Escape the fast pace of downtown, prepare your skin for an illustrious event, or simply relish in unsurpassed serenity with a distinctive spa treatment experience curated by Relax & Rejuvenate for THE US GRANT.

THE US GRANT HOTEL, SAN DIEGO
326 BROADWAY, SAN DIEGO, CA 92101 USA
T 619 232 3121 — F 619 232 3626
THEUSGRANTHOTEL.COM
MASSAGE THERAPY

CUSTOM MASSAGE

Choose from a range of massage therapy techniques including Swedish, deep tissue, sports or reflexology. Or ask your therapist to customize your massage treatment with a stress-busting combination of any or all of these techniques.

50 Minutes $125 / 80 Minutes $180

AROMA JOURNEY MASSAGE

Unwind during a sensory balancing massage experience with your choice of four Aromatherapy blends infused with essential oils: Harmony, Lavender, Ginger, or Neroli.

50 Minutes $135 / 80 Minutes $190

QUIET THE MIND MASSAGE

Clear your head of distraction and prepare for deep slumber. Begin with a scalp and temple massage with a thoughtful blend of lavender & peppermint essential oils designed to quiet thoughts and relieve scalp tension. Your full body massage features soothing techniques and a lavender oil.

50 Minutes $135 / 80 Minutes $190

AROMA STONE MASSAGE

Melt your cares away while smooth, polished river rocks are heated and used to massage the body. Stones are left in patterns on the body to balance the energy centers. Your choice of aromatherapy oil adds a wonderful aromatic element to the experience to calm, soothe and settle inflammation and irritation of skin and/or nerves.

50 Minutes $160 / 80 Minutes $240

COUPLES MASSAGE

Enjoy any two therapeutic massages with a loved one or friend in our Spa Suite at THE US GRANT Hotel.

Pricing based on treatments selected
MASSAGE THERAPY CONT.

MOTHER-TO-BE MASSAGE

Designed to address the special needs of the mother-to-be, this treatment combines tried and tested safe pregnancy massage techniques. Massage uses a Chinese geranium-infused oil that promotes feminine energy and has a harmonizing effect on women. Helps to relieve tension in your lower and upper back, and alleviates swelling in the hands and feet. Mother to be massages are not recommended during the first trimester of pregnancy.

50 Minutes $135 / 80 Minutes $190

TREAT YOUR FEET

This ancient Chinese art uses pressure points and an intensely moisturizing foot cream that melts beautifully into the skin, smoothing and hydrating rough dry areas. It eases tension and creates balance while rejuvenating you both mentally and physically. May be combined with other massages for the ultimate tactile indulgence.

25 Minutes $75 / 50 Minutes $135

* 25 Minute service only available as an add-on to another massage service.

TEMPLE OF TRANQUELITY

Awaken the senses with the signature aroma of Sweet Neroli Blossoms in this deeply relaxing yet uplifting experience featuring a lymphatic dry brush technique, energy balancing, and a warm Neroli oil meditative massage and Eucalyptus infused foot cleansing / reflexology ritual to clear the mind.

80 Minutes $190
SKIN CARE

SERVICES ARE “NON-INVASIVE” AND DO NOT INVOLVE EXTRCTIONS, STEAMER OR ANY CHEMICAL PEELS

URBAN THERAPY ANTIOXIDANT FACIAL

Ultra-oxygenating, anti-aging treatment based on vitamin-rich super berries, plant cell cultures to rejuvenate and crushed pearl powder to renew. Concentrated, nourishing oils, serums and plant essences combine with exclusive acupressure and muscle-easing face and neck massage followed by a nourishing algae-rich masque for increased cellular renewal and a healthy radiance. A scalp massage and cooling foot treatment is included with the 80 minute service.

50 Minutes $135 / 80 Minutes $190

CUSTOMIZED CLEANSING FACIAL

A deep cleansing purifying treatment customized for all skin types. Includes an exfoliating peel to renew the skin, a deep-cleansing massage to promote circulation and a masque to balance and nourish the skin. A heated hand treatment completes the experience.

50 Minutes $125

MAN ABOUT TOWN FACIAL

A deep-cleansing, therapeutic facial designed specifically for the special skin care needs of men. Relaxes the skin as it refines pores. Includes a luxurious facial massage and deep-cleansing masque. Specifically addresses sensitivity and razor burn.

50 Minutes $125

AROMATHERAPY FACIAL

Reconnect with nature, spirit and self with this deluxe facial based on the ancient and influential art of aromatherapy. Centered around a global bouquet of skin renewing aromatic oils, this facial imparts complete vitality and relaxation. Includes an invigorating foot scrub, specially developed for this aromatherapy facial. A scalp massage and cooling foot treatment is included with the 80 minute service.

50 Minutes $125 / 80 Minutes $180
BODY TREATMENTS

ALOE QUENCH BODY WRAP
The healing moisturizing properties of aloe vera are combined with the soothing properties of lavender in this deluxe hydrating body wrap. Treatment includes a luxurious scalp and neck massage, as well as a foot massage with an alpine foot balm.

50 Minutes $135

GINGER RENEWAL
Earthly minerals are combined with ginger’s healing properties in an invigorating full body exfoliation. Following is a pampering back, neck and shoulder massage with organic ginger oil and warm healing stones. Next, nourish and relax inside a warm cocoon while a luxurious foot and scalp massage complete the experience.

80 Minutes $190

LAVENDER DREAMS BODY SCRUB
Relax. Dreams of lavender fields kissed by the French sun envelop your senses as you drift on waves of blue. Breathe deeply; inhale the calming and balancing benefits of wild lavender in this completely balancing and rejuvenating spa experience. To begin, earthly minerals are combined with lavender’s healing properties in an invigorating full body exfoliation. Next, nourish and relax inside a warm cocoon, after lavender spray is massaged into the body.

50 Minutes $135

JET LAG RECOVERY
Remedy jet lag or your shortage of sweet slumber in this balancing spa experience that includes a dry brush exfoliation, full body exfoliation with our Turkish body scrub. Body scrub is infused with your choice of organic essential oils to energize your mind and body or to promote deep relaxation. Choose our soothing lavender option to induce rest or our invigorating ginger option to take on your day ahead.

50 Minutes $135
SPA SUITE EXPERIENCE

Treatments are available in our dedicated Spa Suite from 9AM to 9PM, 7 days a week. Advance reservations are recommended. Before and after hours services are subject to availability and incur a $25 surcharge.

RESERVATIONS

For additional information on THE US GRANT Spa Journeys by Relax & Rejuvenate or to make an appointment, please contact the Spa Concierge by dialing extension 2076 from your guestroom. You may also contact Relax & Rejuvenate directly at 619-744-2076 or via e-mail at theusgrantspa@theusgranthotel.com

ARRIVAL

Please arrive at least fifteen minutes before your scheduled treatment. If you are late for an appointment, we may have to shorten your treatment time in order to accommodate the next spa appointment. Luxurious bathrobes and sandals are provided for your comfort. We advise against bringing valuables to the Spa Suite.

PAYMENTS

Gratuity is not included in your service. We leave it to your discretion. Spa Services may be charged to your guest room account or to any major credit card. A credit card is required to reserve all appointments.

CANCELLATIONS

Please provide four business hours notice for cancellations or changes to your reservation to avoid being charged for your scheduled treatment. Services starting before noon need to be cancelled by 9pm the evening prior.

AGE MINIMUM

Guests must be at least 18 years of age to experience a spa treatment. If under the age of 18, guests must be accompanied by a guardian.
FOR ADDITIONAL INFORMATION AND RESERVATIONS, PLEASE CONTACT THE SPA CONCIERGE BY DIALING x2076 FROM YOUR GUESTROOM.

YOU MAY ALSO CONTACT RELAX & REJUVENATE DIRECTLY AT 619 744 2076 OR VIA E-MAIL AT THEUSGRANTSPA@THEUSGRANHTHOTEL.COM.