or try one of the spa's unique massages, such as Thai Yogi, which combines Thai massage technique with yoga stretches. You'll leave energized, balanced and ready to take on the world.

Cap off a perfect day of strolling the cobblestone streets of Charleston, lunching at an outdoor café and finding the ideal antique settee with as much time as you can spare at **The Spa at Wentworth Mansion**. Located in what was the Victorian mansion's horse stable—the original vaulted ceilings and exposed brick

Palmetto Bluff in Bluffton is so close to a natural lagoon and wading bird rookery that the massage rooms on the second floor are equipped with private verandas where guests can enjoy the sounds and scents of nature while relaxing in a porcelain bathtub filled with aromatics. The spa's partnership with nature doesn't end there. Body treatments draw on the healing power of local ingredients like pluff mud, pine, mulberry leaves and Spanish moss.

Filled with natural light, the spa's resting room, complete with a fireplace, overstuffed sofas and beautiful art books, resembles a living room and is the perfect place to rendezvous with the girls at the beginning or end of a spa day.

So go ahead. Immerse yourself in luxury. After all, you're worth it.



The Spa at The Sanctuary at Kiawah Island



Wentworth Signature Facial at The Spa at Wentworth Mansion



The Hibiscus Spa at the Myrtle Beach Marriott Resort

soothing botanicals such as seaweed and lemon verbena or ocean minerals calm your skin and your soul.

Body treatments, such as the island infusion, drench your skin in jojoba, sunflower, olive, apricot and wheat germ oils while you relax in a steam and rain shower capsule. The signature massage, which pairs warmed grain and herb-filled wraps with the nimble hands of a masseuse, is perfect for a deeply relaxing rub. The facials, which can be customized to suit your skin's needs, are divine, filled with the scents of evening primrose and bergamot while avocado and macadamia nut oils nurture.

Hibiscus Spa, located in the Myrtle Beach Marriott Resort at Grande Dunes, is an oasis of calm within

stall entrances are enchanting—the spa gracefully draws on its historic past. But there's nothing old-fashioned here: the sound of jazzy blues music during your treatment makes everything seem fresh and hip, and the treatments are refreshingly unique. As a bonus, since therapists mix up ingredients just before your treatment, they're happy to personalize your treatments. It's such fun you'll enjoy choosing them as much (well, almost as much) as experiencing them. The fragrant lemongrass and ginger massage, for one, combines a deeply moisturizing wrap, zingy with freshness, with a stimulating massage that will boost your mood as well as your energy level.

The 9,600-square-foot **Spa at**

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