

# The Bungalows

## 7-NIGHT WELLNESS RETREAT

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

### 7-Day SUGGESTED ITINERARY

#### ARRIVAL:

VIP Concierge Greeting  
Check in – Champagne upon Arrival  
Afternoon Fitness Class and Trail Walk to the Cove  
Sunset & Dinner at Nelson's  
Fireside Reflections at your Firepit  
Daily Spa Ritual – *Bath*

#### DAY 1:

Sunrise Yoga and Walk the Coastal Trails  
Breakfast at Spa Café  
Personal Fitness Consultation and Evaluation  
Lunch at the Spa Café  
Tranquility Specialty Treatment – *60-Minutes*  
Dinner at mar'sel  
Daily Spa Ritual – *Aromatherapy*

#### DAY 2:

Private Nature's Gym Workout with Personal Trainer  
Breakfast at the Spa Café  
Relax at the Spa Pool  
Lunch at the Spa Café  
Couples Massages  
Order In Room Dining & Watch a Movie  
Daily Spa Ritual – *Facial Mask before Bed*

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*\*Up to a \$1,575 value, inclusive of tax and gratuity, \*\*Up to a \$875 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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### 7-Day SUGGESTED ITINERARY (CONTINUED)

#### DAY 3:

Breakfast at Spa Café  
Stand up Paddle Boarding - *Adventure Concierge*  
Lunch at the Spa Café  
Shiatsu Massage - *60-Minutes*  
Drinks & Sunset by the Lobby Bar Fire Pits  
Dinner at bashi  
Daily Spa Ritual - *Meditation*

#### DAY 4:

Morning Walk to the Interpretive Center and Lighthouse  
Personal Training Session or Golf Fitness Consultation  
Breakfast at Spa Café  
Falconry Activity - *Adventure Concierge*  
Lunch at the Spa Café  
Nature's Transformation Facial - *60-Minutes*  
Friday Night Seafood Buffet  
Daily Spa Ritual - *Bath*

#### DAY 5:

Seaside Cycling  
Breakfast at Spa Café  
Private Couples Yoga Class  
Abalone Cove Tide-Pooling- *Adventure Concierge*  
Couples Massage in the Ocean Suite - *60-Minutes*  
Sunset Ritual  
Dinner at catalina kitchen  
Live Music at the Lobby Bar  
Gelato at sea beans  
Daily Spa Ritual and Relaxing CD

#### DAY 6:

Sunrise Yoga  
Breakfast at the Spa Café  
Nutrition Consultation and Meal Plan  
Lunch at the Spa Café  
Hot Stone Massage - *60-Minutes*

#### DAY 7:

Breakfast at sea beans  
30 Minute Golf Lesson & 9 Holes  
Lunch at Nelson's  
Tranquility Specialty Treatment - *60-Minutes*  
Check Out & Departure - **Pre-book Next Visit!**

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