



Massage Therapy Services

CUSTOM MASSAGE

50 minutes \$130 | 80 minutes \$170

Personalized massage including Swedish techniques to improve circulation, ease tension and rejuvenate stressed muscles.

DEEP TISSUE MASSAGE

50 minutes \$140 | 80 minutes \$180

Personalized massage featuring deep, firm pressure through focused strokes to release chronic pain.

PRENATAL

50 minutes \$140 | 80 minutes \$180

Relax and nurture yourself and your new baby while reducing common pregnancy pain, such as backaches, leg cramps and insomnia. Enjoy during your second or third trimester.

AROMATHERAPY

50 minutes \$140 | 80 minutes \$180

Essential oils are used to enhance physiological well-being. The select aromas balance moods while elevating and stimulating regeneration of the tissue and nerves.

REFLEXOLOGY

50 minutes \$140

Pressure points throughout the body are targeted to align energy, improve circulation and encourage overall healing.

HOT LAVA SHELLS

50 minutes \$150 | 80 minutes \$190

This unique treatment uses natural tiger clam shells recycled from the South Pacific Ocean. Deep, nurturing, penetrating heat combined with Swedish-style massage strokes melts tension and helps you to experience a deeper state of relaxation.

COUPLES MASSAGE

50 minutes \$260 | 80 minutes \$340

This massage service for two includes our signature Custom Massage enjoyed together in our spa treatment room.

RESERVATIONS: Reservations are required and advance reservations are highly recommended. Please dial in-house ext. 411 or call/text 858-356-2SPA for spa reservations.

CANCELLATION POLICY: To avoid charges, please honor our four hour advance notice cancellation policy for all treatments. No-Shows or cancellations without four hour cancellation are subject to payment in full.

GRATUITY: As a Courtesy to your Body Care Specialist, an 18% gratuity will be added to all services unless a higher amount is given at your discretion.

HOURS OF OPERATION: Our Body Care Specialists are on-call from 9:00am to 6:00pm daily by appointment only. Our reservation team is available daily from 8:00am - 5:00pm.