



BODY ■ MIND ■ SPIRIT



## WELCOME TO THE SPA AT TORREY PINES

We are delighted to be a part of your path to health and wellness. Central to The Spa experience are treatments utilizing eco-friendly, marine- and botanical-based products from the lines of EmerginC Organics, SkinCeuticals, Phytomer, Farmhouse Fresh and Voya. Because we are located above the cliffs of the Pacific Ocean and within walking distance of the treasured Torrey Pines State Natural Reserve, many of our treatments are inspired by our location and indigenous plant life found in the reserve. Sage, known for its purifying and detoxifying properties, is used in The Spa's signature treatment, a Coastal Sage Scrub that is performed in the Vichy shower. All spa treatments and rituals were designed with wellness in mind and are performed to meet the needs of each individual.

The design of The Spa at Torrey Pines takes its artistic direction from the style of Scottish architect Charles Rennie Mackintosh. A feng shui expert was retained to advise on the layout of the 9,500-square-foot space. In addition to 14 treatment rooms, there are two locker rooms (men's and women's), a relaxation lounge with a fireplace, dry saunas, herbal-infused steam rooms and aromatherapy inhalation rooms.

A cardio/strength room features state-of-the-art treadmills, elliptical trainers, stationary cycles and weight training equipment. Yoga classes and guided nature walks through the Torrey Pines State Natural Reserve are also offered. An outdoor grand-scale pool and whirlpool take advantage of the year-round temperate weather and beautiful views. We are looking forward to your visit!



## MASSAGE THERAPIES

*Massage employs various methods of manipulation to relieve stress, muscle tension and fatigue. Circulation is improved, which helps to induce relaxation.*

**TORREY PINES SIGNATURE MASSAGE** Find your bliss with a personalized massage incorporating our signature lemongrass and sage oil. Simply describe your perfect massage and our expert therapists will take care of the rest.

50 MINUTES      80 MINUTES

**AROMATHERAPY** An ancient healing art dating back to 4500 BC. Choose from one of our specialty blends of aromatherapy oils to personalize your massage experience. The combination of healing oils and massage will encourage deep relaxation and release tension stored in the body.

50 MINUTES      80 MINUTES

**COUPLES MASSAGE** Share ultimate relaxation with a close friend, family member or significant other while two therapists perform simultaneous massages in the same candlelit room. Feet will be wrapped in warm towels, and a square of our signature dark chocolate with Hawaiian sea salt will bring this experience to a sweet end.

50 MINUTES      80 MINUTES

**PRENATAL** Encourages relaxation and focuses on reducing the many stressors a woman's body encounters during pregnancy. Prenatal massage is also highly beneficial for your baby, who will feel the relaxing effects of massage within the womb. It is a very special bonding experience for mother and child. This massage uses pillows and is performed primarily while you rest on your side for comfort.  
*\*This treatment is offered in the last two trimesters only.*

50 MINUTES

**HEAD OVER HEELS MASSAGE** Fall head over heels in love with this scalp, neck, hand and foot massage that melts tension away from the entire body. The full 50-minute experience incorporates soothing Argan oil into the scalp massage. The 25-minute massage will focus solely on the feet.

25 MINUTES (FEET ONLY)      50 MINUTES (HANDS, FEET & SCALP)

**TORREY PINES COBBLESTONE** Enter into a state of pure tranquility as warm basalt stones are strategically placed along the energy centers of the body. The warmth of the stones combined with a customized, full-body Swedish massage will induce a state of deep relaxation.

80 MINUTES



## SKIN CARE THERAPIES

*Skin care at The Spa at Torrey Pines is a truly personalized experience. Simply decide if you would prefer 50 or 80 minutes of time with our skin care experts, and they will customize a facial specifically for you. We've selected a range of product lines that can address all of your concerns, including fine lines, dehydration, redness, hyperpigmentation, environmental damage and sensitivities. Our products include marine botanicals, organic ingredients and cosmeceuticals. A post-treatment home care program will also be provided in order to maximize your spa experience and provide long-term results.*

*All 50- and 80-minute facials include face, hand and décolleté massage. Indulge in the 80-minute experience and a foot massage with warm towels is also included. If you are short on time and in need of a facial, we also offer a 25-minute Petite Facial for a quick, refreshed look.*

*Facial Enhancements may be added to 50- and 80-minute facials (not available as standalone treatments).*

**ILLUMINATING EYE TREATMENT** This treatment will help correct dark circles and improve the appearance of fine lines around the delicate eye area.

**HYDRATING LIP PLUMPING TREATMENT** This treatment will help smooth lines and wrinkles around the mouth as well as rehydrate and soften dry lips.

**INTENSIVE AGE-DEFYING DÉCOLLETÉ TREATMENT** This treatment will target age spots and creping of the skin in the delicate décolleté area. It will help brighten and even out skin tone, as well as help redensify to minimize crepiness.

**REJUVENATING HAND TREATMENT** This treatment will aid in softening, nourishing and brightening the hands.

**WAXING** (facial waxing only)







## BODY MASKS & WRAPS

*Body masks and wraps help your body balance itself by relieving muscle tension and promoting natural detoxification and hydration.*

**NOURISHING STEM CELL WRAP** A nourishing wrap designed to revitalize dehydrated, aging and sun-damaged skin with grape stem cells, spirulina, aloe and white tea. This experience begins with a gentle dry brush exfoliation to remove dead skin cells, increase circulation and promote lymphatic flow. Next, warm coconut Argan oil is slowly painted on for ultimate hydration before you are cocooned in the wrap. As a finale, a calming scalp massage brings you deep into bliss.

50 MINUTES

**RESURFACING BODY WRAP** The ultimate in total body resurfacing using natural extracts and rich infusions of vitamin D to increase clarity, hydration and illumination of the skin. A 100% pure cane sugar glycolic exfoliation assists in the removal of dry skin so the body can soak up all of the rich nutrients in the mask. As you lie cozy in your wrap, an aromatic scalp massage is performed. The treatment ends with a luxurious application of olive, fig and shea body butter leaving you feeling renewed, hydrated and ultra-smooth.

80 MINUTES

**SEA LEAF WRAP** Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body. After a gentle exfoliation, the body is wrapped in hand-harvested seaweed leaves and allowed to absorb all of the potent nutrients. As you lie cocooned in your wrap, a soothing scalp and face massage brings you deeper into relaxation. Complete with an application of warm body milk, this luxurious organic marine algae treatment detoxifies, hydrates, firms and softens the skin.

80 MINUTES

**WARM SPICED MUD WRAP** Seaweed is taken fresh from the ocean and combined with the purifying elements of peat to create a body wrap that is rich in potent antioxidants and minerals. Combined with the uplifting scents of ginger and orange and the expert touch of our therapists, your body and mind will truly feel the amazing benefits of this experience.

50 MINUTES



## WATER THERAPIES

*Hydrotherapy is a European tradition of “taking of the waters.” Underwater massage and hydro jets work in conjunction with the physical properties of temperature and pressure.*

**BALNEOTHERAPY** Exclusive Oligomer Seawater Bath in a hydrotherapy tub soothes muscles and enhances relaxation. Trace elements nourish and remineralize your body as the synergistic effects of the jets and seawater enhance your body and spirit.

25 MINUTES

**COASTAL AROMA-SOAK AND MASSAGE** Submerge your body in a relaxing soak of Dead Sea salts and organic essential oils of lemon, clove, mandarin and basil. End with a 50-minute personalized massage to leave you feeling totally calm.

80 MINUTES



## BODY EXFOLIATING TREATMENTS

*Our body scrubs are performed using a Vichy shower. Warm water rains out of five showerheads as your body is buffed and scrubbed. The sound of the cascading water and the sensation of warm rain falling on the body make this an experience to remember.*

**COASTAL SAGE SALT SCRUB** Sage is known for its purifying and detoxifying properties. Enjoy our custom-blended lemongrass and sage products in this ultimate treatment. This three-step experience begins with a natural loofah cleanse with warm water and shower gel. As you experience the next step of the exfoliating and hydrating sage and sea salt scrub, feel the sensation of five showerheads streaming warm water from head to toe as you lie in utter relaxation. This exclusive Spa at Torrey Pines treatment finishes with a luxurious application of lemongrass and sage lotion.

50 MINUTES

**LAVENDER SEAS SUGAR GLOW** A fragrant mix of lavender oil, seaweed and sugar gently exfoliates your skin as warm water gently rains down on the body. Sugar assists in removing dead skin cells, while the lavender oil and seaweed act to soothe the mind and body. An application of nourishing body oil completes the experience.

50 MINUTES





*These rituals have been specifically designed for you using the most beneficial, healing and natural ingredients available.*

**ANCIENT OCEANS RITUAL** Restore your personal harmony by experiencing an ancient aquatic ritual. We begin with an exfoliation to prepare you for this cleansing experience. Next, the body is enveloped with a warm, aromatic body gel that combines the trace minerals from seawater and essential oils such as lavender, ylang-ylang, sandalwood, basil and sage. Then relax in our hydrotherapy tub, remineralize with our seawater bath and discover for yourself the restorative benefits of the ancient ocean. Complete the ritual with a blissful massage.

140 MINUTES

**SPIRIT TO SOUL RITUAL** This lavish ritual combines the intense moisturizing properties of Argan oil and shea butter to create a deeply hydrating experience. You will begin your journey with a gentle exfoliation incorporating a natural orange peel body buff, rich in hydrating vitamin E and Argan oil. Once your skin is smooth and supple, a personalized full-body massage eases muscle tension and calms the mind. To complete your experience, a vitamin C-enriched facial will firm and tighten the face to reveal radiant, more youthful skin.

140 MINUTES

**SPA AT TORREY PINES SIGNATURE RITUAL** With the use of indigenous sage and the essential oil of lemongrass, this ritual uses our signature line of products to create a unique spa experience that will leave you with a sense of euphoria. This ritual begins with a warming soak in our hydrotherapy tub with our lemongrass and sage bath salts. Next, enjoy our Coastal Sage Scrub, followed by a personalized massage using our signature line of massage products.

140 MINUTES



## NAIL CARE THERAPIES

**REJUVENATING CITRUS MANICURE** The deluxe citrus “facial for hands” is the ultimate anti-aging treatment. A two-step process utilizing citric acid and a firming peptide complex will help restore skin to a more youthful appearance. Next, a warm paraffin treatment and relaxing arm and hand massage restore hydration and a radiant glow to the skin. Top off with the perfect polish for beautiful hands.

50 MINUTES

**SHELLAC MANICURE** A classic manicure complete with a shellac finish. This treatment includes cuticle care, nail shaping and a luxurious hand massage. *\*Removal of gel or shellac polish will require additional time.*

50 MINUTES

**ESSENTIAL SPA MANICURE** The classic manicure for clients on the go. A 25-minute manicure to reshape the nails, cleanup the cuticles and massage moisture into the hands. Finished with a fresh coat of enamel.

25 MINUTES



**BOURBON BUBBLER MEN’S PEDICURE** A pedicure just for men. Sit back, relax and let our experts soothe your tired soles. Feet are loosened up in a warm Nectar Milk soak before you’re buffed and scrubbed with a spike of molten bourbon. A warm wrap and decadent massage reinvigorate and hydrate the legs and feet.

45 MINUTES

**WARM SEA STONE PEDICURE** Slip away and indulge in a luxurious treatment for the feet. After a warm soak, the feet are exfoliated with a rich shea butter body polish before a hydrating mask of honey and coconut oil is applied. The feet and calves are then treated to a soothing massage with warm salt stones before the toes are perfectly polished.

75 MINUTES

**ULTIMATE SPA PEDICURE** Feet that require some extra TLC are brought back to life with a soothing milk soak followed by a vigorous exfoliation incorporating lavender and sea salt. Calluses are then gently smoothed away with a natural honey heel glaze before the toes are polished to perfection and you’re ready to face the world again.

45 MINUTES







## FITNESS & ACTIVITIES

### NATURE WALKS THROUGH TORREY PINES STATE NATURAL RESERVE

Daily at 9:00AM and 4:00PM

60–80 MINUTES

### YOGA CLASSES

**YOGA FLOW** Our yoga class focuses on mindfulness, basic breathing and postures and is geared toward all levels of experience. The practice of yoga improves circulation, flexibility and creates peace of mind. Individual attention is given in a supportive, encouraging atmosphere. No previous yoga experience is necessary.

Saturday and Sunday at 8:30AM and 10:30AM

75 MINUTES

**PRIVATE YOGA INSTRUCTION** Similar to our Yoga Flow class but just for you and your friends. This class can be customized to your level of experience.

80 MINUTES

\$150 (1–2 people) \$200 (3–20 people) by Appointment Only

*Please contact The Spa to schedule.*

## HOW TO SPA AT THE SPA AT TORREY PINES

### APPOINTMENT SCHEDULING

In order to secure your preferred services and times, we highly recommend that you schedule all spa appointments a minimum of two weeks in advance for weekday bookings, and two to four weeks in advance for weekend or holiday bookings. Guests under the age of 12 are limited to nail salon services. Guests who are 12-16 years of age may receive nail and facial services. Guests who are 16 years of age or older may receive any of the services on our menu and use the facilities. All guests under the age of 16 must have a parent or legal guardian present with them in The Spa or they will not be permitted to use The Spa facilities. Please see “Release Of Liability” at The Spa reception for further details. A parent or legal guardian is required to sign for anyone under the age of 18.

### APPOINTMENT CANCELLATION

If you cannot keep your appointment, a 24-hour change or cancellation notice is required to avoid being charged. All no-show appointments will be charged in full. Group reservations are subject to contractual agreement.

### ARRIVING LATE

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will be applied.

### GIFT CARDS

Gift cards are available for any dollar amount and can be used at The Spa for services or retail, at A.R. Valentien and The Grill or for overnight accommodations at The Lodge at Torrey Pines.



## AT THE SPA

### WHAT TO BRING

We will provide you with a locker room full of vanity amenities, including a robe and sandals. For the treatment, you will disrobe to your comfort level. During all treatments, the only area of the body that is not completely draped is the area being worked on. Bathing suits are recommended for all hydrotherapy treatments.

### WHAT TO LEAVE AT HOME

Alcohol is not permitted in The Spa and is not recommended before or after a treatment. We also recommend that you do not bring jewelry or valuables to The Spa.

### CELL PHONES

The Spa is a cell phone-free environment. Please be mindful of other guests and your time to relax. We ask that you put your phones on silent as you enter The Spa and refrain from using them during your visit.

### WHAT TIME TO ARRIVE

Please arrive at least 30 minutes prior to your first treatment time in order to allow ample time to check in, shower and prepare. We invite you to enjoy the facilities, including herbal-infused steam room, sauna, relaxation lounge and fitness center, before and after your spa treatments.

### COMFORT LEVEL DURING THE TREATMENT

If at any time during the treatment you are not completely comfortable, whether it is the pressure of the massage or the volume of the music, simply let the treatment provider know. This is your time, and the treatment providers are there to make sure your experience is everything that you want it to be.



All prices, services and hours of operation at The Spa are subject to change without notification. Please call to confirm current rates, services and hours of operation. Our spa reservationists are here to assist you in planning the spa experience that best suits your individual needs.

**Pregnancy:** If you are pregnant, you may want to avoid treatments using deep pressure as well as hydrotherapy and treatments involving heat. Also, please notify our spa reservationist of your pregnancy when booking your treatment. Please consult your physician prior to scheduling your appointment.

All guests enjoying spa treatments will have complimentary use of all spa facilities during their spa day. Enjoy full and unlimited access to our fitness studio, private key lockers, spa robe and sandals, and vanity amenities. During your spa day you also have use of the steam room, sauna, inhalation room and resting area with complimentary fruit, water and tea.



11480 NORTH TORREY PINES ROAD  
LA JOLLA, CALIFORNIA 92037

RESERVATIONS: 858.777.6690

SPATORREYPINES.COM





# THE SPA AT TORREY PINES

## SPA SERVICES AND PRICING

### MASSAGE THERAPIES

Aromatherapy Massage	50 min   \$160	80 min   \$235
Couples Massage	50 min   \$320	80 min   \$470
Prenatal Massage	50 min   \$160	
Head Over Heels Massage	25 min   \$95 <i>feet only</i>	50 min   \$160 <i>hands, feet &amp; scalp</i>
Torrey Pines Signature Massage	50 min   \$160	80 min   \$235
Torrey Pines Cobblestone Massage		80 min   \$235

### SKIN CARE THERAPIES

Personalized Facial	50 min   \$160	80 min   \$235
Petite Facial	25 min   \$95	

### SKIN CARE ADD-ONS

Illuminating Eye Treatment	\$25
Hydrating Lip Plumping Treatment	\$25
Intensive Age-Defying Décolleté Treatment	\$25
Rejuvenating Hand Treatment	\$25
Waxing ( <i>face only</i> )	\$25

### BODY MASKS AND WRAPS

Nourishing Stem Cell Wrap	50 min	\$160
Resurfacing Body Wrap	80 min	\$235
Sea Leaf Wrap	80 min	\$235
Warm Spiced Mud Wrap	50 min	\$160

### WATER THERAPIES

Balneotherapy	25 min	\$85
Coastal Aroma-Soak and Massage	80 min	\$235

### BODY EXFOLIATING TREATMENTS

Coastal Sage Salt Scrub	50 min	\$160
Lavender Seas Sugar Glow	50 min	\$160

### RITUALS

Ancient Oceans Ritual	140 min	\$345
Spirit to Soul Ritual	140 min	\$345
Spa at Torrey Pines Signature Ritual	140 min	\$345

### NAIL CARE THERAPIES

Rejuvenating Citrus Manicure	50 min	\$70
Essential Spa Manicure	25 min	\$45
Shellac Manicure	50 min	\$80
Ultimate Spa Pedicure	45 min	\$80
Bourbon Bubbler Men's Pedicure	45 min	\$80
Warm Sea Stone Pedicure	75 min	\$100