



SEAHILL
SPA AT THE CAVALIER

A sensory oasis in the heart
of Virginia Beach's
Historic Cavalier Hotel

ARRIVAL

Guests will be required to arrive at the spa a minimum of 30 minutes prior to your scheduled service. This allows time to complete the consultation form, which will help to customize your experience and give you additional time to enjoy our amenities. Please understand that late arrivals will not be granted extended treatment time and your full payment is required.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, we require 24 hours notice in advance to avoid being charged the cancellation fee. Cancellations of packages or private parties require a seven-day notice.

SERVICE CHARGE

A 20% service charge is applied to each service and distributed to the spa staff as part of their compensation. Additional gratuities are appreciated and may be added at your discretion.

FACILITIES, USE AND ADMISSION

Upon entering the spa you will be assigned a locker and are invited to enjoy our amenities for up to 2 hours. Access to the spa's amenities is exclusive to guests receiving spa services. This does not include salon services.

CELL PHONE USE AND CAMERAS

To maintain a tranquil atmosphere, cell phone use is restricted in the spa. In order to protect our guests' privacy, cameras and video are not permitted in the locker rooms or wet facilities.

AGE POLICY

Spa services are available for guests 18 and older. Salon services are available for our younger guests while accompanied by an adult.

VALUABLES

For the safety of your valuables we suggest that you leave them in the safe provided in your hotel room or leave them at home. SeaHill Spa will not assume any liability for valuables, or lost items.



Upon entering SeaHill Spa, escape your world and indulge in ours.

Access to SeaHill Spa's amenities are complimentary with any 50 minute spa treatment on the day of service. Guests are welcome to enjoy the space for up to 2 hours. Soak up the following:

Steam Rooms

Sauna Rooms

Dressing Rooms

Ladies Whirlpool

Co-Ed Blue Lagoon Relaxation Lounge

Co-Ed Himalayan Salt Cove



AMENITIES



QUARTZ THERMAL THERAPY

Gharieni Quartz tables use the deep, dry heat of the quartz sand to alleviate muscle and joint pain. The heated sand is embedded in this exquisite treatment table designed to ergonomically support the body, allowing you to surrender into a deep state of relaxation. This cocooning experience has a profoundly calming effect on the mind and body, elevating this remarkable escape.

QUARTZ SAND THERAPY

75 minutes

This warm healing experience on the Quartz table is complemented with heated sand poultices and essential oils. The poultices enhance your journey to relaxation while stimulating the reflex zones of the body. The entire energy flow of the body is activated and blockages are released.



QUARTZ SOAK &

Soak in a bath of the highest quality ocean minerals as you are transported to the rhythm of the sea. Drift into bliss on a table of warm, flowing quartz sand. The Gharieni Quartz sand table is a rare, restorative highway to relaxation- indulge yourself in a state of well-being.

SALT SCRUB & SOAK

50 minutes

A soothing, gentle, ultra-hydrating scrub containing organic seaweed, salts, botanical oils and 84 trace minerals. Soak up the benefits of the remineralizing seaweed in our HALO tub followed by a lotion application on the Quartz table.

TARNISHED TRUTH BOURBON INFUSED SCRUB & SOAK

50 minutes

Invalidate the senses with the Cavalier's in house distillery Tarnished Truth bourbon infused scrub. This exhilarating full body exfoliation is punctuated with a warm, detoxifying mineral soak. The service closes with a moisturizing lotion application leaving skin smooth and soft.

SAND RITUALS

OCEAN & WARM SAND RITUAL

100 minutes

Enjoy an exfoliating magnesium polish that melts deep into the skin penetrating muscles and nerves. Magnesium is responsible for promoting overall well-being. After a restoring mineral soak in the HALO tub, completely relax with an aromatherapy massage customized to your needs on the Quartz table. This wellness treatment is a unique experience unlike any other.

WHITE ALGAE BODY WRAP

50 minutes

Begin with a full body dry brush exfoliation, followed by an ultra- nourishing, cream based, anti-aging body mask that balances the skin and reduces the appearance of fine lines and wrinkles. A soothing mineral soak envelops you as your skin drinks in the moisture. The service closes with one final lotion application to seal it all in.



MASSAGE

AUTOGRAPH AROMATHERAPY MASSAGE

50/80 minutes

Our most popular light-to-medium pressure massage allows you to set the intention for your relaxation by choosing one of our unique aromatherapy blends. You may choose based on the aromatherapy description or let your senses be your guide, then just relax.

CBD MASSAGE

50/80 minutes

Boost the therapeutic benefits of massage. This treatment uses CBD oil infused with pain-relieving herbs to calm the nervous system, reduce pain and inflammation, and promote restorative sleep.

AGE-DEFYING UNDARIA BODY MASSAGE

50/80 minutes

This luxurious journey begins with an energizing body brushing treatment to gently exfoliate and smooth skin. A deeply relaxing and skin softening full body massage follows using seaweed-infused oils. Skin is left feeling firm, supple and glowing.

HIMALAYAN SALT STONE

50/80 minutes

Warmed Himalayan salt stones ground and balance the body's electromagnetic field, central nervous system and meridians while gently soothing away stress and tension.

DEEP TISSUE

50/80 minutes

Playing hard and working hard can leave us in need of a deep pressure massage to relieve sore muscles. This massage features repairing and analgesic qualities. Sinking deep into muscles to ease aches while repairing soft tissue.

PRENATAL MOM TO BE*

50 minutes

Mothers-to-be need nurturing. Designed to relax the mind and body and tailored to address the changes that can occur during pregnancy. Discomfort & fatigue are alleviated where it is most needed.

*Recommended for guests past their first trimester.



SPA RETREATS FOR TWO

TIME TOGETHER

120 minutes

Restore skins luminosity with an exfoliating body scrub before submerging in a warm mineral soak with your loved one. Intuitively select your aromatherapy scent together to promote optimal relaxation and renewal during your side-by-side massage.

MASSAGE & SOAK

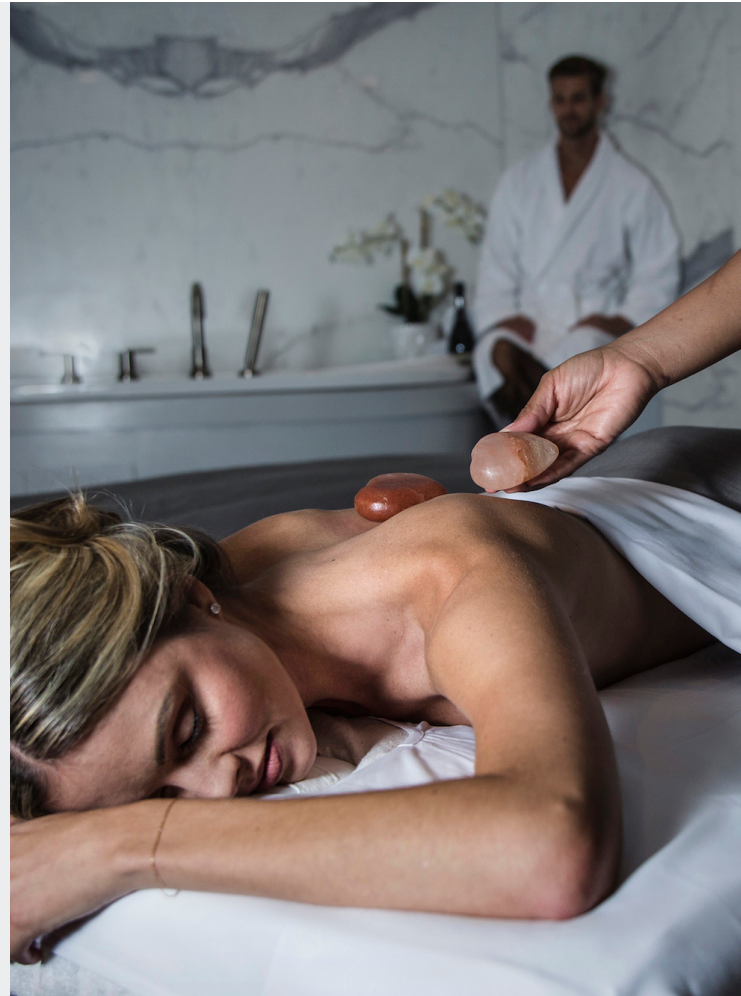
70/100 minutes

Ideal for those wishing to reconnect two-gether. Begin your journey with a 20 minute warm mineral soak, followed by personalized side-by-side massages allowing you to unwind and let the pressures of everyday life melt away. Choose from light to medium pressure to focus on areas of tension for 50 or 80 minutes of massage.

TARNISHED TRUTH BOURBON SCRUB

50 minutes

Invigorate the senses with the Cavalier's in house distillery Tarnished Truth bourbon infused scrub. This exhilarating full body exfoliation is punctuated with a warm, detoxifying mineral soak. The service closes with a moisturizing lotion application leaving skin smooth and soft.



FACIAL

ULTIMATE FACIAL

80 minutes

A decadent, luxurious facial utilizing anti-aging proteins to firm, tone, refine and deeply hydrate the skin. Exclusive massage techniques lift and tone while age-defying formulas infuse skin with nutrients to smooth fine lines, provide intensive hydration and instantly restore radiance. Results are immediate, leaving skin supple, healthy and luminescent.



AUTOGRAPH AROMATHERAPY FACIAL

80 minutes

This exquisite facial is fully customized to your skin's individual needs. A deep exfoliation renews the skin, followed by a facial massage incorporating Jade tools to stimulate lymphatic drainage, release toxins, improve circulation and enhance facial contours. Personalized custom masques balance and nourish the skin. To complete this comprehensive facial, serums are then infused into the skin with a calming cool Jade Roller, leaving it refreshed, renewed and restored.

CUSTOMIZED FACIAL

50/80 minutes

These result-driven treatments are designed to address specific skin conditions, from hyperpigmentation, sensitivity, oily skin, to premature aging. Choose from the following enhancements:

BRIGHTENING

lighter, brighter & more luminous skin

GRACEFUL AGING

increase collagen & elasticity

OCEAN CRYSTAL

aquamarine crystals soothe & refresh

PURIFYING

decongest & rid skin of impurities

CALMING

reduce inflammation & soothe skin

HYDRO CAPSULE BODY THERAPIES

50 minutes

Our multi-sensory holistic hydro capsule takes your experience to a new and sophisticated level by combining Vichy Shower, infrared heat, aromatherapy, and chromotherapy. With 10 Vichy Shower Heads, 10 Under-Body Shower Sprays and gentle vibration, this full body shower is an experience you will return for again and again!

Choose from the following 50-minute Scrub Services:

DETOXIFYING

exfoliate & eliminate toxins

BRIGHTENING

retexturize & illuminate

GRACEFUL AGING & REPAIRING

renew & restore youthful glow

HYDRATING

soften & moisturize



NAILS & WAXING

UNWINDING MANICURE

50 minutes

Your hands touch and hold. You deserve this revitalizing treatment featuring a gentle exfoliation & moisturizing massage. Your nails are cleaned, filed & polished with our signature Dazzle Dry polish, an award winning nail lacquer that applies like a traditional polish while delivering the long-lasting performance of a gel.



WAXING SERVICES

Brow	Underarm	Bikini
Lip	Back	Skinny Bikini
Chin	Leg	Brazilian



RENEWING PEDICURE

50 minutes

Your feet take you to new places; treat them well and indulge them in relaxation. Soak in a mineral salt & aromatherapy foot bath while your technician executes precision nail care. Follow with a salt scrub and a foot & leg massage that will revitalize your feet. Toes are polished with our signature Dazzle Dry polish, the fastest air-drying nail lacquer on the market today. Created by bio-organic chemists, Dazzle Dry is vegan, non-toxic, hypoallergenic and free of animal by-products and harsh chemicals.

SALON & SPECIAL EVENT

SeaHill Spa at the Historic Cavalier Hotel is the source for luxury in hair care. Whether your style is edgy and glamorous, or sophisticated and refined, our innovative beauty artisans are schooled in the latest techniques and designs. Our full service salon pairs top-of-the-line products with an array of color services, style designs and hair cuts for both men and women.

HAIR

COLOR

SPECIAL EVENT & BRIDAL*

Wash & Blowdry

Single Process

Updo/Event Hair

Women's Cut & Blowdry

Color Retouch

Full Face Makeup

Men's Wash & Cut

Color + Highlights

Lash & Brow Tinting

Keratin

Partial/Full Foil

Wedding Day Hair
Bridal Trial Hair

Partial/Full Balayage

Wedding Day Makeup
Bridal Trial Makeup

Bridal Party Styling

Bridal Party Makeup

*In room bridal services are available upon request for an additional fee.





SEAHILL

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