

# THE SPA

## AT ESTANCIA

Tucked away in a coastal Southern California setting, the Spa at Estancia captures inspiration from its serene gardens of eucalyptus, lavender and citrus trees to create the perfectly balanced day spa sanctuary. Combining the expert knowledge of our professionally trained staff with the purest natural products, the spa creates an ideal healing and rejuvenating destination.

### MASSAGE

#### Deep Tissue

Also known as a therapeutic massage, this is a great choice to relieve deep tension and reduce muscle pain or soreness caused by life's stresses.

*50 minutes-\$130*

*80 minutes-\$180*

#### Tension Tamer

This full body massage is a 'hybrid' between a Deep Tissue and Swedish intended for those who need extra work on the neck, shoulders and back, while still addressing the need to relax! Pressure is firm throughout.

*50 minutes-\$125*

*80 minutes-\$175*

#### Relaxing Swedish

Based on Swedish techniques, this massage relaxes the body while improving circulation. Light to medium pressure.

*50 minutes-\$115*

*80 minutes-\$155*

#### Abhyanga Massage

Based on Ayurvedic traditions, this massage uses warm triphala oil. Detoxifying and improving circulation, this is an uplifting service that recharges the body and calms the mind.

*50 minutes-\$130*

#### Hot Stone Massage

Hot basalt stones scented in aromatic oils glide across the body as they are used to massage while helping to eliminate toxins at the cellular level for ultimate relaxation.

*50 minutes-\$125*

*80 minutes-\$165*

#### Sports Massage

This massage is designed to release lactic acid build-up in the muscles caused by frequent exercise, while relaxing the body and gently stretching the muscles. Effective for pre- and post-sports events.

*50 minutes-\$125*

*80 minutes-\$175*

#### Pre-Natal Massage

This treatment helps relieve some of the extra aches and pains. Relaxation techniques and special body pillows provide the comfort needed to release pressure. Please communicate with your therapist for the best results.

*50 minutes-\$120*

*80 minutes-\$170*

#### Targeted Massage

This stress relieving treatment focuses on the neck, shoulders and back. Perfect for weary travelers or to enjoy on a lunch break. Massage is an effective way to relieve pain and benefits overall health and wellness.

*25 minutes-\$75*

#### Couples Massage

As a unique way to relax with your partner or spend time with a good friend, a couple's massage is treatments side by side with the choice of Swedish, Tension Tamer, or Deep Tissue. Enjoy the temperate Southern California climate by requesting the experience outdoors in a private garden setting. (Priced per person)

	<i>50 minutes</i>	<i>80 minutes</i>
<b>Swedish</b>	<i>\$120</i>	<i>\$160</i>
<b>Tension Tamer</b>	<i>\$130</i>	<i>\$180</i>
<b>Deep Tissue</b>	<i>\$135</i>	<i>\$185</i>

## SKIN CARE

### **Arcona Customized Enzyme Peel**

Using Organic Fruit enzymes and gentle steam, this peel is an active and revitalizing treatment that deeply exfoliates damaged surface helping to regenerate new healthier and younger-looking skin.

*50 minutes-\$125*

### **Instant Facelift Facial**

This ultra-firming, contouring treatment combines vitamins and amino acids to strengthen and tone the skin while regenerative properties gently exfoliate. Lastly, a wine hydrating mask will leave your skin looking younger and glowing.

*50 minutes-\$125*

### **Anti-Aging Facial**

Special anti-aging formulas are used to treat skin symptoms associated with aging. Skin is gently cleansed with softening enzymes then brightened with antioxidant rich serums and completed with a hydrating mask.

*50 minutes-\$125*

### **Rejuvenation Deluxe Facial**

A personalized skin therapy incorporating an enzyme peel, toning eye treatment, peptide lip conditioner, and a firming mask. This treatment helps to stimulate collagen and elastin reproduction to the face while cleansing.

*80 minutes-\$185*

### **Refresher Facial**

This quick and rejuvenating facial can be tailored for all skin types and will leave skin feeling healthy, refreshed and toned.

*25 minutes-\$75*

### **Gentleman's Cleanse**

Using hot towels infused with calming essential oils, this soothing and relaxing facial heals skin from environmental damage and shaving via cleansers and toners. Great for hydration after a long flight!

*50 minutes-\$120*

### **Gentleman's Cleanse Deluxe**

This deluxe version adds an eye treatment and balancing back treatment to help release congestion, toxins and breakouts.

*80 minutes-\$185*

### **Balancing Back Treatment**

This treatment addresses the hard to reach areas to purify and cleanse. Incorporating the Clarisonic body brush, your skin will be healthy and glowing.

*25 minutes-\$65*

### **Estancia Eye Treatment**

Gentle exfoliating followed by a gel masque firms and hydrates the eye area. Finished with liquid crystals to soften and enhance the cellular renewal process.

*\$25 (add onto facials only)*

## BODY TREATMENTS

### **Hydrating Scalp Treatment**

Nourish your scalp and hair with either a hot neem and coconut oil or an invigorating blend of mint and clove. Combined with a soothing head and neck massage this treatment will enhance any massage or facial.

*25 minutes-\$75*

### **Reflexology Foot Treatment**

Using pressure points corresponding with internal organs, this service helps release built up tension and stress. Increasing blood flow alleviates soreness while stimulating the detoxifying organs leaving you relaxed and rejuvenated.

*25 minutes-\$75*

*50 minutes-\$115*

### **Omega-3 Body Wrap**

Hydrating the skin and relaxing the muscles, this treatment begins with an omega-3 exfoliation followed by a light massage using a soy-hydrator. Dry skin will be refreshed with babassu palm oil mask and a Swedish shower leaving the skin purified and soft.

*80 minutes-\$175*

### **Neem Healing Treatment**

One of our Signatures! This balancing head-to-toe treatment begins with a dry brush exfoliation preparing the skin. Next experience the purifying neem and green tea wrap and hydrating neem coconut scalp treatment. Then complete the treatment with a restoring Abhyanga massage and eye treatment.

*80 minutes-\$195*

### Body Enzyme Peel

Fruit enzymes are used to break down dead skin cell layers, stimulating the dermis to manufacture more collagen and elastin. You'll instantly experience renewed, silkier, healthier skin. Great for special occasions and radiant looking skin!

50 minutes-\$145

### Organic Sugar Scrub

Organic Fiji's sugar scrub infused with pineapple-coconut or lemongrass-tangerine slough away dead skin cells while soothing virgin coconut oil smooth and hydrated your skin. Finish with an invigorating Swedish or Vichy shower.

25 minutes-\$75

50 minute \$125

### Jivana Body Polish

This repairing hand treatment soothes and restores dry hands and brittle nails with the "Jivana," meaning a purposeful life full of joy, perfectly suits this treatment. A rose hip and cardamom exfoliation soothes and hydrates. Then relax in a Swedish or Vichy shower leaving the skin perfectly polished.

50 minutes-\$130

## NAIL THERAPIES

### The Estancia Organic Deluxe Manicure

Organic Fiji scrub and coconut oil. Nails are then groomed and polished to perfection.

50 minutes-\$50

### The Estancia Organic Deluxe Pedicure

Give your feet the attention they deserve with a cleansing foot soak followed by Organic Fiji's coconut oil scrub and moisturizer. Feet and nails are groomed, and toes are polished to perfection.

50 minutes-\$60

### Classic Manicure

This manicure restores and softens the hands while the nails are polished to perfection.

25 minutes-\$30

### Perfect Pedicure

A treat for the feet that softens skin while cleaning and polishing the nails.

25 minutes-\$45

**Add-on Gel \$20    Add-on Paraffin Treatment \$25**

## SPA PACKAGES

### Estancia Spa Experience

Organic Sugar Scrub (25 minutes)  
Enzyme Peel Facial (50 minutes)  
Massage (50 minutes)  
Organic Deluxe Manicure (50 minutes)  
Organic Deluxe Pedicure (50 minutes)

**\$495 (Includes gratuity)**

### Stress Release Package

Massage (25 minutes)  
Deep Cleansing Facial (25 minutes)  
Classic Manicure (25 minutes)  
Perfect Pedicure (25 minutes)

**\$250 (Includes gratuity)**

### Mother-to-be Package

Prenatal Massage (50 minutes)  
Scalp Treatment (25 minutes)  
Deep Cleansing Facial (50 minutes)  
Organic Deluxe Manicure (50 minutes)

**\$330 (Includes gratuity)**

### Blushing Bride Package

Stress Relief Massage (25 minutes)  
Estancia Organic Deluxe Manicure (50 minutes)  
Estancia Organic Deluxe Pedicure (50 minutes)

**\$195 (Including gratuity)**

### SPA HOURS

9:00am – 7:00pm  
Spa is open daily

**For reservations please call 858.964.6590**

### FITNESS CENTER HOURS

Open 6:00am – 10:00pm daily  
We offer a complete fitness facility featuring  
Life Fitness equipment.

### POOL HOURS

Open 7:00am – 10:00pm