



THE SPA
AT TERRANEA

Treatment Menu

IN THE EARLY MORNING, YOUR BODY BEGINS A SLOW PROCESS:

temperature increases, blood pressure elevates and hormonal levels rise to prepare you for the day's activities.

AROUND MID-AFTERNOON, THE NATURAL BIOLOGICAL PROCESS REVERSES:

your body temperature begins a slow, steady cooling, blood pressure drops and hormones encourage relaxation and sleep.

This rhythmic, natural cycle of movement, rest and repair is known as the Circadian Rhythm. Mirroring this cycle, The Spa at Terranea recommends different treatments for morning and mid-afternoon to maximize the natural benefits to your wellbeing.

MORNING AND EARLY AFTERNOON RECOMMENDATIONS

POWER OF STONE | 120 MINUTES/\$325

Shaped and formed from the molten core of the earth, the restorative healing warmth of smooth basalt stones stimulates and encourages the flow of oxygen and nutrients while melting away muscle discomfort. This balancing and therapeutic stone massage is enhanced with an immunity-enhancing crystal quartz exfoliation. Fortifying and strengthening, Power of Stone delivers a sense of renewal and abundant energy.

TEMPEST | 120 MINUTES/\$325

This invigorating ritual combines cycles of alternating temperatures to stir your inner ocean. A warm, detoxifying mineral bath of purifying herbal agents increases body temperature, encouraging perspiration. A vigorous body brushing stimulates, a cold-water rinse exhilarates and an indulgent energetic hot oil massage followed by a scintillating Swiss shower leaves the self afloat in an ocean of well being.

INSIDE & OUT | 120 MINUTES/\$325

The chemistry of contrasting hot and cold elements coupled with medicinal herbs and mineralizing clays dramatically accelerates cleansing detoxification. Begin with a classic, heat-inducing herbal body wrap, followed by a temperature-cooling ice friction scrub. Relax and rehydrate before the application of potent herbal extracts and a session in a healing infrared sauna to encourage intense perspiration. After an invigorating Swiss shower to cool down, a final warming application of core penetrating sea clay provokes deeper cleansing. An exhilarating torrent of sensory-stimulating cold water ensures that you leave vitalized and restored.

OCEAN PRELUDE | 120 MINUTES/\$325

The ocean's chemical composition mirrors the fluids within our own bodies. Harness its nutrients to replenish our own and reconnect by beginning with a replenishing seaweed wrap rich in vital nutrients before slipping into a relaxing saltwater bath. Cleansed and nourished, your journey ends with a rhythmic massage of warm, long strokes accented by laminaria oils derived from the ocean's abundant plant life.

ENERGETIC DUO | 90 MINUTES/\$245

Begin with a therapeutic hydrobath massage rich in sea minerals to loosen stiff joints and access hard to reach muscles. Follow with a therapeutic sports massage to decrease stressed muscles and improve flexibility.

SPORTS MASSAGE

60 MINUTES/\$165 | 90 MINUTES/\$245

Tailored to the needs of the athlete, this specific massage addresses problematic muscles and joints. The combination of strokes and techniques stretches the muscles, improves flexibility and flushes metabolic waste from the tissues.

OIL AND WATER | 90 MINUTES/\$245

Promoting a sense of wellbeing, a laminaria oil body massage is complemented by an energizing ocean salt exfoliation. A finishing cold-friction rub leaves you relaxed and renewed.

CRYSTAL REFLECTIONS | 60 MINUTES/\$165

A harmonizing, luxurious footbath of healing crystal quartz couples with a reflex-structural foot massage to promote alignment of mind and body.

VOLCANIC CLAY WRAP | 60 MINUTES/\$165

Ideal for improving the skin's appearance, enjoy a nourishing warm clay wrap of volcanic ash, combined with a stimulating Vichy shower to reduce inflammation, tone and invigorate your skin.

BRIDGING TIME

RELAXING CLASSICAL MASSAGE

60 MINUTES/\$165 | 90 MINUTES/\$245

Rhythmic and thorough, Terranea's classic massage is tailored to the individual in order to address muscular aches and pain to sooth body and mind.

TERRANEA THERAPEUTICS

60 MINUTES/\$165 | 90 MINUTES/\$245

A skilled therapist determines the most appropriate massage modality in addressing injuries, chronic aches, fluid retention and other conditions.

THAI MASSAGE

60 MINUTES/\$165 | 90 MINUTES/\$245

A relaxing regimen of gentle rocking, acupressure and passive stretching relieves joint and muscle tension while increasing flexibility and delivering focus, balance and energy.

SHIATSU THERAPY

60 MINUTES/\$165 | 90 MINUTES/\$245

From the Japanese word *shi* meaning finger and *atsu* meaning pressure, this centuries-old art of pressure massage alleviates tension and stress while improving circulation and providing a gentle calmness.

BALNEO SPECIFICS | 30 MINUTES/\$85

A Terranea Bath Master will select the appropriate healing agents to address your specific needs while you soak in splended bliss.

LATE AFTERNOON AND EVENING RECOMMENDATIONS

FLICKERING EMBERS | 120 MINUTES/\$325

The glow of embers from a nearby fireplace, the subtle fragrance of incense and the sound of the ocean waves set the tone for a deeply relaxing experience. Bask in the soothing warmth of a nutrient-rich, detoxifying volcanic ash body wrap. Follow with a neutral bath of fragranced essential oils and healing magnesium. Sip on an herbal elixir, then surrender to the balancing abdominal massage of the Hara, the energy center of the body. Warm, comforting marine poultices are placed across the lower back, knees and neck, inspiring a deep relaxation.

ANCIENT JOURNEY | 90 MINUTES/\$245

Your marine origins beckon. This Ancient Journey is a gentle, calming lymphatic water massage combined with a nurturing algae wrap and light rhythmic rocking mimics the beckoning ebb and flow of the tide, leaving you nourished and replenished.

EL SEGUNDO BLUE | 90 MINUTES/\$245

A ritual of metamorphosis, this journey is designed to stir body, mind and spirit, this process begins with a slow, rhythmic massage of sensuous, aromatic botanicals before settling into a blissful cocoon of revitalizing sea blue mineral clay. A divine head and scalp massage inspires deep relaxation and a sense of renewal.

PASSAGE | 90 MINUTES/\$245

A soulful, aromatic journey of body and mind begins with the application of botanical oils and warm, mineral-rich marine pillows. Gentle and specific massage techniques induce calmness and a dream-like relaxation.

BALANCING ELEMENTS | 90 MINUTES/\$245

A fusion of luminous crystal quartz, healing basalt stone massage and cascading Vichy waters stimulates one's own natural energy flow, encouraging the mindful alignment of body and soul.

TRANQUIL BATH | 60 MINUTES/\$165

A relaxing herbal and salt bath in our hydrotherapy massage tub enhances the nourishing, sedative properties of an aromatic mineral clay earthen wrap.

COUPLES TREATMENTS

With togetherness in mind, The Spa at Terranea invites you to celebrate your special relationship in one of our luxurious VIP suites. Whether enjoying a relaxing full-body massage or experiencing the sensual pleasures of a signature ritual, an experience shared... is a memory treasured.

Please consult with your Terranea spa coordinator for treatment recommendations suitable for couples.

**“IN EVERY WALK WITH NATURE
ONE RECEIVES FAR MORE
THAN HE SEEKS.”**

JOHN MUIR

THE SPA AT TERRANEA WANTS TO ENSURE all of our guests enjoy an ultimate spa experience at our luxurious day spa. The following are some suggestions and tips to make your spa and wellness experience flawless.

HOURS OF OPERATION:

8 a.m. to 8 p.m. Fitness Center 6 a.m. to 8 p.m.

RESERVATIONS:

Please call **310.265.2740** to schedule a spa appointment

- To ensure your desired time, we encourage you to make reservations early. If you have a therapist gender preference or any medical conditions, please advise us when making reservations. Credit card required at the time of reservation.
- The required minimum age to access the Spa is 18 years old and the Fitness and Wellness Center is 16 years old. Guests under the age of 18 are welcome to receive salon services when accompanied by an adult.
- A 20% service charge is automatically added to all spa services for your convenience.

SPA RECOMMENDATIONS & GUIDELINES:

- Please check in 30 minutes before your appointment
- The Spa offers full changing room amenities and the complimentary use of spa robe, slippers, lockers
- The Spa suggests guests enjoy a warm shower before treatments
- Bathing suits are required in all outdoor areas

CANCELLATION & NO-SHOW POLICY:

- Please allow at least 6 hours notice for cancellations or changes
- Cancellations less than 6 hours in advance will result in a 50% charge for the scheduled treatment
- Failure to arrive for an appointment will result in a full charge for the service

SIGNATURE FACIAL RITUALS

DRAWING ON THE HEALING WISDOM of ancient cultures, organic therapeutic elements and your natural healing abilities, The Spa at Terranea's holistic beauty rituals embrace oriental diagnosis techniques, reflex therapy and essential synergistic botanicals to harmonize body, mind and spirit. All of the facials are appropriate for women and men, as products are selected according to each individual's skin requirements.

**MORNING AND EARLY AFTERNOON RECOMMENDATIONS****VITAL AND TONED**

60 MINUTES/\$165 | 90 MINUTES/\$245

A revitalizing basalt hot stone facial combines balancing gem-toning therapy, essential oils and a nutrient-rich mask of marine elements to facilitate delivery of fresh oxygen and nutrients, leaving skin toned, vital and positively radiant.

**BRIDGING TIME****SKIN SPECIFICS**

60 MINUTES/\$165 | 90 MINUTES/\$245

Your skilled and caring Terranea esthetician will determine the appropriate treatment and products to effectively address the specific needs of your skin. Selected from a pharmacopoeia of natural agents, treatment includes deep cleansing, exfoliation, vaporization, extractions as needed, mask, and face and neck massage to leave your skin revitalized, hydrated and balanced. A hydrating hand treatment and massage complements this facial.

GENTLE HAIR REMOVAL

Low-temperature wax combined with special soothing agents is used to effectively remove hair while minimizing discomfort. Brow from \$45, Lip \$30, Chin \$35, Basic Bikini from \$50, Brazilian Bikini \$75, Lower Leg from \$60, Full Leg from \$90, Underarm \$40, Arm \$60, Back full from \$90, Back partial from \$60, Feet \$35, Chest from \$45, Full Face \$65 (excluding brow)

**LATE AFTERNOON AND EVENING RECOMMENDATIONS****TRANSFORMATION | 90 MINUTES/\$245**

The rejuvenating elements of powdered crystal quartz are combined with artisan-quality essential oils and specific pressure points in a luxurious, rebalancing and revitalizing facial massage. Coupled with therapeutic reflexology and stress-alleviating warm herbal compresses, Transformation leaves your skin soulfully smooth, soft and radiant.

THE SALON AT TERRANEA

THE PERSONALIZED ATTENTION from our full-service salon professionals will enhance your spa experience.

HAIR AND MAKEUP

Finishing touches will accentuate your natural grace and beauty. Precision cutting, artful coloring and natural hair products complement your health and your beauty.

- Personal consultation style and color
- Women's, men's and children's precision hair cuts
- Custom hair color and color correction
- Special occasion and bridal party styling

Mineral makeup provide the subtle, final touches to your radiant self.

- Makeup application and lessons
- Special occasion and expert bridal makeup consultation and application

Please contact The Salon for pricing information.

HANDS AND FEET**ALLURING CRYSTAL MANICURE | 60 MINUTES/\$75
PEDICURE | 75 MINUTES/\$90**

A balancing crystal quartz soak and exfoliation is complimented by a pressure point massage. A nourishing seaweed mask and perfect polish application leaves your hands and feet silky smooth, sensuously soft and meticulously groomed.

**CLASSIC MANICURE | 30 MINUTES/\$45
CLASSIC PEDICURE | 45 MINUTES/\$60****TREAD LIGHTLY MANICURE | 45 MINUTES/\$60
PEDICURE | 60 MINUTES/\$75**

The synergy of therapeutic salves, healing salts and herbal liniments combine to create the artistry of groomed, polished hands and feet that leave you renewed and dancing on air.

**PACIFIC BREEZE MANICURE | 45 MINUTES/\$60
PEDICURE | 60 MINUTES/\$75**

A relaxing warm water soak in mineralizing marine waters allows your skin to drink in the ocean's healing elements while softening and beautifying the skin. An invigorating dry skin brushing combined with a marine massage stimulates circulation while encouraging tone and balance. Immaculate grooming and artful polishing completes this experience.

Polish Change, Nail Repair and French Manicures are also available; please contact the Salon in advance to request your preference.