



Spa Menu

Massage Therapy

CUSTOM MASSAGE

\$130/50 MINUTES \$170/80 MINUTES

Personalized massage including Swedish and Deep Tissue techniques to improve circulation, ease tension, and rejuvenate stressed muscles.

DEEP TISSUE \$140/50 MINUTES \$180/80 MINUTES

Personalized massage featuring deep, firm pressure through focused strokes to release chronic pain.

PRENATAL \$140/50 MINUTES \$180/80 MINUTES

Relax and nurture yourself and your new baby while reducing common pregnancy pain such as backaches, leg cramps, and insomnia. For your second and third trimester.

AROMATHERAPY \$140/50 MINUTES \$180/80 MINUTES

Essential oils are used to enhance physiological and physical well-being. The aromas balance moods, elevate spirit, stimulate regeneration of tissue and nerves.

REFLEXOLOGY \$140/50 MINUTES

Target pressure points throughout the body to align energy, improve circulation, and encourage overall healing.

HOT LAVA SHELLS

\$150/50 MINUTES \$190/80 MINUTES

This unique treatment uses natural tiger clam shells recycled from the South Pacific. The combination of deep, nurturing, penetrating heat and Swedish style massage strokes melt tension and soothe you into a deeper state of relaxation.

COUPLES MASSAGE

\$260/50 MINUTES \$340/80 MINUTES

This massage service for two includes your choice of Custom Massages enjoyed together in our couples Spa Treatment Room.

Prices subject to change. Please call for current spa menu.

Additional \$20 per person for all in-room services.

Reservations are required and advance reservations are highly recommended. Dial extension 7124 from your guest room or call 619-610-8925 for spa reservations. Our reservations are available daily between 8:00AM and 5:00PM. To avoid charges, please honor our 4 hour advance notice cancellation policy for all treatments.

As a courtesy to your Body Care Specialist, an 18% gratuity will be added to all services unless a higher amount is given at your discretion. Our Body Care Specialists are on-call from 9:00AM – 6:00PM daily by appointment only.