

THE  SPA
AT ESTANCIA

Inspired by the serene garden environment and natural California surroundings, The Spa at Estancia is a casual garden oasis. Tucked away in its coastal Southern California setting, the thoughtful approach to the spa's design and the services offered are all closely integrated. Using organic and natural products, the spa experience unfolds as each guest walks through gardens of eucalyptus, lavender, citrus trees and succulent plantings to discover their spa destination. The outdoor garden aromas paired with the eclectic design elements within the spa create a soothing environment which stimulates the senses and feeds the soul at every turn.

Arrival

The Spa at Estancia Boutique

Find your favorite lotions and potions to recreate the experience at home, or select the perfect gift for a therapeutic treat. Our comfy robes are available for purchase in the spa.

Reservations

Guests are encouraged to reserve their spa arrangements in advance to ensure appointment times. A credit card is required to secure the appointment. Prices are subject to change without notice.

Spa Etiquette / Arrival

Please arrive 20-30 minutes prior to your scheduled appointment time. Allow enough time either before or after your services to enjoy the amenities, which include a saltwater Jacuzzi and herbal steam room, sundecks and meditation and relaxation areas. A late arrival will determine the length of treatment time. As a courtesy to all of our guests, your treatment will end as scheduled so that the next guest may begin on time.

Cancellation Policy

The total amount of the services scheduled will be charged in full for guests who "no-show" or fail to cancel their reservation within a 24-hour time period. Multiple services (two or more) and packages require 48 hours cancellation notice.*

* If you need to make a change to the reservation on the day of the service, such as moving the appointment time, a \$25.00 fee may be applied due to limited availability.

Gratuities

The Spa at Estancia takes special pride in the talent and experience of its therapists and technicians. Gratuities are not included in the spa service prices. A 20% gratuity is recommended; however, it is always at the guest's discretion based on the excellent level of service that they receive.

Concerns

In an effort to provide you with the best service possible, we ask that you advise the spa coordinators of any special needs that you may have or health concerns that might affect your service. If you are unsure about receiving a specific service, please consult with a physician prior to your visit.

What to Bring (and what not to bring)

The Spa at Estancia will provide you with the essentials: a locker to store your personal belongings, a robe, slippers and towels. We also provide a hairdryer, styling tools and toiletries to use while at the spa. The spa is not responsible for lost items.

Pregnancy

When choosing a treatment, you may want to avoid services which involve heat and deep pressure. Also, during pregnancy women are often more sensitive to some essential oils used in treatments. Please inform our associates when scheduling your appointments if you have any special needs.

Day Use Fee

For hotel guests who would like to use the spa facilities without an appointment, there is a \$15.00 day use fee.*

*Based on availability during peak season. Call the spa for details

Hours of Operation

The Spa at Estancia is open 7 days a week, with the first appointment beginning at 9am, and the last appointment scheduled at 6pm. Memorial Day through Labor Day, the last appointment scheduled changes to 7pm. If you have a special request for appointment times, please ask a spa coordinator.

Massage Therapies

Deep Tissue Massage

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

50 min/\$130 80 min/\$180

Tension Tamer

This targeted massage is a 'hybrid' massage intended for those guests who need extra work on the neck, shoulders and back, while still addressing the need to relax! Pressure is firm throughout.

50 min/\$125 80 min/\$175

Swedish Massage

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

50 min/\$115 80 min/\$155

Abyhanga Ayurvedic Massage

Based on Ayurvedic traditions, this massage uses specially blended oil which aids in improving circulation, oxygenation to skin cells and recharging the body's energy channels.

50 min/\$130

Stone Massage

Always a spa-goers favorite, hot basalt stones drenched in aromatic oils glide across the body and are used to massage while helping to eliminate toxins at the cellular level for ultimate relaxation.

50 min/\$125 80 min/\$175

Rehab Massage

This sports 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. Popular for pre- and post-sports events!

50 min/\$120 80 min/\$160

Mother-to-Be Massage

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

50 min/\$120

Stress Relief Massage

A targeted treatment focused on high-stress areas: neck, shoulders and back. Perfect for weary travelers. Enjoy on a lunch break or combine with another service.

25 min/\$75

Couples Massage

A romantic way to relax with your partner, you each have a choice of Swedish or Tension Tamer. The Southern California climate lends itself perfectly to this as an outdoor experience.*

*Please specify if you have an indoor or outdoor preference.

50 min/\$125/person

80 min/\$175/person

In-Room Massage

Our highly skilled therapists can recreate the spa experience in the privacy of your guest room. Ideal for those who require some anonymity or simply some peace and quiet.*

Based on availability and room size

80 min/\$195

Specialty Therapies

Our highly trained therapists and technicians are skilled in a variety of modalities in addition to our list of services. Ask who may be available for Reflexology, Cranial-Sacral, Thai and much more.

Skin Care

Arcona Enzyme Peel

Using aromatic enzymes and gentle steam, this peel is a relaxing, revitalizing treatment that deeply exfoliates the dead, damaged surface layers of skin and unveils fresh, glowing, beautiful skin. Regular peels help the body constantly regenerate new skin, creating stronger, healthier, younger-looking skin. These natural plant based, organic fruit enzyme peels are customized for each particular skin type.

50 min/\$125

Red Carpet Ready-Instant Facelift Facial

This ultra-firming, contouring treatment combines vitamins, amino acids and fermented wines to strengthen and tone the skin. Highly active and regenerative properties gently exfoliate, firm and tone, leaving your skin looking younger and glowing naturally. Perfect for special occasions when you want to look your best!

50 min/\$125

Kaplan MD Deep Cleanse Anti-Aging Facial Treatment

Dr. Kaplan, Beverly Hills Dermatologist, created his specially patented formula to prevent and treat skin symptoms associated with aging – it's a complete balanced diet for the skin! Skin is gently cleansed with softening enzymes, skin brightening serums are applied which are bursting with antioxidants along with a hydrating mask- you will emerge cool, calm and corrected!

50 min/\$125

Rejuvenation Deluxe Treatment

The ultimate in pampering and beauty, this exclusive 80-minute treatment incorporates an aromatic enzyme peel, an eye treatment, peptide lip conditioner and a firming and toning lift mask using special fermented wine extract. This treatment helps to stimulate collagen and elastin reproduction.

80 min/\$185

Estancia Eye Treatment

This eye treatment may be added to the Arcona Enzyme Peel or Instant Facelift for more youthful, revitalized eyes. As we age, cells suffer damage from environmental factors, and older cells harden and become less resilient. With this treatment, the skin around your eyes will be gently exfoliated. A gel masque then firms and tightens to hydrate. And finally, liquid crystals are placed around the eyes to soften and enhance the cellular renewal process.

25 min/\$25 (add on only)

Arcona Hand Treatment

Natural fruit enzymes, volcanic minerals and silky jojoba beads gently exfoliate, leaving your hands renewed and revitalized.

15 min/\$30 (add-on to facials only)

Refresher Facial

This rejuvenating facial is great for all skin types and will leave skin feeling healthy, refreshed and toned.

25 min/\$75

Gentleman's Cleanse

Soothing, relaxing facial using hot towels infused with calming essential oils, while cleansers and toners heal skin from shaving and environmental elements. Great for hydration after a long flight!

50 min/\$115

Gentleman's Cleanse Deluxe

This is the Gentleman's Cleanse taken to the next level! The deluxe version of this favorite adds on an eye treatment and a balancing back treatment — a "facial" for the back — to help release congestion, toxins and breakouts. Let us get to those

hard-to-reach places!
80 min/\$185

Body Treatments

Invigorating Scalp Treatment

Add this on to any massage or facial to enhance your spa experience! A special blend of mint and clove leaves you energized with silky hair!

25 min/\$65

Neem and Coconut Hydrating Scalp Treatment

Nourish your scalp and hair with a hot oil Ayurvedic hydrating treatment combined with a soothing head and neck massage.

25 min/\$75

Jivana Body Polish

“Jivana”, meaning a purposeful life full of joy, perfectly suits this treatment. An aromatic blend of rose hip, seed oil and cardamom, this exfoliation soothes and hydrates the body with its nourishing ingredients, leaving skin polished to a lustrous silken glow. This treatment also incorporates the Swedish or Vichy shower.

50 min/ \$130

Ayurvedic Omega-3 Body Wrap

Relaxing the body, mind and soul, this treatment begins with an Omega-3 exfoliation, followed by an Abyhanga Massage using a soy-enriched hydrator. Skin will be soft, purified and replenished.

80 min/\$175

Ayurvedic Neem Healing Signature Treatment

The Neem tree has been an essential source of plant medicine throughout India. This treatment is a powerful blood purifier of neem and green tea, cleansing while enhancing circulation and restoring and balancing the system, followed by a massage. Enjoy the invigorating neem and coconut scalp treatment and an eye treatment. All of these elements work together, to create a healing ritual from head to toe.

80 min/\$195

Arcona Body Enzyme Peel

If your skin is feeling or looking lifeless, it may need the ultimate exfoliation! Fruit enzymes break down the dead skin cell layer, stimulating the dermis to manufacture more collagen and elastin. You'll instantly experience renewed, softer, silkier, healthier skin. Great to do before special occasions for radiant looking skin!

50 min/\$145

'Be Open' – Sugar Scrub

Slough away dead skin cells with an exfoliation of organic sugar infused with French lavender and a mini massage with hydrating ginger lotion. This body scrub is performed in the Vichy shower so the senses are heightened. Ginger root grounds and balances the root chakra while the lavender addresses the crown chakra.

50 min/\$130

'Be Centered' – Head to Toe

This vegan wrap is a unique blend of essential ingredients that maximize the skin and chakra balancing benefits. This treatment utilizes rice peptides, acai and Amazonian minerals to cleanse and eliminate toxins, while buckwheat extract increases moisture retention and adds layers of protection. “Be Centered” includes a

customized salt scrub, body wrap, massage and foot ritual ...sensory heaven!
80 min/\$195

Nail Therapies

Varada Thai Deluxe Manicure

This Asian repairing hand treatment takes its inspiration from the hand position which signifies charity and compassion. The manicure soothes and restores dry hands and brittle nails with the intoxicating scents of Ylang-Ylang and Jasmine to settle your soul. Nails are groomed and polished to perfection.
50 min/\$50

Amala Thai Deluxe Pedicure

Amala, meaning pure in ancient Sanskrit is an invigorating ritual inspired by Thai healing recipes. A foot soak of lemongrass and sea salt soothes aching muscles. Then, feet are wrapped in a cocoon of Thai white clay masque with Kaffir Lime, and revived with a lemongrass shea butter massage. Nails are groomed and polished to perfection.
50 min/\$60

Estancia Classic Manicure

Jasmine is considered the symbol of friendship in Thailand and Jasmine also appears throughout the grounds at Estancia! Experience a floral escape while your hands are restored and softened and nails are polished to perfection.
25 min/\$30

Estancia Perfect Pedicure

Give your feet the attention they deserve with a cleansing infusion of Kaffir Lime and lemongrass to carry you throughout your everyday tasks, or the more memorable moments! Feet and nails are groomed, and toes are polished to perfection.
25 min/\$45

Please inquire about our complete list of waxing services and pricing, including brows, bikini, legs, back and more.

Spa Packages

Stress Release Package

25 min Stress Relief Massage
25 min Deep Cleansing Facial
25 min Estancia Classic Manicure
25 min Estancia Perfect Pedicure
\$250 (Includes gratuity)

Estancia Spa Experience

25 min 'Be Open' - Sugar Scrub
75 min Arcona Enzyme Peel
50 min Deep Tissue or Tension Tamer Massage
50 min Varada Thai Deluxe Manicure
50 min Amala Thai Deluxe Pedicure
\$495 (Includes gratuity)

Blushing Bride

25 min Stress Relief Massage
50 min Varada Thai Deluxe Manicure
50 min Amala Thai Deluxe Pedicure
\$195 (Including gratuity)

Mother-to-be Package

50 min Prenatal Massage
25 min Invigorating Scalp Treatment
50 min Deep Cleansing Facial
50 min Enlightenment Estancia Manicure
\$330 (Includes gratuity)

Special Occasions and Celebrations

Planning on celebrating that special birthday with friends at the spa? Or perhaps you want to bring your bridal party for pre-wedding services? Maybe you just need a girls' getaway? Let the Spa at Estancia create the perfect spa day for you. Dial 6591 or 6592 for details Please inquire within about referrals for make-up and hair services for weddings. Please call 858-964-6591 for details.

Spa Hours

9:00am - 7:00pm

Spa Reservations

858.964.6590_Spa is open daily

Fitness Center Hours

Open 6:00am - 10:00pm daily

We offer a complete fitness facility featuring Life Fitness training equipment.

Pool Hours

Open 7:00am - 10:00pm daily

Surrounded by a lush garden environment, our heated pool and Jacuzzi provide the perfect day or night retreat. For your convenience, towels and chaise lounge chairs are available. Sunscreen, goggles, and other pool items may be purchased at the spa. There is no lifeguard on duty. An adult must accompany children under 14. Toddlers, age 3 and under, must wear protective swim diapers, which are provided complimentary at the spa.

*No children under the age of 14 are permitted in the poolside Jacuzzi. For more information contact the spa.