

## *Explore a Life-Enriching Experience*

### **SPA ROOMS, FITNESS & WELLNESS CENTER, SALON & CAFÉ- BOUTIQUE**

- ◊ 50,000 SQUARE-FOOT OCEANFRONT SPA COMPLEX INCLUDING:
- ◊ 25 TREATMENT ROOMS AND THREE VIP SUITES (EARTH, WATER AND FIRE)
- ◊ ADULT POOL WITH PRIVATE CABANAS
- ◊ 5,000 SQUARE-FOOT FITNESS AND WELLNESS CENTER
- ◊ MOVEMENT STUDIO
- ◊ CUSTOMIZED WELLNESS TREATMENTS
- ◊ MANICURE AND PEDICURE SERVICES
- ◊ HAIR AND BEAUTY SALON SERVICES
- ◊ SPA BOUTIQUE WITH SIGNATURE SPA PRODUCTS
- ◊ MEN'S AND WOMEN'S INDOOR AND OUTDOOR RELAXATION AREAS
- ◊ SPA CAFÉ
- ◊ SPA BOUTIQUE

WE LOOK FORWARD TO WELCOMING YOU TO THIS OASIS OF RELAXED AND RESTORATIVE WELLNESS.

100 TERRANEA WAY, RANCHO PALOS VERDES, CA 90275  
SPA 310.265.2740 | RESORT 310.265.2800 | FAX 310.265.2700 | [WWW.TERRANEA.COM](http://WWW.TERRANEA.COM)

FOR TERRANEA RESORT RESERVATIONS AND INFORMATION, PLEASE CONTACT YOUR TRAVEL PROFESSIONAL.  
FOR GDS RESERVATIONS, PLEASE USE THE DESTINATION HOTELS & RESORTS CHAIN CODE "DN"



# *Your Guide to the Spa*

THE SPA AT TERRANEA WANTS TO ENSURE ALL OF OUR GUESTS ENJOY AN ULTIMATE SPA EXPERIENCE AT OUR LUXURIOUS SPA. THE FOLLOWING ARE SOME SUGGESTIONS AND TIPS TO MAKE YOUR SPA AND WELLNESS EXPERIENCE FLAWLESS.

## **HOURS OF OPERATION:**

THE SPA - 6 A.M. TO 8 P.M. DAILY

THE SPA POOL - 6 A.M. TO 8 P.M. DAILY

FITNESS CENTER - 6 A.M. TO 8 P.M. DAILY

SPA CAFE - 6 A.M. TO 6 P.M. DAILY

*\*ALL TIMES SUBJECT TO SEASONAL CHANGE.*

## **RESERVATIONS:**

PLEASE CALL 310.265.2740 TO SCHEDULE A SPA APPOINTMENT

TO ENSURE YOUR DESIRED TIME, WE ENCOURAGE YOU TO MAKE RESERVATIONS EARLY.

IF YOU HAVE A THERAPIST GENDER PREFERENCE AND/OR ANY MEDICAL CONDITIONS, PLEASE ADVISE US WHEN MAKING RESERVATIONS.

CREDIT CARD REQUIRED AT THE TIME OF BOOKING TO CONFIRM RESERVATIONS.

SPA SERVICES, FACILITIES AND AMENITIES ARE AVAILABLE FOR GUESTS 18 YEARS AND OLDER. THE FITNESS CENTER WELCOMES GUESTS 16 YEARS AND OLDER; WHEN ACCOMPANIED BY A LEGAL GUARDIAN. GUESTS UNDER THE AGE OF 18 ARE WELCOME TO RECEIVE SALON SERVICES WHEN ACCOMPANIED BY A LEGAL GUARDIAN.

*\*FOR YOUR CONVENIENCE, A 20% SERVICE CHARGE IS AUTOMATICALLY ADDED TO ALL SPA SERVICES.*



THE SPA  
AT TERRANEA

# *Spa Recommendations*

## **SPA RECOMMENDATIONS & GUIDELINES:**

- ◇ PLEASE CHECK IN 30 MINUTES BEFORE YOUR APPOINTMENT.
- ◇ THE SPA OFFERS FULL CHANGING ROOM AMENITIES AND THE COMPLIMENTARY USE OF A SPA ROBE, SLIPPERS, AND DIGITAL LOCKERS.
- ◇ THE SPA SUGGESTS GUESTS ENJOY A WARM SHOWER BEFORE TREATMENTS.
- ◇ BATHING SUITS ARE REQUIRED IN ALL OUTDOOR AREAS.

## **CANCELLATION, CHANGES & NO-SHOW POLICY:**

- ◇ PLEASE ALLOW AT LEAST 6 HOURS NOTICE FOR CANCELLATIONS OR CHANGES.
- ◇ CANCELLATIONS AND CHANGES MADE LESS THAN 6 HOURS IN ADVANCE WILL RESULT IN A 50% CHARGE FOR THE SCHEDULED TREATMENT.
- ◇ NO-SHOWS WILL BE BILLED AT THE FULL TREATMENT RATE.
- ◇ LATE ARRIVALS RESULT IN THE GUEST RECEIVING THE REMAINDER OF THEIR ALLOTTED TREATMENT TIME. YOUR TREATMENT WILL END AT THE SCHEDULED TIME, SO THAT THE NEXT GUEST WILL NOT BE DELAYED. THE VALUE OF YOUR FULL TREATMENT WILL BE APPLIED.



**THE SPA**  
AT TERRANEA

## Signature Rituals

### MORNING & EARLY AFTERNOON

BALNEO SPECIFICS 30 MIN.....	95
CRYSTAL QUARTZ SCRUB 30 MIN .....	110
CRYSTAL REFLECTIONS 60 MIN.....	195
VOLCANIC CLAY WRAP 60 MIN.....	195
ENERGETIC DUO 90 MIN.....	285
OIL & WATER 90 MIN .....	285
INSIDE & OUT 120 MIN .....	375
OCEAN PRELUDE 120 MIN.....	375
POWER OF STONE 120 MIN.....	350
TEMPEST 120 MIN.....	375

### LATE AFTERNOON & EVENING

BALNEO SPECIFICS 30 MIN.....	95
TRANQUILITY 60 MIN .....	195
ANCIENT JOURNEY 90 MIN.....	285
EL SEGUNDO BLUE 90 MIN.....	285
PASSAGE 90 MIN.....	285
FLICKERING EMBERS 120 MIN .....	375



# Spa Menu

<b>MASSAGES</b> .....	<b>60MIN</b> .....	<b>90MIN</b>
HOT STONE.....	190	270
PRENATAL .....	195	270
REFLEXOLOGY .....	190	
RELAXING CLASSICAL .....	185	265
SHIATSU THERAPY.....	190	270
SPORTS.....	185	265
TERRANEA THERAPEUTIC .....	185	265
THAI .....	190	270

<b>FACIALS</b> .....	<b>60MIN</b> .....	<b>90MIN</b>
SKIN SPECIFICS FACIAL .....	190	270
VITAL AND TONED .....	195	275
GENTLEMAN'S FACIAL .....	190	
TRANSFORMATION .....		275
NATURE'S LIFT FACIAL .....	195	275
BARE YOUR BACK .....	185	
BOTANICAL BRIGHTENING FACIAL .....		275

## WAXING

LIP OR CHIN WAX .....	35
BROW WAX & SHAPING.....	45
FULL FACE WAX .....	90
BASIC BIKINI WAX .....	70
LEG WAX .....	80-100
ARM WAX .....	55
UNDERARM WAX .....	55
CHEST WAX .....	75
BACK WAX .....	75-100



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# Salon Menu

## MANICURES

ALLURING ME 60 MIN .....	90
PACIFIC BREEZE 45 MIN .....	75
TREAD LIGHTLY 45 MIN .....	75
GEL MANICURE 45 MIN .....	85
ADD ON: NOURISHING PARAFFIN TREATMENT .....	25
ADD ON: FRENCH POLISH APPLICATION .....	15
ADD ON: GEL SOAK OFF .....	20
NAIL REPAIR .....	15
POLISH CHANGE .....	40

## PEDICURES

ALLURING ME 75 MIN .....	120
PACIFIC BREEZE 60 MIN .....	95
TREAD LIGHTLY 60 MIN .....	95
ADD ON: NOURISHING PARAFFIN TREATMENT .....	25
ADD ON: FRENCH POLISH APPLICATION .....	15
ADD ON: CALLOUS REMOVAL TREATMENT .....	20

## MAKEUP

BRIDAL MAKEUP APPLICATION (WEDDING DAY) .....	90
BRIDAL MAKEUP APPLICATION - CONSULTATION .....	75
MAKEUP APPLICATION DAY OR EVENING .....	75
EYELASH APPLICATION .....	35-45



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# Salon Menu

## HAIR

BRIDAL HAIR STYLING - WEDDING DAY.....	150
BRIDAL HAIR STYLING & CONSULTATION.....	125
SPECIAL OCCASION STYLING - ADULT.....	115
SPECIAL OCCASION STYLING - JUNIOR.....	65
SHAMPOO & BLOW DRY.....	60-90
MEN'S HAIRCUT.....	60
MEN'S COLOR CAMOUFLAGE.....	50
HAIRCUT FOR CHILDREN.....	45
HAIRCUT FOR WOMEN.....	75
COLOR/COLOR TOUCH UP.....	100+
HIGHLIGHTS/LOW LIGHTS.....	125+
CUSTOM COLOR CORRECTION.....	PRICED UPON CONSULTATION

## MOROCCANOIL®

DEEP CONDITIONING TREATMENT.....	50
BALANCING SCALP TREATMENT.....	45

## KERATIN COMPLEX SMOOTHING THERAPY™ BY COPPOLA

EXPRESS.....	150+
ORIGINAL.....	350+



THE SPA  
AT TERRANEA

# Group Spa Menu

## TAKE A 10!...AND BREATHE

THE BEST WAY TO KEEP YOUR TEAMS FOCUSED, ENERGIZED AND ATTENTIVE IS TO ALLOW THEIR MIND TO TAKE A BREAK. ALLOW US TO COME IN DURING YOUR BREAK TIME AND HELP REVITALIZE YOUR TEAM.

CHAIR MASSAGE 60 MIN.....	\$165
REFLEXOLOGY 60 MIN.....	\$165

## SPA SERVICES

REWARD YOUR TEAM FOR THEIR HARD WORK AND EXPERIENCE TERRANEA THROUGH ONE OF OUR SPA RITUALS.

RELAXING CLASSICAL MASSAGE 50 MIN.....	\$155
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RHYTHMIC AND THOROUGH, TERRANEA'S CLASSIC MASSAGE IS TAILORED TO THE INDIVIDUAL IN ORDER TO ADDRESS MUSCULAR ACHEs AND PAIN TO SOOTH BODY AND MIND.

TERRANEA THERAPEUTICS MASSAGE 50 MIN.....	\$155
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A SKILLED THERAPIST DETERMINES THE MOST APPROPRIATE MASSAGE MODALITY IN ADDRESSING INJURIES, CHRONIC ACHEs, FLUID RETENTION AND OTHER CONDITIONS.

SPORTS MASSAGE 50 MIN.....	\$155
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TAILORED TO THE NEEDS OF THE ATHLETE, THIS SPECIFIC MASSAGE ADDRESSES PROBLEMATIC MUSCLES AND JOINTS. THE COMBINATION OF STROKES AND TECHNIQUES THAT STRETCH THE MUSCLES, IMPROVE FLEXIBILITY AND FLUSH METABOLIC WASTE FROM THE TISSUES.

SKIN SPECIFICS FACIAL 50 MIN.....	\$155
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YOUR SKILLED AND CARING TERRANEA ESTHETICIAN WILL DETERMINE THE APPROPRIATE TREATMENT AND PRODUCTS TO EFFECTIVELY ADDRESS THE SPECIFIC NEEDS OF YOUR SKIN. SELECTED FROM A PHARMACOPOEIA OF SKIN CARE AGENTS, TREATMENT INCLUDES DEEP CLEANSING, EXFOLIATION, VAPORIZATION, EXTRACTIONS AS NEEDED, MASK, AND FACE AND NECK MASSAGE TO LEAVE YOUR SKIN REVITALIZED, HYDRATED AND BALANCED. A HYDRATING HAND TREATMENT AND MASSAGE COMPLEMENTS THIS FACIAL.



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# Group Spa Menu

CRYSTAL QUARTZ SCRUB 30 MIN .....\$95

ONCE MINED IN THE CAVES ON THE RESORT'S PROPERTY, CRYSTAL QUARTZ IS KNOWN FOR IT'S HEALING PROPERTIES. THIS FULL BODY EXFOLIATION INVIGORATES THE SENSES AND ENLIVENS THE SKIN.

TREAD LIGHTLY MANICURE 45 MIN .....\$65

TREAD LIGHTLY PEDICURE 60 MIN ..... \$80

THE SYNERGY OF A THERAPEUTIC CREAM AND HEALING OIL COMBINES WITH SPECIFIC CIRCULATORY MASSAGE TO REVITALIZE AND CREATE THE ARTISTRY OF GROOMED, POLISHED HANDS AND FEET THAT LEAVE YOU RENEWED, LUMINOUS AND DANCING ON AIR.

PACIFIC BREEZE MANICURE 45 MIN .....\$65

PACIFIC BREEZE PEDICURE 60 MIN .....\$80

A RELAXING WARM WATER SOAK IN MINERALIZING MARINE WATERS ALLOWS YOUR SKIN TO DRINK IN THE OCEAN'S HEALING ELEMENTS WHILE SOFTENING AND BEAUTIFYING THE SKIN. AN INVIGORATING EXFOLIATION COMBINED WITH A MARINE MASSAGE STIMULATES CIRCULATION WHILE ENCOURAGING TONE AND BALANCE. IMMACULATE GROOMING AND ARTFUL POLISHING COMPLETES THIS EXPERIENCE.

\*A 20% SERVICE CHARGE IS AUTOMATICALLY ADDED TO ALL SPA SERVICES FOR YOUR CONVENIENCE.



THE SPA  
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# Half Day Spa Packages

## **SPOIL ME** ..... \$535

THIS PACKAGE WAS DESIGNED JUST FOR YOU. START YOUR DAY OVERLOOKING THE OCEAN WITH OUR 120 MINUTE OCEAN PRELUDE TREATMENT, OUR FAVORITE AND SOON TO BE YOURS TOO. THEN, BREAK FOR A LIGHT LUNCH IN OUR SPA CAFÉ AND ENJOY A DELICIOUS HEALTHY SNACK. FINISH, WITH A 60 MINUTE SKIN SPECIFICS FACIAL. IF YOU WOULD LIKE TO ADD ON A SIGNATURE MANICURE OR PEDICURE, AND A SHAMPOO & BLOW DRY PLEASE LET US KNOW AT TIME OF BOOKING.

## **THE PERFECT PAIR** ..... \$664

THIS PACKAGE WAS DESIGNED FOR THE PERFECT COUPLE. START WITH A 60 MINUTE COUPLES RELAXING CLASSICAL MASSAGE IN ONE OF OUR UNIQUE VIP SUITES. FINISH YOUR DAY WITH A TREAD LIGHTLY MANICURE AND PEDICURE WHILE SIPPING ON CHAMPAGNE.

## **MAN DAY** ..... \$365

THIS PACKAGE WAS DESIGNED FOR THE PERFECT GENTLEMAN. START YOUR DAY WITH A 60 MINUTE TERRANEA THERAPEUTIC MASSAGE. FINISH, WITH A RELAXING 60 MINUTE GENTLEMAN'S FACIAL. IF YOU WOULD LIKE TO ADD ON A GENTLEMAN'S HAIRCUT PLEASE LET US KNOW AT TIME OF BOOKING.

## **THE TERRANEA EXPERIENCE** ..... \$460

THIS PACKAGE WAS DESIGNED TO EXPERIENCE TERRANEA WITH ONE OF OUR SIGNATURE RITUALS. START YOUR DAY WITH A 90 MINUTE EL SEGUNDO BLUE TREATMENT. THEN, TAKE A BREAK IN OUR SPA CAFÉ TO ENJOY A LIGHT LUNCH OF YOUR CHOICE. FINISH YOUR EXPERIENCE WITH A 60 MINUTE VITAL AND TONED FACIAL.

## **WORK IT OUT** ..... \$305

THIS PACKAGE WAS DESIGNED FOR GUESTS THAT ARE LOOKING FOR THE TOTAL HEALTH, BODY, AND MIND EXPERIENCE. START YOUR DAY WITH A CHOICE OF ONE 60 MINUTE PRIVATE PERSONAL TRAINING SESSION, YOGA CLASS OR PILATES CLASS. THEN, TAKE A BREAK IN OUR SPA CAFÉ TO ENJOY A HEALTHY SMOOTHIE OF YOUR CHOICE. FINISH, YOUR EXPERIENCE WITH A 60 MINUTE SPORTS MASSAGE TO STRETCH AND RELAX. RECOVER YOUR BODY, RECOVER YOUR MIND AND WE'LL SEE YOU BACK IN THE GYM.

**PLEASE NOTE:** ALL HALF DAY PACKAGES WILL INCLUDE AN ADDITIONAL 20% SERVICE CHARGE AT CHECK OUT.



THE SPA  
AT TERRANEA

# Wedding Party Packages

## **HERE COMES THE BRIDE**.....\$535

YOUR WEDDING DAY WILL BE FILLED WITH PEACE AND BEAUTY! START YOUR DAY OFF IN ONE OF OUR BEAUTIFULLY APPOINTED SPA TREATMENT ROOMS WHERE YOU WILL RECEIVE A 60 MINUTE RELAXING CLASSICAL MASSAGE. NEXT, RETREAT DOWN TO THE SALON WHERE YOU CAN RELAX WITH A GLASS OF CHAMPAGNE. YOUR FINGERS AND TOES WILL BE PAMPERED TO PERFECTION WITH OUR TREAD LIGHTLY MANICURE AND PEDICURE. FINALLY, YOU WILL MOVE ON TO SIT WITH ONE OF OUR STYLISTS TO HAVE YOUR HAIR STYLED AND YOUR MAKEUP APPLIED!

## **I DO I DO**.....\$480

A PACKAGE DESIGNED FOR BRIDES TO PREPARE AND PERFECT THEIR LOOK FOR THAT SPECIAL DAY. HAIR STYLING TRIAL AND MAKEUP TRIAL WILL BE BOOKED IN ADVANCE OF THE WEDDING DAY TO EXPERIENCE AS MANY LOOKS AS TIME PERMITS, GIVING BOTH YOU AND YOUR STYLIST TIME TO DECIDE WHAT WORKS. THEN ON YOUR SPECIAL DAY YOU WILL RECEIVE A TREAD LIGHTLY MANICURE AND PEDICURE IN THE SALON WHERE YOU WILL SIP ON CHAMPAGNE. FINALLY, YOUR HAIR AND MAKEUP WILL BE STYLED AND APPLIED.

## **MAID-OVER**.....\$495

THIS PACKAGE WAS CREATED WITH THE MAID OF HONOR AND BRIDESMAIDS IN MIND! RECEIVE A 60 MINUTE SKIN SPECIFICS FACIAL IN ONE OF OUR BEAUTIFULLY APPOINTED TREATMENT ROOMS. NEXT, YOU WILL RETREAT TO THE SALON WHERE YOU WILL BE PAMPERED FROM HEAD TO TOE WHILE SIPPING ON CHAMPAGNE! RECEIVE A TREAD LIGHTLY MANICURE AND PEDICURE AND GET YOUR HAIR AND MAKEUP STYLED AND APPLIED PERFECTLY. YOU WILL LOOK AND FEEL "MAID-OVER".

## **MOTHER KNOWS BEST**.....\$325

THIS PACKAGE WAS DESIGNED FOR THE MOTHER OF THE BRIDE AND MOTHER OF THE GROOM. START YOUR DAY WITH A GLASS OF CHAMPAGNE WHILE RECEIVING A TREAD LIGHTLY MANICURE AND PEDICURE. FINISH WITH YOUR HAIR BEING STYLED AND MAKEUP APPLIED PERFECTLY. YOU WILL TRULY LOOK AND FEEL REMARKABLE!

## **GROOMED TO PERFECTION**.....\$380

THIS PACKAGE IS DESIGNED FOR THE GROOM AND ALL HIS GROOMSMEN! START THE DAY WITH A 60 MINUTE GENTLEMAN'S FACIAL. NEXT, YOU WILL RETREAT TO THE SALON WHERE YOU WILL RECEIVE AN INVIGORATING SHAMPOO TREATMENT WHILE ALSO RECEIVING A SCALP MASSAGE FOLLOWED BY A HAIRCUT. FINALLY, YOU WILL SIT WITH ONE OF OUR NAIL TECHNICIANS WHERE YOUR FINGERNAILS WILL BE GROOMED WITH OUR TREAD LIGHTLY MANICURE. FEEL RELAXED AND LOOK REJUVENATED ON THAT SPECIAL DAY!



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# *In the Comfort of your Room*

**RELAXING CLASSICAL MASSAGE** ..... 60 MINUTES | \$370 ..... 90 MINUTES | \$450  
RHYTHMIC AND THOROUGH, TERRANEA'S CLASSIC MASSAGE IS TAILORED TO THE INDIVIDUAL IN ORDER TO ADDRESS MUSCULAR ACHES AND PAIN TO SOOTH BODY AND MIND.

**SPORTS MASSAGE** ..... 60 MINUTES | \$370 ..... 90 MINUTES | \$450  
TAILORED TO THE NEEDS OF THE ATHLETE, THIS SPECIFIC MASSAGE ADDRESSES PROBLEMATIC MUSCLES AND JOINTS. THE COMBINATION OF STROKES AND TECHNIQUES STRETCHES THE MUSCLES, IMPROVES FLEXIBILITY AND FLUSHES METABOLIC WASTE FROM THE TISSUES.

**TERRANEA THERAPEUTICS** ..... 60 MINUTES | \$370 ..... 90 MINUTES | \$450  
A SKILLED THERAPIST DETERMINES THE MOST APPROPRIATE MASSAGE MODALITY IN ADDRESSING INJURIES, CHRONIC ACHES, FLUID RETENTION AND OTHER CONDITIONS.

**AFTER- HOURS CHARGE:** AN ADDITIONAL \$100 WILL BE CHARGED FOR IN ROOM MESSAGES BETWEEN THE HOURS OF 6AM - 8AM AND 8PM - 11PM.

**PLEASE NOTE:** PLEASE ALLOW FOR THE THERAPIST TO ARRIVE APPROXIMATELY 20 MIN EARLY TO SET UP. PLEASE ANTICIPATE APPROXIMATELY 20 MIN POST MASSAGE FOR THERAPIST TO BREAKDOWN.



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# Couples Treatments

WITH TOGETHERNESS IN MIND, THE SPA AT TERRANEA INVITES YOU TO CELEBRATE YOUR SPECIAL RELATIONSHIP IN ONE OF OUR LUXURIOUS VIP SUITES. WHETHER ENJOYING A RELAXING FULL-BODY MASSAGE OR EXPERIENCING THE SENSUAL PLEASURES OF A SIGNATURE RITUAL, AN EXPERIENCE SHARED... IS A MEMORY TREASURED. SOME RECOMMENDATIONS SUITABLE FOR COUPLES ARE LISTED BELOW, FOR MORE INFORMATION ABOUT SPECIFIC TREATMENTS PLEASE CONTACT THE SPA AT TERRANEA.

<b>BALNEO SPECIFICS</b> .....	30 MINUTES   \$95
<b>INFRARED SAUNA AND RAIN HEAD SWISS SHOWER</b> .....	30 MINUTES   \$95
<b>*POWER OF STONE</b> .....	120 MINUTES   \$350
<b>*INSIDE &amp; OUT</b> .....	120 MINUTES   \$375
<b>*TERRANEA THERAPEUTICS</b> .....	60 MINUTES   \$185..... 90 MINUTES   \$265
<b>*STONE THERAPY</b> .....	60 MINUTES   \$190..... 90 MINUTES   \$270
<b>*FLICKERING EMBERS</b> .....	120 MINUTES   \$375
<b>*TRANQUILITY</b> .....	60 MINUTES   \$195

\*PRICES ARE REFLECTIVE OF PER GUEST.



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# Prenatal Offerings

## **MOMMY TO BE MASSAGE** ..... 60 MIN | \$195

PROVIDING COMFORT AND CARE DURING THIS SPECIAL TIME, THE GENTLE TOUCH OF MASSAGE COUPLED WITH CAREFUL STRETCHING DURING PREGNANCY BENEFITS BOTH MOTHER AND BABY. AVAILABLE AFTER THE FIRST TRIMESTER.

## **QUEEN OF THE SEA – TOTAL INDULGENCE** ..... 60 MIN | \$195

WITH THE USE OF FRESH, ORGANIC PRODUCTS SPECIFICALLY DESIGNED FOR THE NEW MOMMY TO BE, THIS TREATMENT FOCUSES ON PROBLEMATIC SKIN WHILE ALSO ALLEVIATING COMMON DISCOMFORTS. A NOURISHING MASK WORKS ITS MAGIC ON THE BACK WHILE THE MOTHER TO BE EXPERIENCES A RELAXING FACE, NECK AND DÉCOLLETÉ MASSAGE. THIS PAMPERING JOURNEY IS COMPLETE WITH A BACK AND HIP MASSAGE THAT ALLEVIATES TENSION. LEAVE FEELING LIKE THE QUEEN OF THE SEA AND ENJOY THE BENEFITS OF RESTFUL SLEEP, EASE OF MORNING SICKNESS, AND NOURISHED SKIN.

## **TIDAL MOON – SCRUB & MASSAGE** ..... 90 MIN | \$285

RESTORATIVE AND HEALING, YOU ARE TAKEN ON A JOURNEY OF WELL BEING AND DEEP RELAXATION. ENJOY THE FEELING OF GENTLE ROCKING AS IF BEING LULLED BY THE INCOMING TIDE AS A GENTLE SUGAR SCRUB OF HONEY, GRAPEFRUIT AND GINGER EXFOLIATES THE BODY. MASSAGE TECHNIQUES SPECIFICALLY DESIGNED TO RELEASE TENSION AND PAIN WHILE INCREASING CIRCULATION COMPLETE THIS EXPERIENCE.

## **HEAVEN AND EARTH – FOOT RITUAL & RELAXING MASSAGE** ..... 90 MIN | \$285

INFLAMMATION AND EDEMA IN THE LOWER LEGS AND FEET ARE ADDRESSED WITH A MASK OF HONEY AND OATMEAL. WHILE SOAKING IN A FOOT BATH, MASSAGE USING ANCIENT REFLEXOLOGY TECHNIQUES ARE USED TO RELEASE TIGHTNESS AND CONGESTION. USING LAVENDER OIL IN A FULL BODY MASSAGE LEAVES YOU FEELING TRANQUIL AND NURTURED.



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# Personal Training at the Fitness Center

FOR THOSE WANTING MORE PERSONALIZED ASSISTANCE AND ATTENTION, TERRANEA TRAINERS ARE ON CALL TO HELP GUEST WITH THEIR FITNESS PROGRAM AND WORKOUTS. OUR TEAM OF FITNESS PROFESSIONALS CAN WORK WITH GUESTS, PRIVATELY OR SEMI PRIVATELY, IN MANY AREAS OF FITNESS AND WELLNESS. CHOOSE FROM ANY OF OUR MANY FORMATS AND TYPES OF TRAINING; RESISTANCE, CARDIOVASCULAR, FLEXIBILITY OR ANY COMBINATION OF THEM ALL!

**PERSONAL TRAINING SESSIONS**..... **SINGLE SESSION** ..... **PACKAGE OF 6**

**SPECIALTY TRAINING 30 MIN**..... \$70 ..... \$375

PRIVATE WORKOUT WITH A CERTIFIED TRAINER IN ANY OF OUR SPECIALTY AREAS, WHICH UTILIZE SPECIALTY EQUIPMENT AND REQUIRES A TRAINER SPECIALIZING IN THESE FORMATS SUCH AS: KETTLE BELLS, TRX AND FLEXIBARS.

**PERSONAL TRAINING 30 MIN**..... \$65 ..... \$350

PRIVATE WORKOUT WITH A CERTIFIED TRAINER TO MEET INDIVIDUAL CLIENT NEEDS AND OBJECTIVES.

**PERSONAL TRAINING 60 MIN** ..... \$125 ..... \$650

PRIVATE WORKOUT WITH A CERTIFIED TRAINER TO MEET INDIVIDUAL CLIENT NEEDS AND OBJECTIVES.



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