

A vertical bamboo stalk is on the left. In the center, a stack of five dark, smooth, oval-shaped stones is balanced on top of each other. In the foreground, a single white orchid flower with a yellow center is in bloom. The background is a soft-focus green bamboo forest.

SERENITY *by the sea*—  
*Thai*  
massage

80 minutes  
only \$185\*

*Reinvigorate your body and mind* with *Serenity by the sea's* newest offering.

Thai Massage, an ancient practice within Traditional Thai Medicine, is an oil-free stretching and deep massage similar to Japanese Shiatsu. Stretching, pulling and pressing techniques alleviate stress and relieve muscle tension and pain, while improving circulation, flexibility and body alignment.

Call 850.622.9595 for more information or to make an appointment – and *discover a relaxed new you!*

*Loose-fitting, comfortable clothing is required to allow for movement.*

\*Subject to availability, a 20% service charge is added to all spa services and not included; appointment required; other disclaimers may apply.

*Serenity*  
*by the sea*

The Spa at the Hilton Sandestin Beach

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*Destin, Florida*