

## BODY TREATMENTS

### Dead Sea Salt Scrub 50min \$80

Buff away aging skin cells, unclog your pores and polish your skin with this full body exfoliation treatment, using a mixture of abrasive Dead Sea salts and soothing oils. Finish with a soothing, light massage of lavender massage whip.

### Brown Sugar Body Glow 50 min \$80

Less abrasive than the salt scrub, this gentle full body exfoliation leaves your skin soft, supple and hydrated. It is finished with a relaxing, light massage of milk and honey massage whip.

### Body Sculpting Mud Wrap 65 min \$95

Using Hungarian Moor mud, this contouring wrap promotes circulation, tones, and reduces the "orange peel" appearance. It also stimulates the immune system, promotes muscular relaxation, relieves pain, breaks down fat cells, detoxifies and improves range of motion. For optimal results, 3 treatments a week for 4 consecutive weeks is recommended although not required.

### Master Cleanse Detox Wrap 65min \$100

Start with an invigorating salt scrub combined with lemon, maple syrup and cayenne pepper to polish the skin. Then relax with gentle heat while wrapped up tightly so the detoxifying properties can penetrate the body. Finish with a soothing application of lemon flower massage whip.

### Airbrush Tanning \$45

Achieve that sun-kissed San Diego tan without the harmful UV rays. The therapist will apply the color evenly and streak-free. Please shower and exfoliate before coming in for best results. Skin should be clean and free of any residue. It is recommended to wear loose clothing and sandals. Add an exfoliation treatment for \$45.

## SPA ETIQUETTE & POLICIES

- ~ Wear loose fitting, comfortable clothing, however, you will undress to your comfort level and be completely covered by sheets. Privacy is respected.
- ~ Leave jewelry and valuables at home in order to avoid any worries or stress.
- ~ Please be prompt in your arrival as all appointments will end on time and be charged in full, regardless of late arrival.
- ~ Please turn cell phones off to ensure the tranquility of our spa environment for all guests.
- ~ If you would like for the pressure of your massage to be adjusted, let your therapist know. Communication during your treatment is key.
- ~ The minimum age for spa guests is 14 years old.
- ~ Gratuity is not included in the price of services. It is customary to leave 15-20%.



Scan to Call

**Please note: we have a 24 hour cancellation policy. If you need to cancel or reschedule an appointment, please do so at least 24 hours in advance or there will be a full fee charged. A credit card is required to hold a reservation at the time of booking.**



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## SKIN WELLNESS

All our facials incorporate the use of Rhonda Allison cosmeceutical grade products combined with the unparalleled Clarisonic face brush which leaves skin "Clarisonic Clean". Results are apparent immediately!

### The Fortunato Facial 50min \$85

You are fortunate indeed when you partake in this facial. We are able to customize a facial that is just for you! It includes a deep cleanse, exfoliation, extractions, massage, mask and moisturizer, eye treatment, and sunscreen to "seal the deal". This can be customized from sensitive skin to problematic.

### Three Sisters Facial 60min \$105

Otherwise known as the "I can't believe how great my skin looks facial", this treatment is named after the popular, local hiking trail called the "Three Sisters Falls". It incorporates three different enzymatic masks that will infuse vital antioxidants and nutrients for healthier, glowing skin. It will leave the skin softened and polished. This facial is suitable for both first timers and the skin-savvy.

### Men's RAW Facial 50min \$85

This results-driven facial features Rhonda Allison's line specifically formulated for the pH of men's skin. You will experience a deep cleanse, an exfoliation, skin analysis and extractions. A relaxing massage on your face, neck and chest is included. Followed up with a cacti mud mask that will purify, hydrate and rejuvenate. You will finish with a moisturizing SPF when we send you on your way.

### Microdermabrasion 50min \$90

This service is a quick fix. There is no down time and instant gratification. It's a non-invasive procedure that is effective for light scarring, fine lines and wrinkles, sun damage, acne and discoloration. We prep the skin with Rhonda Allison to achieve a "squeaky clean" palette. We recommend four treatments a year or for more problematic skin, we offer a series of six at a discounted rate of \$450.

### Chemical Peels \$85-\$250

At some point in your skin care journey many of us feel the need for something a little stronger. Utilizing the Rhonda Allison product line for our peels we are able to achieve GREAT results without being invasive. No need for plastic surgery when there is "skin nutrition" available for effective, natural looking results. We offer progressive, mid-depth to deep levels using a wide variety of acids and enzymes. We then customize to your skins needs.

### Facial add-ons:

Chemical Exfoliant \$10+  
RA Eye Treatment \$35

## MASSAGE THERAPY

### Relaxing Massage 30/50/80min \$55/85/110

Reduce tension and stress with gentle, soothing strokes while bringing balance to mind, body and soul.

### Deep Tissue Massage 30/50/80min \$65/95/120

Relieve chronic muscle tension and reduce pain by penetrating deeper layers of muscle through firm pressure and focus on problematic areas.

### Pre-natal Massage 50min \$90

Improve circulation and relieve an aching body with this soothing massage. For expecting mothers in their 2nd and 3rd trimesters only.

### River Rock Massage 50min/80min \$100/125

Muscles are warmed and relaxed with a combination of deep penetrating heat from hot river rocks and expert massage therapy.

### Reflexology Massage

Promote well-being throughout the whole body through the zones of the feet and hands, which each correlate with specific organs and areas of the body.

20min Foot \$35

30min Hand & Foot \$45

### Traditional Thai Massage 50/80min \$100/125

Thai Massage is a blend of massage, acupressure, energy work, and gentle yoga stretches. Comfortable clothing is worn and the massage is done on the floor on a soft mat. Benefits from a session may include: releasing tight joints, stretching muscles, increasing range of motion, and reducing stress. No oil or lotion is used.

### CranioSacral Therapy 50min \$65

Although not a massage, this subtle yet profoundly deep work is a gentle form of hands-on bodywork. No greater than five grams of pressure, or about the weight of a nickel, are used to release restrictions in the CranioSacral system and to improve the functioning of the central nervous system. You are completely clothed. Many clients are surprised at how different they feel yet remark it was such a gentle touch to reach that level of relaxation.

## WAXING

Brow \$15  
w/arch \$20

Face \$25  
w/brow \$40  
Lip or Chin \$10

Underarm \$15  
Bikini \$30+

Low Leg \$25  
Upper Leg \$30  
Full Leg \$50

## HANDS AND FEET

### Manicure 30min \$25

Includes shaping, exfoliation and polish.

### Pedicure 45min \$40

Includes foot bath, shaping, callus reduction and polish.

### Spa Manicure 45min \$35

Includes cleansing, shaping, exfoliation, cuticle care, therapeutic hand massage, paraffin treatment and polish of your choice.

### Spa Pedicure 50min+ \$50

Sit back and relax as your feet are treated to a therapeutic foot bath, exfoliating scrub, callus reduction, invigorating massage, mask, nail shaping and cuticle conditioning. End with a coat of polish in the color of your choice.

### Add Shellac Hands/Feet \$10/15

This long lasting nail treatment includes our shellac nail polish that goes on like a polish, wears like a gel and removes in minutes. Like any quality polish application, the Shellac system features a Base Coat, Color Coat and Top Coat. Together with a UV Lamp, they comprise the breakthrough in resilient color that remains flawless for two-four weeks and removes in 10 minutes. Hypo-allergenic and formaldehyde, toluene and DBP free. Shellac Removal \$5+

### Manicure/Pedicure \$55

### Spa Manicure/Spa Pedicure \$75

### Add French \$5 Polish Change \$10

## SPA PACKAGES

### Relax and Rebalance 3hrs \$205

Soothe away tension, free your mind of worries and enjoy a 50min Relaxing Massage, Fortunato Facial and Spa Pedicure.

### Detox and De-stress 3hrs+ \$265

Cleanse and purify the body and soul while partaking in a Master Cleanse Wrap, Fortunato Facial and 50min Deep Tissue Massage.

### The Five Elements 4.5hrs \$350

Based on the five elements of nature, the treatments in this package work together synergistically to create peace and harmony, recharging the spirit. Each element is represented. Wood is featured in the Three Sisters Facial, Fire in the hot 50min River Rock Massage, Earth in the Moor Mud Wrap, Metal in the Spa Manicure and Water during the soak in the Spa Pedicure.

### Just for the Guys 2hrs \$170

Simple and straight forward, perfect for the men in our lives. 50min Deep Tissue Massage and Men's RAW Facial.