



Tybee Wellness Retreats

Available Services

Massage Therapy

Swedish Massage

60 minutes \$135 / 90 minutes \$175

Let go during this light to medium pressure massage. Long, flowing strokes encourage deep relaxation to help ease stress and balance the mind and the body. Swedish massage can help increase the level of oxygen in the blood and improve circulation and flexibility.

Aromatherapy Massage

60 minutes \$135 / 90 minutes \$175

Aromatherapy massage is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body. During this treatment you will enjoy a gentle massage on the back, head, hands, legs and feet.

Deep Tissue Massage

60 minutes \$135 / 90 minutes \$175

Deep Tissue massage is a combination of trigger point therapy, stretching and other modalities to relieve strain, stress and inflammation. This massage uses strategic strokes to increase circulation, release muscle tension and remove lactic acid. Deep tissue massage combines active motion, passive motion and static pressure by your therapist. It is used for aches and pains in contracted areas such as the neck, back, legs and shoulders.

Custom Massage

60 minutes \$135 / 90 minutes \$175

Enjoy a customized massage designed to meet your specific needs for relaxation, stress and tension. Custom massage incorporates wide variety of techniques discussed with your therapist prior to your service.

Thai Massage

60 minutes \$135 / 90 minutes \$175

Thai massage is a cross between acupressure, yoga and Zen Shiatsu. The massage consists of a technique that uses slow, rhythmic compressions and stretches along the body's energy lines. Thai Massage can address muscle and joint pain, frees energetic blockages, stimulates the proper flow of breath and helps restore general well-being. Thai bodywork takes place fully clothed.

Himalayan Salt Massage

60 minutes \$135 / 90 minutes \$175

A complete Body Himalayan Salt Stone Massage uses warm salt crystal stones, helps to soothe stress and tension, and promotes an increased sense of well-being. Its grounding properties help to improve sleep and balance the Central Nervous System. Also, the stone's natural salt properties gently exfoliate the skin to promote naturally smooth and silky skin.

Transend Singing Bowl Massage

60 Minutes \$135 / 90 Minutes \$175

Transcend into healing with this vibrational hands-on massage. This session integrates Tibetan singing bowls to induce deep relaxation alongside breathwork and integrated massage. Sound healing is frequently used for tension, anxiety, sleep disorders, PTSD & trauma. No two massages are the same – your intuitive healer will guide you through what best fits your personal needs during the session.

Esalen Massage

60 minutes \$135 / 90 minutes \$175

Esalen Massage® is best described as the meeting and merging of form, energy, structure, and soul. With its nurturing contact, long strokes, and detailed attention to the whole body, an Esalen Massage provides a state of deep relaxation and healing. This holistic modality, designed to enhance awareness and balance, achieves therapeutic effects without deep-tissue techniques.

Practitioners combine a full-bodied presence with slow, focused muscle work to release everyday stresses, still the mind, and leave you feeling integrated and relaxed. They are dedicated to connecting deeply with each client and can usually accommodate specific requests and preferences.



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Massage Therapy Enhancement

Hot Stone

\$45

Smooth, flat, heated stones are placed on specific parts of your body to help ease tense muscles and soft tissues. When coupled with massage the stones help to expand blood vessels which increases blood flow throughout the body.

Cupping

\$45

Cupping is a type of alternative therapy that originated in China. It involves placing cups on the skin to create suction. The suction may facilitate healing with blood flow. Proponents also claim the suction helps facilitate the flow of “qi” in the body.

Reflexology

\$45

Reflexology is a form of bodywork that involves applying pressure to the hands and feet to produce changes in pain and other benefits elsewhere in the body. Reflexology uses a targeted, pressure-point massage to restore the flow of energy throughout the body.

Foot and Hand treatment

\$45

Energetic Therapy

Reiki

1 hour and 15 minutes \$155

Reiki is a spiritual healing practice that brings the body and mind back into balance. It works on all levels – physical, mental, emotional, spiritual – regardless of age or state of health.

Reiki encourages self-healing, and a Reiki treatment typically creates a feeling of relaxation, relief from pain, a reduction of stress or anxiety or expectations, and greater clarity.

Energetic Cord Cutting

60 minutes \$135

Personalized guided energy work to release the bonds of the past. The practice of cord cutting helps to recover energy that has been lost and to re-establish healthy energetic boundaries. As we move through our lives we must necessarily let go of that which no longer serves us. When we let go, we create space.

Cutting energy cords helps to move through transition without the burden of carrying the weight of the past. It frees us to move forward with lightness and a sense of openness.

QiGong

90 minutes \$175

Qigong (pronounced chee-gong) is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises.

Craniosacral Therapy

60 minutes \$135 90 minutes \$175

A holistic healing practice that uses light touch to balance the craniosacral system in the body, including the bones, nerves, fluids, and connective tissues of the cranium, spine, pelvis, and extremities.

The craniosacral rhythm (CSR) is separate from the heart rhythm and the breathing rhythm. Using a gentle touch, the therapist works to balance the flow of the CSR and release fascial restrictions. Once the cerebrospinal fluid moves freely, the body’s natural healing responses can function. Craniosacral therapy can be effective in treating many disorders. It is often used as part of a treatment plan in addressing neck pain, back pain, sacral/pelvic pain, headaches, fibromyalgia, osteoarthritis, sciatica, chronic sinus infections, chronic fatigue, depression, TMJ dysfunction, whiplash, gastrointestinal issues, sympathetic nervous system overdrive, and stress.



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Energetic Therapy

Access Bars

60 minutes \$135

The Access Bars are 32 bars of energy that run through and around your head. Every thought, idea, attitude, and belief that you have ever had are stored in these energy bars as an electromagnetic charge.

The electromagnetic charges get locked in your brain, solidifying the energy and limiting your point of view and capacity to move forward. An Access Bars Session releases the electromagnetic charge from the thoughts and emotions which hold limitations in place. The limiting points of view are thus deleted, giving you access to your consciousness. During an Access Bars session, the practitioner lightly touches any of the 32 specific points on your head which, when held, dissipate the electromagnetic component of past thoughts, feelings and emotions.

This is a gentle, relaxing process, undoing limitation in all aspects of your life that you are willing to change. The limitations are eliminated at their source by undoing the unconscious mental blocks that create these limitations.

Insight, Guidance, and Realization

Dream Interpretation

45 minutes \$85

Have you had a dream or series of dreams that you feel are trying to tell you something but you just can't figure out what they're saying? If your answer is yes, this dream interpretation time was meant for you! Amy has been doing dream interpretations for friends and family for years, and finally realized this was a gift she could share with others.

During your session, you'll walk Amy through your dreams and allow her to provide you with insight on their meanings, purpose, and if there is anything you need to act upon. She relies on her own intuition, gifts, and if needed, a reference tool as well.

Guided Meditation to Restore Balance (up to 2 people)

60 minutes - \$125

This guided meditation will begin with time to connect verbally to uncover areas in your life that require more harmony. (Emotional, Spiritual, Mental & Physical). You will then be guided through a healing meditation which will assist in allowing you to reset your mind,

body & spirit restoring you to a natural state of stability. Following this powerful meditation you will discuss what came up for you during the session. Sue will make recommendations based on your personal lifestyle to maintain balance in your everyday life. While this is not a reiki session, Sue will be connecting energetically with you throughout to enhance your meditation experience.

Goddess Rebirthing Ceremony

75 minutes \$155

This ceremony is your homecoming. Sarah will guide you through the session beginning with sacred foot washing and ancient Mayan ritual known as "wrapping the bones." This safe, nurturing act prepares you to relax and release all that does not serve you, helping you to return to your "truest" self. Sealing the release, we invoke all 4 elements, (air, earth, fire & water,) during a walking meditation to the sea. There, you will consciously release gifts to invoke your full surrender. You may choose to purify in the salt water or in a freshwater bath. Once you emerge, you will be cleansed physically, emotionally, and energetically assisting you in renewal.



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Insight, Guidance, and Realization

Womb Clearing

60 minutes - \$125

Our wombs are the Feminine seat of creation. Whether you still have a physical womb or not, all women carry an energetic womb. This gentle and loving session helps you to restore this sacred place back into balance. Sarah holds compassionate space for you to energetically clear out any old thoughts, beliefs, past experiences or relationships that are blocking your ability to fully receive. The womb, or sacral chakra, is deeply tied to our sensuality, creativity, emotions, and ability to give and receive money resources. If any of these areas of your life could use a boost, this session will surely help you realign and get back into the flow. Note, womb clearings do not involve physical touch, this is an energetic service.

Personal Coaching

60 minutes \$125

Work one-on-one with Amy to dig in deep and set yourself up for lasting success during your individualized coaching session. This time is yours to create, push boundaries, and work as Amy kickstarts your journey to living out your full potential.

- Push through roadblocks like –
- Setting healthy boundaries
- Prioritizing self-care
- Remembering your self-worth
- Giving yourself permission to be authentically you
- Or is there something else keeping you from being the best version of you?

You can expect to walk away with strategies that will last a lifetime and a personalized action plan to keep you on the right path, even after this weekend.

Tarot Card Reading

60 minutes \$100 Tarot is a symbolic map of the consciousness that encompasses our journey through life, both spiritually and practically. The further we stray from our purpose and path, the more wobbly we may feel.

The divinity in the tarot allows for insight into areas of growth or the shadow work that must be done on the ego along with routes to getting back to your bliss and intended path.

The Mother Peace Tarot deck is used to express the elements of the Divine Feminine wishing to work and stay in balance throughout our lives.

Private Yoga (Up to 2 people)

60 minutes \$125

I ching

30 minutes \$60 The I ching is a divination tool and point of path based on the Tao. I Ching is an ancient, sophisticated divination tool used by the Chinese to predict the pattern of events which will govern and shape our destiny. Three coins are cast a series of six times to create a hexagram, a point of path, and the future's foretelling. Some throws are in motion and can lead to another hexagram, other throws are fixed and will only create one interpretation. The Tao is a 3,000 year old text and advises from the position of energy movement and flow.

Natal Chart Analysis

60 minutes \$125 A natal chart is a snapshot of the sky at the moment you were born. Your natal chart gives clues to your major life lessons, shows your destiny, reveals your personality traits and hidden desires, as well as points the way to your soul's purpose.

The world is made of energy, each moment leaving an energetic impression that creates time. The moment that you were born a snap shot of energy was poured out.

By understanding our own energies and blockages through natal chart analysis, we find grounding in our true authentic self with empowerment to move forward as the best version of ourselves.



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Facials

All facials include a decollate, hand, arms, and head massage.

Detoxifying Facial

60 minutes \$135

The Detox Facial encourages the skin to purge, detoxify and cleanse while purifying and rebuilding skin texture. The facial includes double cleansing, hot towels, exfoliation, extractions and finished with a deep pore cleansing mask that will leave your skin feeling nourished and rejuvenated.

Rejuvenating Facial

60 minutes \$135

The Rejuvenating Facial is designed to repair and restore fatigued, sun damaged, or mature skin.

This Facial diminishes the appearance of fine lines and wrinkles, improves texture, and achieves an overall healthy, soft, youthful glow.

The facial includes cleansing, hot towels, exfoliation and followed by a special nourishing mask that leaves your skin visibly refreshed, hydrated and radiant.

Sensitive Skin Facial

60 minutes \$135

The Sensitive Skin Facial is designed to soothe fragile, sensitive skin. It gently exfoliates, cools, and calms your skin while maintaining hydration and reducing redness.

This facial includes cleansing, hot towels & a nourishing mask leaving your skin visibly refreshed and radiant.

Express Facial

30 minutes \$75

The Express Facial is uniquely designed to give maximum results in minimum time.

Formulated to refresh, renew, and revitalize that combines cleansing and exfoliation to leave your skin visibly nourished and luminous.

Personalized Cryo Facials

(60 min.) \$135

Each Cryo facial is personalized to your skin whether dry, oily or sensitive. Personalization is through professionally chosen cleansers, serums and creams. The Cryo facial uses cold therapy to help enhance skins natural glow, tighten and sculpt the face, as well as calm irritations in the skin. You can enjoy a personalized approach with facial massage, facial lymphatic drainage, extractions, hydro jelly mask and cryotherapy.

Cryo Mini

(30 min.) \$75

The Cryo Mini facial gives you all the benefits of the Personalized Cryo facial but in half the time. The Cryo mini facial uses cold therapy to help enhance skins natural glow, tighten and sculpt the face, as well as calm irritations in the skin.

This facial includes facial lymphatic drainage, specialized mask and cryotherapy.



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Empowerment Photography



Strip off the *Expectations.*
Embrace your body,
Celebrate your *Femininity.*
& see yourself in *A Different Light!*

Boudoir

Mini

30-45min Empowerment Session

5-10 Hand edited images

Online Gallery

Digital Downloads

Additional Options for Prints,
Albums, & Wall Art!

Cost - \$150

