



BODY ■ MIND ■ SPIRIT

WELCOME TO THE SPA AT TORREY PINES



We hope you enjoy your visit. Our spa is as unique in its treatments as it is in its function and locale. Central to the spa experience are treatments utilizing marine- and botanical-based products from the lines of Phytomer, True, and Comfort Zone — reflecting the resort's location on the coast, adjacent to the treasured Torrey Pines State Reserve. Sage, known for its purifying and detoxifying properties, is used in The Spa's signature treatment, a Coastal Sage Scrub, performed in the Vichy shower. Located within walking distance from The Spa, the Torrey Pines State Reserve is home to some seventeen types of sage.

Spa Director Darcie DeBartelo has designed treatment rituals that draw on spa traditions from various cultures. "We focus on the integrity and therapeutic value of each service," states DeBartelo. "Our menu allows experiences that have real physiological, psychological, or beauty benefits."





The design of The Spa at Torrey Pines takes its artistic direction from the style of Scottish architect Charles Rennie Mackintosh. A feng shui expert was retained to advise on the layout of the 9,500 square-foot space. In addition to 14 treatment rooms, there are three lounges (one with a fireplace), dry saunas, herbal-infused steam rooms, and aromatherapy inhalation rooms.

A cardio/strength room features state-of-the-art treadmills, elliptical trainers, stationary cycles, and weight-training equipment. Group fitness classes such as yoga, meditation, and mat Pilates are often offered outdoors on a wide grassy stretch overlooking the Torrey Pines Golf Course and the Pacific Ocean beyond. An outdoor grand-scale pool and whirlpool take advantage of the year-round temperate weather and beautiful views.



MASSAGE THERAPIES

Massage employs various methods of manipulation to relieve stress, muscle tension, and fatigue. Circulation is improved, which helps to induce relaxation.

AROMATHERAPY An ancient healing art dating back to 4500 BC. Choose from four specialized aromatherapy oils that will either energize and relieve stress, stimulate and promote circulation, release toxin build-up, or relax and calm you. These healing massages will encourage deep relaxation and release chronic patterns of tension in the body.

50 MINUTES - FROM \$130.00 80 MINUTES - FROM \$185.00

COUPLES MASSAGE Share the ultimate relaxation with a close friend, family member, or significant other while two therapists perform simultaneous massages in the same room.

50 MINUTES - FROM \$130.00 EACH 80 MINUTES - FROM \$185.00 EACH

PRE-NATAL* Encourages relaxation and focuses on reducing the many stressors your body encounters during pregnancy. Pre-natal massage is also highly beneficial for your baby, who will feel the relaxing effects of massage within the womb. It is a very bonding experience for mother and child. This massage uses pillows and is performed primarily on your side for comfort.

**This treatment is offered in the last two trimesters only.*

50 MINUTES - FROM \$130.00

REFLEXOLOGY This ancient technique is based on the premise that each organ in the body corresponds to specific energy points on the feet, hands, and ears. This technique will restore the flow of energy throughout the body and provide a sense of peace and renewed balance.

25 MINUTES FEET ONLY - FROM \$80.00 50 MINUTES - FROM \$130.00

SHIATSU/ACUPRESSURE This treatment incorporates the elements of Japanese Shiatsu and Chinese acupressure methods, working along the body's meridian lines and energy points. This time-honored discipline encourages the release of blocked energy, restores well-being, and stimulates your body's natural healing process.

50 MINUTES - FROM \$130.00 80 MINUTES - FROM \$185.00

SWEDISH This traditional Western technique uses long, soothing strokes to increase circulation, stimulate the nervous system, and induce natural relaxation.

50 MINUTES - FROM \$130.00 80 MINUTES - FROM \$185.00

TABLE THAI MASSAGE Table Thai, a traditional massage from Thailand, is performed on the massage table, combining point pressure techniques with a wide variety of stretching movements applied slowly in patterns of gentle rocking and rhythmic compressions. You will emerge relaxed, centered, grounded, and re-energized. Traditional Thai massage attire is provided.

80 MINUTES - FROM \$185.00

THERAPEUTIC A deep tissue massage targeting specific areas of muscle tension by releasing tightness and reducing pain. Not recommended for first-time visitors.

50 MINUTES - FROM \$130.00 80 MINUTES - FROM \$185.00

TORREY PINES COBBLE STONE Both cool and warm polished basalt stones are used, representing Yin and Yang energy. By strategically placing stones along the energy centers of the body, this treatment will elevate your inner senses and bring you into a state of tranquility. Incorporated into this treatment is a full body Swedish massage with warm stones for additional relaxation through the use of heat and special botanical oils.

80 MINUTES - FROM \$185.00



SKIN CARE THERAPIES

Our facials are customized to personally address your skin care needs and achieve vibrant, healthy skin. After a detailed consultation, your skin care specialist will design a specific program including a home care recommendation to maximize your spa experience and provide long-term benefits.

ANTI-AGING AQUA FACIAL Lifting, firming, and hydrating the skin, this treatment will make you look years younger. A special exfoliation process removes dead skin cells, and is followed with a marine spring water mask. See how fine lines diminish to give your skin a radiant glow!
80 MINUTES - FROM \$185.00

OGENAGE EXPERT FACIAL This anti-aging facial uses marine extracts and marine spring water along with a custom ampule for your skin-specific needs to help your skin with anti-wrinkle, firming effects and hydration. Your face will be more radiant, and your skin will be smoother and visibly brighter.
80 MINUTES - FROM \$185.00

DEEP CLEANSING SEA MUD FACIAL The sea mud treatment is an oxygenating facial. In addition to thorough skin and pore cleansing, the sea mud helps to balance the PH level in your skin. This two-mask facial is great for skin in need of a general detoxification.
80 MINUTES - FROM \$185.00

MEN'S FACIAL While gentleman can enjoy any of our facials, the Homme facial is tailored specifically for the skin care needs of men. This facial addresses sensitivity and soothes razor burn. A deep-pore cleansing is followed by an oxygenating mask to revitalize the skin, leaving it healthy, toned, and invigorated.
50 MINUTES - FROM \$130.00

EUROPEAN CLEANSING FACIAL A European-style deep cleansing, purifying, and relaxing facial that will replenish and bring balance to the skin. This is a marvelous way to experience skin care for the first time.
50 MINUTES - FROM \$130.00



GENTLEMAN'S SHAVE Everything you need to keep looking your best. Relax while a hot towel infused with essential oils softens the skin; next a deep pore-cleaning facial is followed by an expert shave. Finish this treatment with an application of anti-aging cream specially designed for a man's skin. This treatment also includes ear, nose and brow grooming.

80 MINUTES - FROM \$185.00

ILLUMINATING PEARL The strength and synergy of nature along with advanced scientific research combine to offer the skin beauty, light and the perfection of a rare pearl. This treatment will aid in the lightening, whitening, anti-spot, and re-oxygenating of the face and décolleté area.
50 MINUTES - FROM \$130.00

PERSONALIZED AROMA FACIAL A classic facial treatment designed with your personal well being in mind. Based on the art of aromatherapy-skin and spirit are transformed in this personalized service. After a detailed consultation your aesthetician will help guide you to the choice that is perfect for your skin and mood.

- RESTORATION:** restore skins natural moisture balance
- BALANCE:** balance combination skin
- HARMONY:** find harmony between an oil prone complexion and hydration
- COMFORT:** soothe and refresh sensitive skin
- PURIFICATION:** clarify problem prone skin

50 MINUTES - FROM \$130.00 80 MINUTES - FROM \$185.00

REVEAL ANTI-AGING TREATMENT *Innovative professional treatment with Idebenone and 30% Lactic Acid* This superior treatment combines cosmeceutical methods and spa wellness to provide relaxation and visible results like no other. The anti-inflammatory benefits found in the exclusive super anti-oxidant Idebenone together with the proven lightening and exfoliating effects of Lactic Acid reveal skin's youthful appearance. Emerge bright, smooth, radiant, relaxed.

50 MINUTES - FROM \$130.00



BODY MASKS & WRAPS

Body masks and wraps help your body balance itself by relieving muscle tension and promoting natural detoxification and hydration. Specialty products are used in these wraps.

D-AGING BODY WRAP This anti-aging body treatment counteracts the adverse biological effects of the atmosphere. By using a combination of soy protein, walnuts, and mimosa extracts along with glycolic acid, your skin will become more luminous, smooth and supple.

50 MINUTES - FROM \$130.00

REMINERALIZING GEL WRAP Envelop your body with a warm aromatic body gel for a true Thalassotherapy treatment. Trace minerals from sea water are combined with essential oils such as lavender, ylang ylang, sandalwood, basil and sage. This is an excellent treatment for people under stress who want to bring well-being back to their life.

80 MINUTES - FROM \$185.00

MONTICELLO SPA MUD This body experience uses Refreshing Monticello mud from Parma, Italy. Essential oils of cypress, lemon and fennel with extracts of ivy, horse chestnut and elderberry are applied to the skin to achieve the ultimate in muscle and joint relief.

80 MINUTES - FROM \$185.00



FOAMING SEAWEED BODY WRAP Begin with a French Gommage exfoliation; then have your body enveloped in a self-heating seaweed mud that provides instant relaxation for tired, fatigued muscles and helps to detoxify the tissues. The treatment is finished with a full body application of a wonderful body-hydrating lotion.

80 MINUTES - FROM \$185.00

OCEANIC DETOX A detoxifying seaweed body mask eliminates impurities and toxins from the body. Following a dry brush exfoliation, a mint and seaweed body balm is applied, leaving the skin blissfully soft.

50 MINUTES - FROM \$130.00

ORGANIC VEGETABLE BODY WRAP Your treatment begins with a fruity peel using extracts of grapefruit, papaya, peach, kiwi, and apricot. Your body is then enveloped in organic vegetable mud with fresh pumpkin, tomato, artichoke and beet extracts, leaving your skin fresh, moisturized, and smooth.

80 MINUTES - FROM \$185.00



WATER THERAPIES

Hydrotherapy is a European tradition of "taking of the waters." Underwater massage and hydro jets work in conjunction with the physical properties of temperature and pressure.

BALNEOTHERAPY Exclusive Oligomer® Seawater Bath in a hydrotherapy tub soothes muscles and enhances relaxation. Trace elements nourish and remineralize your body as the synergistic effects of the jets and seawater enhance your body and spirit.

25 MINUTES - FROM \$60.00

TRANQUILITY MILK BATH This luxurious milk bath is a beauty secret used for nearly 2000 years. Enjoy the soothing, hydrating and cleansing effects of milk.

25 MINUTES - FROM \$60.00

INNER C-EFFERVESCENT BATH Atomized seawater derived from Olive Oil and silk powder will aid in elimination of toxins and remineralization, leaving your muscles and joints relaxed and supple.

50 MINUTES - FROM \$130.00

CALIFORNIA GRAPE SEED TEA BATH Taken from the vineyards of Napa Valley, enjoy the healing anti-oxidant benefits of grape seed and the relaxing effects of lavender. While you soak in the bath you will sip a special grape seed tea blend of your choice. The treatment is completed with a 25-minute massage using lavender grape seed oil. The entire experience will moisturize and hydrate your skin leaving it soft and smooth.

50 MINUTES - FROM \$130.00



BODY EXFOLIATING TREATMENTS

A Vichy shower is a wet treatment using five showerheads to allow water to rain or cascade above the treatment table onto the client to induce relaxation typically involving a body scrub and/or massage application.

GRAPE SEED SCRUB Grape seeds are the ultimate antioxidant and the extract is ideally suited for anti-aging treatments. This treatment begins with a full body cleansing using a rose and lavender shower gel. It follows with a grape seed full body polish and finishes with a grape seed oil and/or lotion application.

50 MINUTES - FROM \$130.00

COASTAL SAGE SCRUB Sage is known for its purifying and detoxifying properties. Enjoy our custom-blended lemongrass and sage products in this ultimate treatment. This three-step experience begins with a natural loofah cleanse with warm water and shower gel. As you experience the next step of the exfoliating and hydrating sage scrub, feel the sensation of five showerheads streaming warm water head to toe as you lie in utter relaxation. This exclusive Spa at Torrey Pines treatment finishes with a luxurious application of our Lemongrass and Sage Massage Soufflé.

50 MINUTES - FROM \$130.00

FRUITY PEEL A combination of grapefruit, papaya, peach, kiwi and apricot extracts along with jojoba spheres and alpha hydroxy acid aid in exfoliating the skin. The treatment is finished with a full body application of a wonderful D-Aging body cream.

50 MINUTES - FROM \$130.00



RITUALS

These rituals have been specifically designed for you using the most beneficial, healing, and natural ingredients available. They incorporate spa techniques from different parts of the world to provide you with a total spa experience.

ANCIENT OCEANS RITUAL

Restore your own personal harmony by experiencing an ancient, aquatic ritual. We begin with an exfoliation to prepare you for this cleansing experience. Next, the body is enveloped with a warm, aromatic body gel that combines the trace minerals from sea water and essential oils such as lavender, ylang ylang, sandalwood, basil, and sage. Then relax in our hydrotherapy tub, remineralize with our seawater bath, and discover for yourself the restorative benefits of the ancient ocean. Complete with a blissful massage.

140 MINUTES - FROM \$285.00

ELEMENTS OF AUSTRALIA: THE LI'TYA SACRED EARTH RITUAL

Li'Tya, meaning "of the earth", blends the ancient knowledge of the Aboriginal people into a ritual that allows your body to experience many levels of rejuvenation. Begin with a warm footbath, followed by a full-body exfoliation that incorporates native Australian oils and desert salts. Wrap yourself in muds based on the Australian oils and ochres, and finish with Aboriginal healing massage techniques that ease your tired muscles.

140 MINUTES - FROM \$285.00

SPA AT TORREY PINES SIGNATURE RITUAL

With the use of indigenous sage and the essential oil of lemongrass, this ritual uses its signature line of products to create a unique spa experience that will leave you feeling inspired by a sense of euphoria. This ritual begins with a warming soak in our hydrotherapy tub with our lemongrass and sage bath salts. Next, enjoy our Coastal Sage body scrub, followed by a personalized body massage using our signature line of massage products.

140 MINUTES - FROM \$285.00



THE LODGE PERSONALIZED AROMASOUL RITUALS

These Rituals are designed for a complete and sensational restoration experience. Each exceptional Ritual offers a unique restoring experience for the body — a path to discover your ancient soul. Your therapist will help to personalize and guide you on your journey.

- *AROMASOUL ORIENTAL: honors the ancient elements of Chinese massage therapy to open and stimulate the meridians of the body. This in turn increases the flow of energy and replenishes vitality, providing a feeling of awareness and strength.*
- *AROMASOUL ARABIAN: an experience that is profoundly calming and grounding, using simple, rhythmic movements that re-ignite vitality. This deep, strong, energized treatment will help return you to your roots.*
- *AROMASOUL INDIAN: this embracement of ayurvedic philosophy resonates the mind, body and spirit. This treatment begins with brisk energetic strokes that culminate with tranquil energy balancing.*

140 MINUTES - FROM \$285.00

*An appropriate personalized tea service
will be offered with your ritual.*



NAIL CARE THERAPIES

REJUVENATING CITRUS MANICURE This deluxe citrus “facial for hands” is the ultimate anti-aging treatment. An intense two-step citric acid exfoliation (and paraffin dip) will rejuvenate, deeply hydrate, and help restore skin to a more youthful appearance. Topped off with an essential oil-infused Ceramide and Vitamin hand and arm massage and a perfect polish of the nails. Skin is left radiant and glowing.

50 MINUTES - FROM \$65.00

CALMING SEA PEDICURE The ultimate in pedicures. A luxurious, marine-inspired “facial for the feet”, which features a four-step exfoliation process of beach sand, quartz crystals, sea salt, and alpha-hydroxy acid, followed by a rejuvenating marine-algae foot masque, and a pampering foot and calf massage. Finished with award-winning Cucumber Heel Therapy to relieve dry, cracked heels and a perfect polish of the nails.

50 MINUTES - FROM \$75.00

ESSENTIAL SPA MANICURE The classic manicure for clients on the go. A 30-minute manicure to reshape the nails, clean up the cuticles, and massage moisture into the hands. Finished with a fresh coat of enamel.

30 MINUTES - FROM \$45.00

SOLAR MANICURE Intensive therapy for dry, parched hands. An exfoliating sweet almond and sea salt treatment which gently polishes skin, followed by a moisturizing shea butter massage. Finished with a fresh coat of enamel.

50 MINUTES - FROM \$65.00

ULTIMATE SPA PEDICURE **CROSS TRAINERS TO STILETTOS** For clients who require some extra TLC. Abused feet are brought back to life in a refreshing eucalyptus and tea tree oil bath, then exfoliated with an invigorating peppermint scrub. Calluses are gently smoothed away with an intensive 20% lactic acid serum and remedied with a dose of cucumber therapy cream. Shins, calves, and feet are massaged with a refreshing, minty cooling gel, cuticles are replenished, and nails are polished.

50 MINUTES - FROM \$75.00



HAIR CARE

WOMEN'S HAIRCUT AND STYLE

FROM \$75.00

SHAMPOO AND STYLE

FROM \$50.00

UPDO

FROM \$80.00

BRIDAL STYLE

FROM \$100.00

COLOR TREATMENTS

(All include Style)

COLOR

FROM \$80.00

FOIL HIGHLIGHTS

FROM \$120

PARTIAL HIGHLIGHTS

FROM \$100.00

CORRECTIVE COLOR

REQUIRES CONSULTATION

HAIR TREATMENTS

RESTORATIVE TREATMENT Instantly hydrate and improve the condition of damaged, color-treated or processed hair without weighing it down. Fortifying, rebuilding and nourishing, this treatment will leave hair extraordinarily shiny, silky and manageable.

TREATMENT - \$50.00 SCALP TREATMENT WITH STYLE - \$80.00

LODGE LUSTRE COCKTAIL Warm essential oils of orange, lavender, and lemon verbena are applied to the scalp and hair. A stimulating scalp massage is then followed by a hair mask of safflower oil, shea butter, and quince seed. This treatment will leave your hair lustrous and alive... a must!

TREATMENT - \$50.00 WITH BLOW-DRY AND STYLE - \$80.00

MAKE-UP

MAKE-UP APPLICATION - \$50

BRIDAL MAKE-UP - \$75.00



DUE TO SPACE LIMITATIONS, HAIR CARE SERVICES ARE AVAILABLE FOR WOMEN ONLY.

HOW TO SPA AT THE SPA AT TORREY PINES

APPOINTMENT SCHEDULING

In order to assure the widest selection of services and times, we highly recommend that you schedule all spa appointments a minimum of two weeks in advance for weekday bookings, and two to four weeks in advance for weekend or holiday bookings. Children under the age of 16 are not permitted in the spa/fitness facility. Young adults between the ages of 16 to 18 may schedule spa appointments with their parent or guardian present during the treatment.

APPOINTMENT CANCELLATION

If you cannot keep your appointment, a 24-hour change or cancellation notice is required to avoid being charged. All no-show appointments will be charged in full. Group reservations are subject to contractual agreement.

ARRIVING LATE

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will be applied.

GIFT CERTIFICATES

Absolutely. You may purchase Gift Cards for a dollar amount. They can be used at the Spa for services or retail, at A.R. Valentien and The Grill, or for overnight accommodations at The Lodge.



AT THE SPA

WHAT TO BRING

We will provide you with a locker room full of vanity amenities, including a robe and sandals. For the treatment you will disrobe to your comfort level. During all treatments, the only area of the body that is not completely draped is the area being worked on. Bathing suits are required for all hydrotherapy treatments.

WHAT TO LEAVE AT HOME

We ask that you do not bring cell phones or pagers into the spa. Alcohol is not permitted in the spa and is not recommended before or after a treatment. We also recommend that you do not bring jewelry or valuables to The Spa. A locker will be provided to lock your clothing and other personal items.

GRATUITIES

Gratuities are a matter of personal discretion. They should reflect your level of satisfaction with our services.

WHAT TIME TO ARRIVE

We invite you to use the facilities, including herbal-infused steam room, sauna, inhalation room, and fitness facility, before and after your spa treatments. We will have a relaxation lounge for you to enjoy. We ask that you arrive at least 30 minutes prior to your first treatment time. This will allow you ample time to check in, shower, and prepare for your treatment.

COMFORT LEVEL DURING THE TREATMENT

If at any time during the treatment you are not completely comfortable, whether it is the pressure of the massage or the volume of the music, simply let the services providers know. This is your time and the services providers are there to make sure your experience is everything that you want it to be.



All prices, services, and hours of operation at The Spa are subject to change without notification. Please call to confirm current rates, services, and hours of operation. Our Spa reservationists are here to assist you in planning The Spa experience that best suits your individual needs.

Pregnancy: If you are pregnant you may want to avoid treatments using deep pressure as well as hydrotherapy and treatments involving heat. Also, please notify our Spa reservationist of your pregnancy when booking your treatment. Please consult your physician prior to scheduling your appointment.

All guests enjoying spa treatments will have complimentary use of all spa facilities during their spa day. Enjoy full and unlimited access to our fitness studio, private key lockers, spa robe and sandals, and vanity amenities. During your spa day you also have use of the steam room, sauna, inhalation room, and resting area with complimentary fruit, water, and tea.



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RESERVATIONS
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