

The Bungalows

5-NIGHT WELLNESS RETREAT

Includes: Five 60-minute spa treatments per person*; Five 60-minute private or semi-private couples fitness sessions**

5-Day SUGGESTED ITINERARY

ARRIVAL

Arrive at Terranea
VIP Concierge Greeting
Check in – *Champagne upon Arrival*
Afternoon Fitness Class and Walk the Coastal Trails
Sunset & Dinner at Nelson's
Fireside Reflections at your Bungalow Firepit

DAY 1

Private Fitness Consultation and Evaluation
Breakfast at the Spa Café
Stand Up Paddle Boarding – *Adventure Concierge*
Lunch at the Spa Café
Tranquility Specialty Treatment – *60-Minutes*
Dinner at mar'sel

DAY 2

Morning Fitness Class & Personal Trainer Session
Breakfast at Spa Café
Couples Massages & Spa Pool
Lunch at Spa Café
Afternoon Meditation Class
Dining in-room & Watch a Movie

(CONTINUED ON NEXT PAGE)

*Up to a \$1,125 value, inclusive of tax and gratuity, **Up to a \$625 value, inclusive of tax and gratuity



TERRANEA
L.A.'S OCEANFRONT RESORT
A DESTINATION LUXURY HOTEL

100 TERRANEA WAY, RANCHO PALOS VERDES, CA 90275
310.265.2800 | TERRANEA.COM/SPA

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5-Day SUGGESTED ITINERARY (CONTINUED)

DAY 3

Breakfast at catalina kitchen
Tide Pooling - *Adventure Concierge*
Picnic Lunch from sea beans
Coastal & Nature Preserve Hiking
Thai Massage - *60-Minutes*
Dinner at bashi

DAY 4

Private TRX Class with Personal Trainer
Breakfast at the Spa Café
Relax at the Spa Pool
Lunch at the Spa Café
Nature's Transformation Facial - *60-Minutes*
Dinner at catalina kitchen

DAY 5

Morning Fitness Class & Personal Trainer Session
Breakfast at the Spa Café
Crystal Reflections - *60-Minutes*
Lunch at the Spa Café
Check Out & Departure — ***Pre-book your next visit!***

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