



Spa Etiquette

YOUR SPA JOURNEY

To begin your spa journey in a relaxed state, we ask that you arrive a minimum of 15 minutes prior to your scheduled appointment time. This allows time to accommodate completion of your guest profile, discuss your service and enhancement options and change into your spa robe and slippers. You will have access to the spa relaxation lounge to enjoy a tea or snack before or after your service. Champagne is available upon request. Please notify our concierge if there are any special needs or considerations that will need to be addressed in order to create a safe and comfortable experience for you. Lockers are available for your personal items along with a shower in each gendered locker room. As a boutique spa, there are no additional amenities at this location.

RESERVATIONS

Reservations are made online or by calling the spa directly. Once your appointment has been booked, you will receive an email confirmation specifying your appointment time and service details. A valid credit card is required at the time of booking to secure all reservations. Payments are not incurred until service is complete. Please note a price difference on weekends and holidays with special rates offered during the weekdays along with special offers available throughout the year. Poseidon Spa reserves the right to refuse service to anyone and is not responsible for lost or stolen items.

CANCELLATIONS

In the event you need to cancel your appointment, a 24-hour advance notice is required. Insufficient notice to cancel or not showing up for your scheduled appointment will receive a full 100% charge for all services scheduled. The spa is happy to reschedule you with your same provider upon availability. In consideration of other guests, delayed arrival times will not be adjusted and full price for your service will be charged.

PAYMENTS

Payment methods for spa services and retail include most major credit/debit cards, Poseidon Spa Savannah gift cards, Marriott gift cards, and JW Marriott Plant Riverside District room charges during your stay. The spa does not accept cash for service payments or retail purchases. Gift cards are nonrefundable and may not be redeemed for cash. A 23% service charge is added to all services where a portion goes to the provider and a portion goes to the spa. Gratuity for your provider for exceptional service is always appreciated with cash accepted.



Massage

Swedish Massage 50/80 Minutes | from \$165 / \$235

Customized Relaxation Experience

Sink into a personalized massage experience inspired by the restorative rhythm of the ocean. Your therapist will tailor each treatment to your preferred areas of focus and wellness goals, creating a journey uniquely designed for you. Flowing Swedish techniques ease tension, calm the nervous system, and encourage deep relaxation. Perfect for those seeking balance, renewal, and a moment of complete escape.

Deep Tissue Massage 50/80 Minutes | from \$205/\$275

Therapeutic Deep Tissue Experience

Like the powerful currents beneath the sea's surface, this results-driven massage is designed to release chronic tension, restore mobility, and rejuvenate tired muscles. Targeted deep tissue techniques work through layers of muscular restriction while customized pressure addresses areas of discomfort and stress. Heated towels and therapeutic enhancements promote deeper relaxation allowing the body to recover while the mind drifts into tranquility.

CBD Recovery Massage 50/80 Minutes | from \$210/\$280

This spa journey is designed to calm the body and quiet the mind through the ultimate fusion of science and serenity. Perfect for those seeking deep recovery. CauseMedic has designed the perfect hemp creme and serum to ease pain and tension. Take the calmness home with a 20% discount on all related spa retail. Consider purchasing a CBD wellness drink shot or sleep gummy before your journey begins to ease you into the perfect relaxation.



Massage Enhancements

HOT STONES \$25

Smooth, heated stones are incorporated into your massage to melt away muscle tension, improve circulation, and promote deep relaxation.

AROMATHERAPY \$15

Indulge your senses with an aromatherapy oil chosen for your treatment. Include an optional aromatic nasal diffuser to truly enhance your experience.

EXFOLIATING FOOT TREATMENT \$25

Treat your feet with a pampering exfoliation and foot massage using a scented Farmhouse Fresh scrub and lotion leaving them feeling refreshed and renewed.

KNESKO FACE MASK \$55

Fine lines are plumped, skin is tightened, elasticity is improved and moisture is restored with this pure collagen mask.

COLD THERAPY \$25

Cold therapy helps reduce swelling, water accumulation, and soreness while promoting lymphatic flushing.

SCALP TREATMENT \$25

A nourishing scalp massage with Moroccan oil treatment oil to help relieve tension, improve scalp health, and leave you feeling deeply relaxed.

MAGNESIUM OR CBD FOOT SCRUB TREATMENT \$35

Revitalize tired feet with a specialized magnesium scrub and lotion to gently exfoliate and boost circulation, ease tension and pain.

KNESKO EYE OR LIP MASK \$25

Choose between an eye or lip mask designed to plump, tighten and restore fine lines and elasticity in these areas.



Massage Rituals

Crystal Clear Intentions Ritual 80 Minutes | from \$325

Inspired by the meeting of ocean energy and earth's natural treasures, this immersive ritual is designed to restore balance through intentional touch and crystal healing traditions. Upon arrival, you will select a personal intention which will guide your customized experience. This therapeutic full-body massage is complimented with selected crystals, personalized aromatherapy, soothing scalp therapy and our Knesko gemstone infused face mask creating a deeply nurturing journey aligning you with your chosen intention. Your experience concludes with a keepsake crystal to carry the energy of your ritual with you beyond the spa.

** Please arrive 20 minutes prior to your appointment time in order to choose your crystal intention, dress in your robe and enjoy a warm tea to prepare for your relaxation journey.

Southern Charm Sweet Tea Ritual 80 Minutes | from \$285

A luxurious celebration of Savannah's timeless charm and Southern hospitality. This signature ritual begins with the comforting aroma of sweet tea, inviting you into a state of relaxation inspired by warm afternoons beneath moss-draped oaks. A customized full-body massage is paired with a sweet tea-infused foot polish that gently exfoliates and softens tired feet, while a refreshing tea eye treatment helps brighten and revive the delicate eye area. Following your service, savor a delicious herbal tea and receive a locally curated gift as a keepsake of your Savannah spa experience.



Skincare

Seaside Solutions Signature Facial 50 Minutes | from \$170

This Phytomer “sea-to-skin” treatment straight from France is tailored to your specific needs and is safe for all skin types. This treatment includes a double cleanse, exfoliation, toner, face mask and serum. Relax with a face, neck and shoulder massage for the ultimate pampering!

Smooth Seas Dermaplaning Facial 80 Minutes | from \$245

Reveal exceptionally smooth, radiant skin with this luxurious resurfacing treatment designed to instantly enhance your natural glow. This advanced facial begins with professional dermaplaning to gently remove dull surface cells and fine facial hair, creating the perfect canvas for deeper product penetration and a luminous, silky-soft complexion. Following exfoliation, enjoy all the benefits of our signature facial, customized for your specific skin care needs. Dermaplane times may vary.

Phytomer Rosee Glow Facial 50 Minutes | from \$180

Hydrate and glow with Phytomer’s uniquely designed vitamin-enriched skincare routine straight from the seas of France. Feel instant radiance leaving the skin clear and purified having you feel beautiful all day! Ideal for that long lasting glowing skin perfect for special occasions.



Skincare

Facial Enhancements

SCALP TREATMENT \$25

A nourishing scalp massage with Moroccan oil treatment oil to help relieve tension, improve scalp health, and leave you feeling deeply relaxed.

EXFOLIATING FOOT TREATMENT \$25

Revitalize tired feet with a gentle exfoliation that smooths rough skin, boosts circulation, and leaves your feet soft, refreshed, and renewed.

COLD THERAPY \$25

A therapeutic treatment using cold touch to help reduce swelling, water accumulation, and inflammation.

LED LIGHT THERAPY \$45

A non-invasive treatment that uses different wavelengths of light to improve skin. Also used to treat a variety of skin conditions including acne, fine lines, and dark spots.

KNESKO FACE MASK \$55

Fine lines are plumped, skin is tightened, elasticity is improved and moisture is restored with a pure collagen mask.

KNESKO EYE OR LIP MASK \$25

Fine lines are plumped, skin is tightened, elasticity is improved and moisture is restored with a pure collagen mask.



Skincare Rituals

Crystal Clear Intentions Facial 50 Minutes | from \$250

Elevate your skincare ritual with this restorative facial experience designed to nurture both skin and spirit. This luxurious treatment features Knesko products, infused with real gemstones and Reiki healing energy to promote balance and radiance. Enjoy a soothing crystal gua sha facial massage to encourage lymphatic drainage, release facial tension, and enhance circulation. Take home your very own crystal gua sha tool to continue your radiance ritual between visits. Ideal for guests seeking luminous skin, relaxation, and a deeper sense of balance and renewal.

CBD Radiance Facial 50 Minutes | from \$210

Indulge in the ultimate fusion of science and serenity with our CauseMedic CBD Radiance Facial. This bespoke treatment harnesses the calming and restorative properties of premium CBD-infused skincare to soothe, hydrate, and rejuvenate your skin. Begin with a gentle, aromatic cleansing ritual, followed by a targeted CBD-rich serum that works to calm inflammation, reduce redness, and restore balance.

Southern Charm Sweet Tea Facial 50 Minutes | from \$180

Indulge in a decadent facial experience inspired by Southern comfort and natural beauty. FarmHouse Fresh's award-winning botanical ingredients deliver deep hydration while aromatic treatments and soothing facial massage create a blissfully relaxing escape. Warm towels, a nourishing treatment mask, and a luxurious hand and arm massage that will whisk you away to Southern bliss.



HydraFacial

Platinum HydraFacial 50 Minutes | from \$325

Enjoy benefits of the Signature HydraFacial while reducing the appearance of fine lines and wrinkles with the DermaBuilder™ or Britenol Booster and LED Light Therapy for maximum results.

Ultimate HydraFacial 80 Minutes | from \$415

Welcome to the Ultimate HydraFacial experience! Begin the detoxification process with Lymphatic Drainage before the Ultimate HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin while addressing your specific skin concern. This treatment concludes with a booster of your choice and LED Light Therapy to further reduce visible signs of aging. Complete this luxurious treatment with a soothing facial mask to calm, hydrate and refresh the skin. Your skin will never have felt so clean, plumped and refreshed.

HydraFacial Enhancements

HYDRAFACIAL LYMPHATIC DRAINAGE \$45

Optimize skin health by encouraging detoxification through mechanical lymphatic therapy. Your skin will feel healthy and radiant from the inside-out.

HYDRAFACIAL LIP PERK, EYE PERK, OR BOOSTER \$45

HydraFacial Perk and Boosters are the perfect compliment to any HydraFacial treatment. Targeting the most delicate areas of the face to gently cleanse, hydrate and deliver antioxidants and nutrients.

HYDRAFACIAL EYE & LIP PERK \$75

A refreshing and revitalizing treatment that leaves the delicate eye area toned, firmed and hydrated, and your lips exfoliated, hydrated and lightly plumped.



Body Treatments

Sparkles of the Sea 50 Minutes | from \$180

Experience Phytomer's unique treatment designed to ease tension and pain along the spine with this remineralizing and warming mud treatment. Enter deep relaxation with a full-body massage while embracing the warm and sizzling feeling of this specialized detox experience.

Leg and Foot Revival 50 Minutes | from \$180

Revive those aching legs and feet! This special treatment is designed to soothe and relax your legs while bringing back their natural curves and contours. Continue the healing with a focused foot massage to ease pain and tension. Perfect for those who are on their feet for long periods of time or from touring the walking streets of Savannah!

Serenity Sculpt 50 Minutes | from \$180

A full-body slimming contour treatment that includes a Phytomer exclusive algae wrap to slim curves, reshape and tone the body. Phytomer offers sea-inspired products that are designed specifically to strengthen and restore skin leaving you feeling completely rejuvenated! *For maximum results, 4 sessions are recommended.

Velvet Touch Exfoliation 50 Minutes | from \$180

Feel an instant "new skin" effect with this full-body showerless treatment that includes a body scrub with a moisturizing and ultra-smoothing body milk that is massaged on targeted areas for an invigorating experience.

Seasonal Treatments

Elevate your massage and skincare routine with our exclusive seasonal services throughout the year. From the warming traditions of winter, the fresh scent of spring, the aqua flow of summer to the leaves of fall into the holidays, there are many ways to pamper yourself here at Poseidon Spa. Discover these specialty services online or by contacting the spa.