

ISLAND RETREAT

A WELLNESS HAVEN IN THE HEART
OF BALD HEAD ISLAND

When Katie Guthrie's family purchased a building on Bald Head Island in 2016, they never imagined it would lead to a thriving wellness destination. But Katie saw an opportunity, one that aligned with her passion for hospitality and holistic well-being. Taking a leap of faith, she stepped in to run the spa that already occupied the space. Now, ten seasons later, Island Retreat Spa and Salon has become a trusted wellness hub for residents and visitors alike.

From humble beginnings, the spa has grown into a full-spectrum retreat offering everything from massages and skincare to chiropractic adjustments and acupuncture. Katie's vision goes far beyond pampering. She hopes to help people reconnect with themselves, their health, and their sense of peace while on the Island.



During the height of the pandemic, beach yoga emerged as a favorite offering, and Katie has since expanded yoga and fitness classes through a partnership with the BHI Club. The spa now hosts a variety of wellness experiences, including sound healing, workshops, and seasonal retreats designed to meet guests where they are on their wellness journey.



With a summer team of up to 30 part-time employees, Katie leads with heart and purpose. “It’s not just about relaxation,” she says. “It’s about creating space for transformation. Vacation is the perfect time to start a new habit.”

Whether you’re looking for a hydrafacial, a gentle yoga class, or a deeper sense of calm, Island Retreat is more than a spa. It’s a sanctuary for body, mind, and spirit.



Explore offerings and book services at:

www.islandretreatspa.com