Spa, Fitness & Wellness
FIND YOUR CENTER AT THE EDGE OF THE EARTH

THE SPA
AT TERRANEA
Directly overlooking the Pacific Ocean, The Spa at Terranea embraces the beauty and energy of its idyllic setting to create a transformative experience. Designed by wellness experts, the 50,000 square-foot oceanfront Spa, Fitness & Wellness Center and Salon welcome you to a tranquil haven in the unspoiled terrain of the Palos Verdes Peninsula.

Immerse yourself in the rare opportunity to spend your time in a variety of experiences that bring you back to your center. . . . The luxury of choice is yours. Indulge in an array of spa treatments for body and face: some traditional, and others inspired by Terranea Resort’s unique coastal locale. Plunge into the outdoor pool, increase your heart rate in the spacious gym or achieve balance with a restorative yoga class. The Spa’s customized signature treatments and peaceful ambience will encourage you to reconnect with nature and yourself, leaving you feeling renewed.

“Top 5 Hotel Spas in the Continental United States” - Travel + Leisure
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Completely attuned to the rhythms of nature throughout its spectacular oceanfront setting, The Spa at Terranea invites you to explore this “sanctuary of the senses” through an array of energizing and relaxing experiences.

**Spa Rituals & Relaxation**
Spa rituals unfold in 25 graciously appointed and generously sized treatment rooms including three unique and luxurious Signature Suites. Spend the day, enjoying private men’s and women’s indoor and outdoor relaxation areas featuring sauna, steam room, outdoor whirlpools and cold plunges. Then gather at the pool, surrounded by private cabanas and fire pits.

**Fitness & Wellness Programs**
The panoramic views from the 5,000 square-foot Fitness & Wellness Center and Movement Studio bring nature indoors to inspire and motivate. State-of-the-art treadmills, elliptical cross trainers, upright and recumbent bikes all make the heart grow stronger. Fitness and Wellness classes range from relaxing to challenging, including yoga, Pilates, circuit training, TRX, water aerobics, seaside cycling, and our signature boot camp class, “Nature’s Gym”. For the goal-oriented and results driven guest seeking a fitness regimen to take home, we also offer personal training and private classes, where our skilled instructors are able to tailor to your genetic imprint.

**Finishing Touches**
Retreat to the Salon, where hands, feet, face and hair are groomed with personalized attention. Offering four pedicure stations, three manicure stations, and four hair stations, we have everything you will need to transform from day to night. For the busy individual who seeks personalized time, there’s nothing more special than being able to draw your attention back to you.

**To Replenish Your Energy**
Dine on sumptuous and healthy fare at the intimate Spa Café. We offer pre and post workout menu items tailored towards replenishing your body while continuing your heightened metabolic cycle. The Spa Café has everything you will need to turn fuel into energy. For those looking to relax in the sun or a leisure dining fare between spa appointments, we also offer light meals to silence the grumbling so that you can once again tune into the inner you.

**Extend The Benefits**
When you are ready to step back into the world, don’t forget to transport a remembrance of your experience home with you from the Spa Boutique, offering the most popular and stylish in everyday wear; we offer the casual-to-chic sundress, workout attire that you want to wear in and out of the gym, and accessories that have others asking where you found such treasures.
In the early morning, your body begins a slow process: temperature increases, blood pressure elevates and hormone levels rise to prepare you for the day’s activities.

Around mid-afternoon, the natural biological process reverses: your body temperature begins a slow, steady cooling, blood pressure drops and hormones encourage relaxation and sleep.

This rhythmic, natural cycle of movement, rest and repair is known as the Circadian Rhythm. Mirroring this cycle, The Spa at Terranea recommends different treatments for morning and mid-afternoon to maximize the natural benefits to your wellbeing.
Signature Spa Rituals

Inspired by nature and the spa’s spectacular setting, signature spa and facial rituals maximize the benefits to your wellbeing. Mirroring nature’s cycle of movement, rest and repair, The Spa at Terranea recommends vibrant, invigorating morning treatments and gentle, quieting mid-afternoon and evening treatments. Below is a sampling of both from the spa’s extensive menu.
Pre-Massage Ritual Enhancements

BALNEO SPECIFICS

The ancient art of Balneo therapy coupled with the natural, healing properties of copper in our magnificent bathing tubs provides the perfect vessel for a therapeutic and relaxing soak. A customized selection of added healing agents will address your specific needs.

INFRARED SAUNA AND RAIN HEAD SWISS SHOWER

The chemistry of contrasting hot and cold accelerates cleansing detoxification. Enter our in-suite healing infrared sauna to encourage intense perspiration. Follow with an invigorating Swiss shower to cool down your body and prepare for your massage.

CRYSTAL QUARTZ BODY SCRUB

Once mined in the caves on the Resort’s property, Crystal Quartz is known for its healing properties. This full body exfoliation invigorates the senses and enlivens the skin.

DEAD SEA SALT BODY SCRUB

Enjoy a special blend of Dead Sea and Himalayan salts rich in minerals such as magnesium and calcium, which are great for re-balancing and re-mineralizing the body in this gentle exfoliation treatment that renews and revitalizes.
CRYSTAL REFLECTIONS◊
Treatment begins with a moment of reflection and setting your intention while soaking in a harmonizing, copper-foot bath of healing crystal quartz. A reflex-structural foot massage then aims to promote alignment of mind and body.

VOLCANIC CLAY WRAP
Ideal for improving the skin’s appearance, a full-body exfoliation followed by nourishing warm clay wrap of volcanic ash, combined with a stimulating vichy shower to reduce inflammation, tone and invigorate your skin.

Morning and Early Afternoon Recommendations

OCEAN PRELUDE◊
With the sound of the ocean’s waves crashing below from our signature suite, harness its nutrients to replenish yourself and reconnect. Begin with a dry brushing and replenishing seaweed wrap, rich in vital nutrients, before slipping into a relaxing saltwater bath. Your journey concludes with a rhythmic warm laminaria oil massage.

POWER OF STONE
Enhanced with an immunity-enhancing crystal quartz exfoliation and vichy experience. The restorative healing warmth of smooth basalt stones stimulates and encourages the flow of oxygen and nutrients while melting away muscle discomfort.

INSIDE & OUT◊
Using contrast therapy and mineralizing clay, we accelerate your body’s detoxification process by beginning with an herbal wrap, followed by a temperature-cooling friction scrub. Continuing the process, you enter into our in-suite infrared sauna. After your body cools down in our Swiss shower, we complete the restoration with a warm application of cleansing sea clay.

OIL AND WATER
Promoting a sense of wellbeing, the use of laminaria oil rich in seaweed is utilized to perform a rhythmic massage of warm, long strokes. An energizing ocean salt exfoliation follows and is washed away with the soothing waters of a vichy shower. A finishing cold-friction rub leaves you refreshed and renewed.

SPORTS MASSAGE◊
Tailored to the needs of the athlete, this specific massage addresses problematic muscles and joints. The combination of strokes and techniques stretch the muscles, improves flexibility and flushes metabolic waste from the tissues.
STONE THERAPY
A traditional, therapeutic stone massage used to melt away stress and tension using the heat from warm basalt stones to gently penetrate deep into the muscle while inducing a sense of calm and reconnection.

THAI MASSAGE
A relaxing regimen of gentle rocking, acupressure and assisted stretching relieves joint and muscle tension while increasing flexibility and delivering focus, balance and energy. Loose-fitting, comfortable attire is required during this treatment.

SHIATSU THERAPY
From the Japanese word shi meaning finger and atsu meaning pressure, this centuries-old art of pressure massage alleviates tension and stress while improving circulation and providing a gentle calmness. Loose-fitting, comfortable attire is required during this treatment.

RELEXING CLASSICAL MASSAGE
Rhythmic and thorough, Terranea’s classic massage is tailored to the individual in order to address muscular aches and pain to soothe body and mind.

REFLEXOLOGY
Utilizing the various reflex pathways within the hands and feet, a pressure point massage is performed to target specific areas of the body’s internal systems.

TERRANEA THERAPEUTICS
A skilled therapist determines the most appropriate massage modality in addressing injuries, chronic aches, fluid retention and other conditions.

MOMMY TO BE MASSAGE
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.
Late Afternoon and Evening Recommendations

FLICKERING EMBERS ◊
Basking in the soothing warmth of a nutrient-rich, detoxifying volcanic ash body wrap, impurities are drawn out of the body, leaving skin toned and re-mineralized. Follow with a neutral temperature bath in our copper tub steeped with fragranced essential oils and healing magnesium. Complete with a balancing and restorative massage.

EL SEGUNDO BLUE ◊
A ritual of metamorphosis, this journey is designed to stir body, mind and spirit. This process begins with a slow, rhythmic massage of sensuous, aromatic botanicals before settling into a blissful cocoon of revitalizing sea blue mineral clay.

PASSAGE ◊
The key to this dream-like, aromatic journey begins with the application of botanical and pure essential oils designed to stir the unconscious mind and body. The placement of warm herbal pillows, filled with healing herbs combines with gentle and specific light touch massage techniques to induce a soulful, meditative and spiritual experience.

TRANQUILITY ◊
Imagine floating in a copper tub while indulging in the aroma of orange blossom and vanilla followed by a cocoon wrap of tranquility to nourish, calm, and harmonize the body. A full face, neck, and scalp massage is incorporated for complete bliss. You are left feeling silky and balanced.

◊ available as a couple’s option
New Beginnings

MOMMY TO BE MASSAGE
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
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
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
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.

- AVAILABLE AS A COUPLE’S OPTION
Signature Facial Rituals

Drawing on the healing wisdom of ancient cultures, organic therapeutic elements and your natural healing abilities, The Spa at Terranea’s holistic beauty rituals embrace oriental diagnosis techniques, reflex therapy and essential synergistic botanicals to harmonize body, mind and spirit. All of the facials are appropriate for women and men, as products are selected according to each individual’s skin requirements.
GENTLEMEN’S FACIAL
A facial designed to address the needs of any man’s face. Products and treatment are tailored to cleanse, exfoliate, treat, and increase circulation. The face is left feeling refined and hydrated. The skilled esthetician will also address any shaving and ingrown hair concerns. This facial is coupled with a relaxing foot massage.

NATURE’S TRANSFORMATION
An anti-aging treatment that combines ultrasonic exfoliation with a plant stem cell serum to plump and firm wrinkles, even out skin tone and provide a more vibrant complexion. This treatment includes an ultra-hydrating hyaluronic cream to reduce fine lines. In addition, the 90 min session includes paraffin hand treatment, and a relaxing foot massage.

VITAL AND TONED
A revitalizing basalt hot stone facial combines balancing gem-toning therapy, essential oils and a nutrient-rich mask of marine elements to facilitate delivery of fresh oxygen and nutrients, leaving skin toned, vital and positively radiant.

BARE YOUR BACK
Indulge your back to a deep cleanse, exfoliation, vaporization, extractions as needed, as well as a re-mineralizing and detoxifying volcanic clay mask to leave your skin relaxed and hydrated. A rejuvenating lotion soothes before a neck and scalp massage completes the experience.

SKIN SPECIFICS
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 complements this facial.

GENTLE HAIR REMOVAL
Low-temperature wax combined with special soothing agents is used to effectively remove hair while minimizing discomfort. Options include: brow, lip, chin, basic bikini, lower leg, full leg, underarm, arm, full back, partial back, chest, full face (excluding brow).

BOTANICAL BRIGHTENING FACIAL
This corrective treatment begins with an herbal enzyme peel to remove dull, devitalized skin and is followed with a botanical skin brightener with a potent vitamin C complex to treat sun damage and even out skin tone. This facial is coupled with a relaxing foot massage and stress-alleviating warm herbal compress.

BARE YOUR BACK
Indulge your back to a deep cleanse, exfoliation, vaporization, extractions as needed, as well as a re-mineralizing and detoxifying volcanic clay mask to leave your skin relaxed and hydrated. A rejuvenating lotion soothes before a neck and scalp massage completes the experience.

SKIN SPECIFICS
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 complements this facial.
Radiant Results Facials

ULTIMATE RADIANCE LIFT
Achieve instant results that noticeably lift, tone and firm the skin, leaving you with a flawless, healthy and younger-looking complexion. The ground-breaking Rose Infinity Collection, at the heart of the facial, uses Nobel Prize-winning research that works at a cellular level to repair ageing DNA, radically increase moisture levels and stimulate collagen production. Wrinkles and lines are plumped up for visibly smoother, younger-looking skin. The power of this collection of products is accelerated by gentle micro-currents to deliver active ingredients deeper into the skin, while also giving a non-surgical face lift that will tighten and focus on your key areas of concern, while also paying attention to the forehead, mouth and eye area to dramatically reduce fine lines and wrinkles. The result, younger looking skin and a radiant complexion.

AROMA LIFT FACIAL
The perfect facial to achieve an exceptionally nourished and rejuvenated complexion with a visible lift. Focusing on reducing fine lines, wrinkles and boosting skin luminosity, the Aroma Lift Facial combines an exfoliating enzyme peel, the application of regenerating products and skin boosters along with gentle electric micro-current stimulation to re-educate facial muscles, leaving skin plump, nourished and lifted.

AROMA CLEAR FACIAL
A deeply cleansing and brightening facial using gentle, galvanic current to purify the pores, drawing out impurities that cause congestion. A Deep Cleanse Face Mask is also applied while you indulge in a relaxing shoulder and décolleté massage followed by the application of our specially formulated Bioelectric Gel to rehydrate the skin. Anti-bacterial high frequency currents help to reduce blemishes and future breakouts, leaving skin clear, clean and bright.
The personalized attention from our full-service salon professionals will enhance your spa experience.
Hands and Feet

ALLURING ME
Indulge in an ultra-indulging experience restoring the mind and body to an infinitely loving self. Chinese jasmine essential oils nurture the skin, while our invigorating sugar scrub renews and refreshes. A hydrating and soothing warm paraffin wrap leaves your hands or feet softer than silk. To complete, a perfect polish finish. Note: Pedicure includes a callous scrub to return your feet back to balance.

TREAD LIGHTLY
Sink into an infinitely loving self, settling the mind, restoring your body and spirit with Chinese jasmine essential oils. Nurture your skin with an exfoliating sugar scrub and hydrating lotion leaving your skin smooth and supple. To complete, a perfect polish finish.

PACIFIC BREEZE
Follow a path of your own choosing and re-connect with your instinctual self. Re-energize the mind, body and spirit with ginger essential oils. Exfoliating and hydrating microalgae mask leaves the skin nourished and hydrated. To complete, a perfect polish finish.

MAN-MADE
Just for men, treat your hard working hands and feet to the care they deserve. Soak, soothe and massage away tension, then relax as your nails are groomed and finished with a gentle buff. Breathe deep and look inside as Frankincense essential oils help to restore and rejuvenate the mind and spirit.

REVITALIZING HANDPRINT MANICURE
Restore your hands to a more youthful appearance with a new Youth Serum and Hydrating Hand Salve in this luxurious hand ritual. Swiss apple stem cells, aloe and shea butter all work to minimize the appearance of sun damage, fine lines and wrinkles while promoting healthy skin regeneration. Your hands will thank you.

POLISH CHANGE
Refresh your polish while your nails are groomed to perfection.

GEL MANICURE (SHELLAC)
Mirror like & chip-proof finish

Hair and Makeup

PRECISION CUTTING, ARTFUL COLORING AND NATURAL HAIR PRODUCTS COMPLEMENT YOUR HEALTH AND BEAUTY.
PERSONAL CONSULTATION STYLE AND COLOR | WOMEN’S, MEN’S AND CHILDREN’S PRECISION HAIRCUTS | CUSTOM HAIR COLOR, HIGHLIGHTS AND COLOR CORRECTION | HAIR, SCALP AND KERATIN TREATMENTS | SPECIAL OCCASION AND BRIDAL PARTY STYLING

MINERAL MAKEUP PROVIDES THE SUBTLE, FINAL TOUCHES TO YOUR RADIANT SELF.
MAKEUP APPLICATION AND LESSONS | SPECIAL OCCASION AND EXPERT BRIDAL MAKEUP CONSULTATION AND APPLICATION

PLEASE CONTACT THE SALON FOR PRICING INFORMATION.
The panoramic views from the 5,000 square-foot Fitness and Wellness Center and Movement Studio bring nature indoors to inspire and motivate. State-of-the-art treadmills, elliptical cross trainers, upright and recumbent bikes, all make the heart grow stronger. We also have a complete circuit of resistance machines, free weights, Bosu Balls, tubing, and cable machine for those wanting more strength training.

We offer complimentary fitness and wellness classes in a variety of formats to accommodate many levels of exercisers and movements. These include: Yoga, Pilates, Tai Chi, Dance, TRX, Circuit Training, Water Aerobics, Swim Workouts, Seaside Cycling, and our signature boot camp class, “Nature’s Gym.”

We also offer private and semiprivate personal training and classes. Our team of trainers can customize classes and training sessions to meet your objectives and needs. You may book 30 or 60 minute sessions to fit your schedule.
EXPLORE A LIFE-ENRICHING EXPERIENCE

SPA ROOMS, FITNESS & WELLNESS CENTER, SALON, CAFÉ, AND SPA 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

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

HOURS OF OPERATION:

- THE SPA - 6AM TO 8PM DAILY
- THE SPA POOL - 6AM TO 8PM DAILY
- FITNESS CENTER - 6AM TO 8PM DAILY
- SPA CAFÉ - 6AM TO 6PM DAILY

*ALL TIMES SUBJECT TO SEASONAL CHANGE

180 TERRANEA WAY, RANCHO PALOS VERDES, CA 90275
SPA 310.265.2740 | RESORT 310.265.2800 | FAX 310.265.2700 | WWW.TERRANE.COM

FOR TERRANEA RESORT RESERVATIONS AND INFORMATION, PLEASE CONTACT YOUR TRAVEL PROFESSIONAL.
FOR GDS RESERVATIONS, PLEASE USE THE DESTINATION HOTELS & RESORTS CHAIN CODE "DN"
FOR THOSE WANTING MORE PERSONALIZED ASSISTANCE AND ATTENTION, TERRANEA TRAINERS ARE ON CALL TO HELP GUESTS 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 TOP-OF-THE-LINE EQUIPMENT AND REQUIRES A TRAINER SPECIALIZING IN FORMATS SUCH AS KETTLE BELLS, TRX, PILATES REFORMER AND FLEXIBARS.

PERSONAL TRAINING 30 MIN ........................................................................ $65 ......................... $350
30 MINUTE PRIVATE WORKOUT WITH A CERTIFIED TRAINER TO MEET INDIVIDUAL CLIENT NEEDS AND OBJECTIVES.

PERSONAL TRAINING 60 MIN ........................................................................ $125 ......................... $650
60 MINUTE PRIVATE WORKOUT WITH A CERTIFIED TRAINER TO MEET INDIVIDUAL CLIENT NEEDS AND OBJECTIVES.
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 PAINS 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 MASSAGES 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.
# Salon Menu

## MANICURES
- **Man-made 30 min** .................................................................................................................. 65
- **Tread Lightly 45 min** .................................................................................................................. 75
- **Pacific Breeze 45 min** ................................................................................................................. 75
- **Revitalizing Handprint Manicure 50 min** .................................................................................... 80
- **Gel Manicure 45 min** ................................................................................................................... 85
- **Alluring Me 60 min** ..................................................................................................................... 90
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- **Add on: French Polish Application** ............................................................................................. 15
- **Add on: Gel Soak Off** .................................................................................................................. 20

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- **Pacific Breeze 60 min** .................................................................................................................. 95
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<th>HAIR</th>
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<tr>
<td>SHAMPOO &amp; BLOW DRY</td>
<td>60-90</td>
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<tr>
<td>HAIRCUT FOR WOMEN</td>
<td>85</td>
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<tr>
<td>COLOR/COLOR TOUCH UP.</td>
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<tr>
<td>HIGHLIGHTS/LOW LIGHTS</td>
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<td>MEN’S HAIRCUT</td>
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<tr>
<td>MEN’S COLOR CAMOUFLAGE</td>
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<td>SPECIAL OCCASION STYLING - ADULT</td>
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<tr>
<td>SPECIAL OCCASION STYLING - JUNIOR</td>
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<tr>
<td>HAIRCUT FOR CHILDREN</td>
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<td>BRIDAL HAIR STYLING &amp; CONSULTATION</td>
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<td>BRIDAL HAIR STYLING - WEDDING DAY</td>
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<td>CUSTOM COLOR CORRECTION</td>
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<td>BALANCING SCALP TREATMENT</td>
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<td>DEEP CONDITIONING TREATMENT</td>
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<th>KERATIN COMPLEX SMOOTHING THERAPY™ BY COPPOLA</th>
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Spa Recommendations

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

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 AND SALON SERVICES.

SP A RECOMMENDATIONS & GUIDELINES:
- PLEASE ARRIVE 30-45 MINUTES PRIOR TO 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.
- IN SPA TREATMENT AND RELAXATION AREAS, PLEASE REFRAIN FROM CELL PHONE USAGE.

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 INCONVENIENCED. THE VALUE OF YOUR FULL TREATMENT WILL BE APPLIED.