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 ambiance will encourage you to reconnect with nature and yourself, leaving you feeling renewed.

“Top 5 Hotel Spas in the Continental United States” - Travel + Leisure

Reconnect with Nature & Emerge Renewed
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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 saunas, 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, water aerobics, indoor 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 offer 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 & Renew your Spirit**

Dine on sumptuous and healthy fare at the intimate Spa Café. We offer pre and post workout menu items tailored towards rehydrating your body while continuing your heightened metabolic cycle. The Spa Café – 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.

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. For those seeking inspiration, we draw your attention to our Bookshelf. On the Bookshelf are the books that have inspired each of us at The Spa at Terranea.
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 treatments. Below is a sampling of both from the spa's extensive menu.
**Invigorating**

**VITAL AND TONED FACIAL**
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.

**INSIDE AND OUT ◊**
Experience cycles of alternating temperatures to stimulate circulation while promoting relaxation. A warm herbal wrap serves to detoxify while increasing body temperature, followed by an ice friction application to improve circulation and metabolism while cooling your body. Once we regulate your body temperature, we apply a seaweed exfoliation to both soften and renew the skin. Next, time is spent in your personal infrared sauna to repeat the cycle of contrast therapy. The treatment ends with detoxifying clay wrap to both invigorate your mind and enliven your senses.

**Relaxing**

**TRANSFORMATION FACIAL**
The rejuvenating elements of powdered crystal quartz are combined with artisan-quality essential oils and specific pressure points in a luxurious, rebalancing and revitalizing facial massage. Coupled with a therapeutic foot massage and stress-alleviating warm herbal compresses, Transformation leaves your skin soulfully smooth, soft and radiant.

**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. A divine head and scalp massage inspires deep relaxation and a sense of renewal.
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.

HYDROTHERAPY
Begin your ritual with a soak in our state-of-the-art hydrotherapy bath filled with rich sea minerals to loosen stiff joints.

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.

- available as a couple’s option
Morning and Early Afternoon Recommendations

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.

TEMPEST 
THIS INVIGORATING RITUAL COMBINES CYCLES OF ALTERNATING TEMPERATURES TO STIR YOUR INNER OCEAN. A WARM, DETOXIFYING MINERAL BATH OF PURIFYING HERBAL AGENTS INCREASES BODY TEMPERATURE, A VIGOROUS BODY BRUSHING STIMULATES, A COLD-WATER RINSE EXHILARATES AND AN ENERGETIC HOT OIL MASSAGE MOISTURIZES.

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.

OCEAN PRELUDE 
WITH THE SOUND OF THE OCEAN’S WAVES CRASHING BELOW FROM OUR SIGNATURE SUITE, HARNESSES ITS NUTRIENTS TO REPLENISH OUR OWN AND RECONNECT BY BEGINNING WITH A REPLENISHING SEAWEED WRAP RICH IN VITAL NUTRIENTS BEFORE SLIPPING INTO A RELAXING SALTWATER BATH. YOUR JOURNEY ENDS WITH A RHYTHMIC WARM LAMINARIA OIL MASSAGE.

ENERGETIC DUO 
BEGINNING WITH A THERAPEUTIC HYDRO BATH MASSAGE TO LOOSEN STIFF JOINTS AND ACCESS HARD TO REACH MUSCLES. THE TREATMENT COMPLETES WITH AN INVIGORATING SPORTS MASSAGE TO DECREASE OVER WORKED MUSCLES AND IMPROVE FLEXIBILITY.

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.

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.

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.

◊ AVAILABLE AS A COUPLE’S OPTION
RELAXING 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.

REFLEOLOGY
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 PRE-NATAL 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.

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 andatsu 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.

◊ - available as a couple’s option
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.

Ancient Journey
Your marine origins beckon. This Ancient Journey is a gentle, calming lymphatic water massage performed in our hydrotherapy suite combined with a nurturing algae wrap and light rhythmic rocking mimics the beckoning ebb and flow of the tide, leaving you nourished and replenished.

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, mineral-rich marine pillows, filled with healing and soothing green algae 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
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.
**Morning and Early Afternoon Recommendations**

**NATURE’S LIFT**
An anti-aging treatment that combines ultrasound technology (and microcurrent muscle re-education) with a plant stem cell serum to plump and firm wrinkles, even out skin tone and provide a more vibrant complexion. **This natural face lift treatment includes an ultra-hydrating hyaluronic cream to reduce fine lines.** In addition, the 90 min session includes paraffin hand treatment, scalp massage and a light 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.

**Late Afternoon and Evening Recommendations**

**TRANSFORMATION**
The rejuvenating elements of powdered crystal quartz are combined with artisan-quality essential oils and specific pressure points in a luxurious, rebalancing and revitalizing facial massage, coupled with a therapeutic foot massage and stress-relieving warm herbal compresses. **Transformation leaves your skin soulfully smooth, soft and radiant.**

**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 therapeutic foot massage and stress-relieving warm herbal compress.**
**Bridging Time**

**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 and massage complements this facial.

**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 therapeutic foot massage.

**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.

**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).
The personalized attention from our full-service salon professionals will enhance your spa experience.
Hair and Makeup

FINISHING TOUCHES WILL ACCENTUATE YOUR NATURAL GRACE AND BEAUTY. PRECISION CUTTING, ARTFUL COLORING AND NATURAL HAIR PRODUCTS COMPLEMENT YOUR HEALTH AND YOUR BEAUTY. PERSONAL CONSULTATION STYLE AND COLOR | WOMEN’S, MEN’S AND CHILDREN’S PRECISION HAIR CUTS | CUSTOM HAIR COLOR AND COLOR CORRECTION | KERATIN TREATMENT | 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.

Hands and Feet

ALLURING ME
INDULGE WITH A RELAXING AROMATIC SOAK FOLLOWED BY AN INVIGORATING SCRUB THAT RETURNS THE SKIN TO SILK. NEXT WE APPLY HYDRATING LOTION AND ENCAPSULATE THE HANDS OR FEET IN A WARM PARAFFIN WRAP. TO COMPLETE THE FINAL UNVEILING, WE OFFER A PERFECT POLISH FINISH. NOTE: PEDICURE INCLUDES A CALLUS SCRUB TO RETURN YOUR FEET BACK TO BALANCE.

TREAD LIGHTLY
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
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.

GEL MANICURE (SHELLAC)
MIRROR LIKE & CHIP-PROOF FINISH

POLISH CHANGE, NAIL REPAIR AND FRENCH MANICURES ARE ALSO AVAILABLE; PLEASE CONTACT THE SALON IN ADVANCE TO REQUEST YOUR PREFERENCE.
Fitness & Wellness Programs

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, Circuit Training, Water Aerobics, Swim Workouts, Indoor Cycling, and our signature Boot Camp classes, "Nature’s Gym, and Terranea Trail Challenge.”

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—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.

For Terranea Resort reservations and information, please contact 310-265-2740 or your travel professional.
For GDS reservations, please use the destination hotels & resorts chain code “DN” – Thank you.
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

For Terranea Resort Reservations and Information, please contact your Travel Professional.
For GDS Reservations, please use the Destination Hotels & Resorts Chain Code “DN”
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.
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.
# Signature Rituals

## MORNING & EARLY AFTERNOON

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Balneo Specifics</td>
<td>30 Min</td>
<td>95</td>
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<tr>
<td>Crystal Quartz Scrub</td>
<td>30 Min</td>
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<tr>
<td>Crystal Reflections</td>
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<tr>
<td>Volcanic Clay Wrap</td>
<td>60 Min</td>
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</tr>
<tr>
<td>Energetic Duo</td>
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</tr>
<tr>
<td>Oil &amp; Water</td>
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</tr>
<tr>
<td>Inside &amp; Out</td>
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<tr>
<td>Ocean Prelude</td>
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<td>375</td>
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<tr>
<td>Power of Stone</td>
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<tr>
<td>Tempest</td>
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## LATE AFTERNOON & EVENING

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<td>Tranquility</td>
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<tr>
<td>Ancient Journey</td>
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<tr>
<td>El Segundo Blue</td>
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<tr>
<td>Passage</td>
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<tr>
<td>Flickering Embers</td>
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# Spa Menu

## Massages

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<tr>
<th>Service</th>
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<tr>
<td>Hot Stone</td>
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<tr>
<td>Prenatal</td>
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<tr>
<td>Reflexology</td>
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<tr>
<td>Relaxing Classical</td>
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<td>265</td>
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<tr>
<td>Shiatsu Therapy</td>
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<tr>
<td>Sports</td>
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<td>Terranea Therapeutic</td>
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## Facials

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<td>Vital and Toned</td>
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<tr>
<td>Gentleman's Facial</td>
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<tr>
<td>Transformation</td>
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<td>Nature’s Lift Facial</td>
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<tr>
<td>Bare Your Back</td>
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<tr>
<td>Botanical Brightening Facial</td>
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## Waxing

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<td>Lip or Chin Wax</td>
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<td>Full Face Wax</td>
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<td>Basic Bikini Wax</td>
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<tr>
<td>Back Wax</td>
<td>75-100</td>
</tr>
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</table>
**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
## HAIR

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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<tbody>
<tr>
<td>Bridal Hair Styling - Wedding Day</td>
<td>$150</td>
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<tr>
<td>Bridal Hair Styling &amp; Consultation</td>
<td>$125</td>
</tr>
<tr>
<td>Special Occasion Styling - Adult</td>
<td>$115</td>
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<tr>
<td>Special Occasion Styling - Junior</td>
<td>$65</td>
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<tr>
<td>Shampoo &amp; Blow Dry</td>
<td>$60-90</td>
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<tr>
<td>Men's Haircut</td>
<td>$60</td>
</tr>
<tr>
<td>Men's Color Camouflage</td>
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<tr>
<td>Haircut for Children</td>
<td>$45</td>
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<tr>
<td>Haircut for Women</td>
<td>$75</td>
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<tr>
<td>Color/Color Touch Up</td>
<td>$100+</td>
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<tr>
<td>Highlights/Low Lights</td>
<td>$125+</td>
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<tr>
<td>Custom Color Correction</td>
<td>Priced Upon Consultation</td>
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## MOROCCANOIL®

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Deep Conditioning Treatment</td>
<td>$50</td>
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<tr>
<td>Balancing Scalp Treatment</td>
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## KERATIN COMPLEX SMOOTHING THERAPY™ BY COPPOLA

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Express</td>
<td>$150+</td>
</tr>
<tr>
<td>Original</td>
<td>$350+</td>
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</tbody>
</table>
**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.
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!
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 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.
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.

**Couples Treatments**

**Balneo Specifics**
- 30 minutes | $95

**Infrared Sauna and Rain Head Swiss Shower**
- 30 minutes | $95

**Power of Stone**
- 120 minutes | $350

**Inside & Out**
- 120 minutes | $375

**Terranea Therapeutics**
- 60 minutes | $185
- 90 minutes | $265

**Stone Therapy**
- 60 minutes | $190
- 90 minutes | $270

**Flickering Embers**
- 120 minutes | $375

**Tranquility**
- 60 minutes | $195

*Prices are reflective of per guest.*
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.
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 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.