

Massage Therapy

Swedish

This classic massage uses long gentle strokes to stimulate circulation, and put you in a state of overall relaxation. This massage is an ideal introduction to the benefits of massage.

60 minutes \$125 / 90 minutes \$175

Coronado Custom

Enjoy your own unique massage specially designed for you. Whether you would like us to focus on your back, scalp, neck or feet, you're sure to be recharged.

60 minutes \$135 / 90 minutes \$185

Hot Stone Therapy

Heated stones are placed on strategic areas of your body to induce calm and serenity. Warm stones are massaged over your body to reduce tension and melt away stress. A sense of balance is created to revive your internal energies.

60 minutes \$135 / 90 minutes \$185

Therapeutic

A firm massage which focuses on specific areas of the body to relieve muscle tension. This massage uses slower and more direct pressure on targeted areas to loosen muscles and relieve stress.

not recommended as a first time massage

60 minutes \$145

Mother to Be

This gentle massage is designed for you during this time of change. This treatment will soothe you physically and emotionally at this special time.

not recommended during your first trimester

60 minutes \$135 / 90 minutes \$185

In Room Couples Massage

Enjoy a relaxing couple's massage in the privacy of your guest room.

60 minutes \$370 / 90 minutes \$470 for two

Aromatherapy / add on

\$ 10

Body Treatments

Lemon Sugar Body Polish

Lemon sugar is applied to your body and massaged in gentle circular motions to smooth away dull surface skin. A light citrus body balm is applied to hydrate and replenish moisture to the skin. A refreshing lemon spritz finishes this invigorating and uplifting treatment.

60 minutes \$135

Sea Side Salt Scrub

This deep cleansing body exfoliation will leave your skin irresistibly smooth and purified. Pure mineral salts and trace elements are combined with a thermal mineral gel to purify and detox the body. Your skin is nourished and left velvety smooth with satin body lotion. Enjoy the benefits of this classic experience.

60 minutes \$135

Papaya Soufflé Body Wrap

A full body treatment that will leave you feeling lusciously pampered from head to toe. A Papaya enzyme masque is applied to the body to exfoliate, smooth, and moisturize the skin. Your scalp and neck are gently massaged to promote a feeling of calm. A hydrating lotion is applied to complete this island treat.

60 minutes \$ 135 / with paraffin foot wrap \$150

Island Detox Mud Wrap

Moor Mud is legendary for its powerful therapeutic properties; its minerals come from a natural thermal spring. This mud remineralizes and rejuvenates tired muscles and joints. It also revitalizes dull dry looking skin and detoxifies the body. A scalp and neck massage is performed followed by an application of a remineralizing crème.

60 minutes \$135 / with paraffin foot wrap \$150

Skin Care

Coronado Custom Facial

This facial is deep cleansing and gently removes impurities resulting in a healthy balanced look and feel. Your esthetician will analyze your skin type and utilize customized products to address your individual skin care needs.

60 minutes \$125

Gentlemen's Facial

This facial is designed for a man's unique skin care needs. A deep cleansing masque and the application of botanical extracts is an effective treatment for skin stressed by daily shaving. Your skin will be soothed and refined by this special facial.

60 minutes \$125

Mandarin & Papaya Facial

Luxurious and pampering, this facial is sure to delight all your senses. Pure and natural enzymes dissolve dead skin cells while hydrating the skin. Your face feels firmer and is left glowing and radiant. Enjoy the benefits of this island delight.

60 minutes \$125

Saving Face Hydrating Facial

Features Kerstin Florian's natural antioxidant skincare line. This personalized botanical facial maximizes skin's performance dramatically increasing moisture resulting in a clear, healthy, and vibrant complexion. Includes a special masque to calm and soothe sensitive skin.

60 minutes \$135

Alpha Beta Skin Peel

Immediately improve skin density, texture and tone with a synergistic blend of alpha and beta hydroxy acids. This treatment diminishes fine lines and wrinkles, reduces pore size, and prevents future breakouts. An intense hydra masque is added to plump up lines and restore moisture to the skin.

not recommended for sensitive skin, prior to waxing, or in combination with the use of topical or oral skincare medications

60 minutes \$ 145

Hand and Foot Treatments

Island Manicure / with guava and nectar 45 minutes \$40

Island Pedicure / with guava and nectar 45 minutes \$50

Ultimate Manicure / with resurfacing peel 60 minutes \$55

Ultimate Pedicure / with callous treatment 60 minutes \$65

French / add on \$10

Double Happiness Manicure & Pedicure

Experience the ultimate manicure and pedicure for your hands and feet using invigorating peppermint and skin softening ingredients. This treatment begins with a unique facial for the hands and feet including a revitalizing massage and a gentle skin resurfacing treatment. Leaves your hands and feet renewed and silky smooth.

2 hours \$ 100

Paraffin Enhancements

Enhance your spa treatment with a warm hydrating paraffin dip with essential oils to soothe your busy hands and feet; can be added on to any facial, body wrap, manicure, or pedicure.

\$15

Waxing ~ please contact the spa for current availability

Spa Packages

Day at the Beach

Choice of Body Scrub or Body Wrap
Coronado Custom Massage
Coronado Custom Facial
Ultimate Pedicure
Lunch at the Spa

5 hours and 45 minutes \$ 450 per person

Relaxation by the Bay

Coronado Custom Massage
Coronado Custom Facial

2 hours and 15 minutes \$ 230 per person

Features and Amenities

Fitness Classes

Our spa offers a variety of exercise classes to meet your fitness needs. Please inquire at the spa for a list of the current class schedule. Classes are complimentary for resort guests or with the purchase of a Daily Spa Membership Pass.

** 18 years of age or older**

Tennis

We have six tennis courts available for your enjoyment at no additional charge. Tennis courts are on a first come first serve basis. Please contact the spa to arrange tennis lessons with our tennis pro. Racket rentals are \$5 per day and tennis balls are available for sale.

all ages welcome

Basketball

We have a basketball area located near the tennis courts. A basketball is provided for your use and can be checked out on a daily basis at the spa.

all ages welcome

Bicycle Rentals

Whether you would like to get an outdoor workout or take the family on an adventurous ride, we offer bike rentals to explore the Island of Coronado. Experience the tranquility of island life, view the Coronado Bridge, or wander through the historical neighborhoods. You're sure to create long lasting memories.

all ages welcome

Single Bikes	30 min	1 Hour	1/2 Day	Full Day
Beach Cruiser	\$10	\$10	\$24	\$32
Sport Bike	\$12	\$12	\$24	\$32
Kids Bike	\$8	\$8	\$20	\$30
Family Bikes	30 min	1 Hour		
Single Surrey	\$15	\$20		
Double Surrey	\$25	\$30		

Helmets and locks are included in rental rates.

Daily Spa Membership Pass

Your membership pass includes unlimited use of the following amenities: fitness center, fitness classes, 25 yard heated lap pool, 6 lighted tennis courts, dry saunas, and relaxation lounge. Your daily membership also includes a robe, spa slippers, and use of all body & skin care amenities.

Daily Spa Membership: \$25.00, after 4pm: \$15.00
The purchase of a spa treatment includes use of the spa for the entire day. Daily Spa Membership is based upon availability.

Daily spa memberships are complimentary for our resort guests.

Scheduling

We recommend you schedule your spa appointments two weeks prior to your arrival at the resort, as services are limited.

Gift Cards

We would be delighted to assist you in selecting the perfect gift. Gift Cards are available for purchase at the spa.

Group Reservations

Are you preparing for a special occasion? Perhaps a bridal party, birthday, reunion or office outing? We can customize packages and coordinate group events for both intimate gatherings and large convention groups. Relax and let us plan all of the details for your spa experience.

Cancellations

A four hour notice for all treatments and a 24-hour notice on all Spa Packages is required for cancellations and changes to avoid being charged the full price of your treatment. Group reservations are subject to contractual agreement.

Packages

All packages must be scheduled on the same day and for the same person. For your convenience an 18% gratuity will be added on to all packages and group reservations and can be modified at your discretion.

The Spa
at the



**CORONADO ISLAND
Marriott Resort**

~It is our pleasure to welcome you to soothe your mind, body and soul. Our treatments are designed with the goal of well-being and rejuvenation for our guests. The tradition of spa is centuries old in cultures throughout the world. Today, leave your worries at the door. Choose from our list of treatments and be revived. Enjoy the tranquility of being on Coronado Island. Welcome to our spa. ~

Fitness Center
Monday-Friday 5:30am to 8:00pm
Saturday & Sunday 6:30am to 8:00pm

The Spa
8:30am to 7:00pm daily

For spa reservations call 619.522.3043 or dial "0" from your hotel guest room.
www.coronadoresortmarriott.com

Guests must be a minimum of 18 years of age to use the Spa and Fitness Center.

Commonly Asked Questions

How early should I arrive for my spa treatment?

To enhance your Spa experience, please arrive at least 20 minutes prior to your scheduled treatment time. Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so the next guest will not be delayed. The full value of your treatment will be charged.

What do I need to bring?

A robe, spa slippers and a private locker are provided, along with all amenities for hair and body (please do not bring jewelry and other valuables). Remember to bring a bathing suit if you plan to use our heated lap pool. Leave your stress and cares behind along with cell phones, laptops, and pagers.

Do I need to shave prior to my treatment?

Shaving is recommended but not necessary for men prior to a facial. Shaving is not recommended prior to body treatments or hair removal services.

Do I have to disrobe entirely for a treatment?

Most body treatments are enjoyed without clothing; however please wear whatever is comfortable for you. During all treatments your body is fully draped to protect your privacy. For your comfort, you may request a male or female therapist.

Should I alert someone if I have a medical condition, allergy or disability?

Yes, please advise us if you are pregnant, have high blood pressure, allergies or any other significant health concerns when reserving your treatment.

What are my payment and gratuity options?

We accept all major credit cards and traveler's checks. You may also charge your spa services to your guest room. For your convenience, an 18% gratuity will be added to all spa services and may be modified at your discretion.