



THE SPA  
AT THE GRAND DEL MAR

# Treatment Menu



A modern-day monument to the invigorating spirit of the Renaissance, The Spa, in décor, design, practice and philosophy, epitomizes that golden era. Explore the wild herbs, mineral-rich clays, and plethora of local elements used in our restorative spa treatments. Immerse yourself in the art of wellbeing.

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## Touch Therapies

### HERBAL SALT SCRUB

Indigenous, aromatic rosemary works in synergy with a stimulating, cascading Vichy shower to deliver an experience of exhilarating, restorative wellness.

{ 30 minutes: \$110 weekdays, \$130 weekend }

### HERBAL REFLEXOLOGY

Rosemary and rose petals infuse an aromatic, warm saltwater footbath, followed by a hand and foot reflexology massage to clear energy pathways and stimulate total wellness by addressing the body's organs.

{ 60 minutes: \$195 weekdays, \$215 weekend }

### REFINED

This exhilarating Vichy shower experience begins with a full body exfoliation using a nutrient-rich body scrub. A relaxing application of hydrating body lotion follows, leaving the skin soft and glowing.

{ 60 minutes: \$195 weekdays, \$215 weekend }

### THERAPEUTIC

From soothing Swedish to tension-releasing deep tissue, the Therapeutic massage is personalized to your specific pressure preference and areas of tension, pain or chronic issues. Release tightness, reduce muscle pain, increase circulation and simply relax.

{ 60 minutes: \$195 weekdays, \$215 weekend / 90 minutes: \$280 weekdays, \$300 weekend }

### MANUAL LYMPH DRAINAGE (MLD)

Helping to alleviate stress, accelerate healing, reduce inflammation, relieve pain and boost immunity, Manual Lymph Drainage (MLD) induces a deep state of relaxation and removes toxins through light, rhythmic motions in the direction of the lymph flow.

{ 60 minutes: \$195 weekdays, \$215 weekend / 90 minutes: \$280 weekdays, \$300 weekend }

### BEGINNINGS

This relaxing maternity massage promotes circulation in feet and legs, soothes aches and reduces tension. Extra care and pillows enhance comfort and support while lying down.

{ 60 minutes: \$195 weekdays, \$215 weekend }

### SOLE COMFORT

Following a soothing, re-mineralizing foot soak, our relaxing, 30-minute therapeutic foot massage restores balance and integrity of gait while easing tendons and reviving tired, aching feet.

{ 30 minutes: \$110 weekdays, \$130 weekend }

### GOLF REVITALIZATION

Designed to alleviate neck and shoulder pain, relax hips and lower back, and increase range of motion, this service promotes pain-free play and a lower handicap. Stretching, a cold or hot clay wrap and aromatic oils used on key parts of the body associated with the sport of golf leave the muscles and mind revitalized for your next round.

{ 60 minutes: \$195 weekdays, \$215 weekend }

### BETWEEN TWO WORLDS

Perfect for reducing anxiety, this light touch therapy with aromatic oils targets nerve pathways to inspire a deep, soulful relaxation. A sweet-grass compress follows to awaken the senses and reconnect you with the earth.

{ 75 minutes: \$235 weekdays, \$255 weekend }

### STONY SILENCE

Subtle, penetrating heat from this warm stone massage addresses muscular aches and pain as it soothes the body and mind. This ritualistic treatment helps improve circulation and melt away stress, anxiety and tension.

{ 90 minutes: \$280 weekdays, \$300 weekend }

## Signature Touch Therapies

### CORE ELEMENTS

Ideal for athletes or lower back soreness, this service balances and strengthens the body's core. A relaxing lower back, hips and abdominal massage precedes a nutrient-rich mud wrap along the same areas. The treatment concludes with a massage on the neck, shoulders and upper back.

{ 90 minutes: \$280 weekdays, \$300 weekend }

### RENAISSANCE

This nourishing and replenishing, signature body ritual begins with a warm body wrap of mineral-rich mud and aromatic oils while resting in a relaxing free-floating bed. An invigorating rosemary-infused Swiss shower follows, along with a tension-relieving touch therapy applied with rhythmic rocking motions, bringing gentle movement into the joints and encouraging flexibility.

{ 90 minutes: \$320 weekdays, \$340 weekend }

# Triad Treatments

These multi-tiered treatment trios are designed to fully rejuvenate the body and spirit.

## EXTREMITIES

Promoting relaxation and a sense of wellbeing, this treatment begins with a therapeutic herbal footbath followed by a healing reflexology massage on the hands and feet, stimulating energy pathways. A soothing scalp, neck and shoulder massage using warmed, aromatic oils prolongs the relaxation.

{ Footbath, Reflexology and Upper Body Massage / 90 minutes: \$280 weekdays, \$300 weekend }

## DECOMPRESSION

An invigorating body scrub of organic rosemary is followed by a hydrating body wrap of goat butter while lying on a warm, free-floating bed, encouraging the ultimate in relaxation. A customized body massage culminates this soothing, luxurious treatment.

{ Scrub, Hydrating Body Wrap and Massage / 120 minutes: \$370 weekdays, \$390 weekend }

## EXPRESSION

The tiered ritual begins with the massage of warm, soothing stones, followed by an invigorating body scrub and Vichy shower. A brisk tonic massage finish stimulates circulation and creates a surge of energy from head to toe.

{ Stone, Scrub and Tonic Massage / 120 minutes: \$370 weekdays, \$390 weekend }

## SCULPTED BEAUTY

Ideal for improving the skin's appearance, this treatment includes a contouring body massage to encourage the elimination of excess fluid followed by a mineralizing seaweed clay wrap. An indulgent Swiss shower ensues before the skin is hydrated with a sunflower and mango-infused goat butter tightening cream.

{ Massage, Thermal Wrap and Swiss Shower / 120 minutes: \$370 weekdays, \$390 weekend }

# Grand Wraps

Four nourishing wrap experiences begin with a dry body brushing to gently exfoliate skin and are followed by choice of either a mini-Portrait facial or a mini-Therapeutic massage.

{ 60 minutes: \$195 weekdays, \$215 weekend }

## RECOVER

Using a blend of Roman chamomile and lavender essential oils, this wrap calms and nourishes irritated skin. Great for sunburned skin.

## REPAIR

A detoxifying blend of seaweed and minerals helps purify the body.

# Grand Wraps continued

## REPLENISH

This deeply moisturizing wrap of Porphyra red algae, hyaluronic acid and clary sage protects the skin, fights water retention and balances the senses.

## MARINE

A mineral rich and aromatic blend warmed to skin temperature re-mineralizes and hydrates the skin restoring your skin to its perfect state.

# Facial Therapies

## PORTRAIT

Following a brief consultation, our expert estheticians customize this toning and refreshing facial to your individual skin type, using a handmade, organic skincare line designed exclusively for The Spa.

{ 60 minutes: \$195 weekdays, \$215 weekend }

## LUMINOUS

A slow pressure point massage incorporates botanical elements, enzyme exfoliants and nutrient-rich clay to heighten relaxation and induce a deep sleep-like state.

The dramatic, regenerative results will leave your complexion bright and illuminated. Recommended for sun-damaged, dull or dehydrated skin.

{ 90 minutes: \$300 weekdays, \$320 weekend }

## ART FOR ART'S SAKE

Our signature facial begins with a choreographed sequence of exfoliation, warm aromatic cloths and a nourishing clay mask rich in essential fatty acids and antioxidants, giving the skin a healthy radiant glow. Next, warm oils enhance a neck, shoulders, décolleté, face, scalp and foot massage. Specific products are selected for gender and skin types.

{ 90 minutes: \$280 weekdays, \$300 weekend }

## THE GRAND MASTERPIECE

The Spa's anti-aging facial begins with an exquisite massage application of a detoxifying kaolin clay mask with vitamin E and centella asiatica to tone, stimulate collagen production and protect delicate skin from future damage. Then, an acerola extract mask, rich in vitamin C, minerals and antioxidants hydrates and softens the skin. This regenerative experience lifts lines, smoothes wrinkles and restores firmness and elasticity in your skin.

{ 60 minutes: \$300 weekdays, \$320 weekend / 90 minutes: \$400 weekdays, \$420 weekend }

# Facial Enhancements Hands & Feet

## MANUAL LYMPH DRAINAGE (MLD)

Focusing on the face and neck, this light, rhythmic technique improves overall functioning of the immune system and induces a deep state of relaxation. Benefits include alleviating facial congestion and sinusitis, improving skin conditions, treating puffy eyes and dark circles, and accelerating facial surgery recovery.  
{ 30 minutes: \$110 weekdays, \$130 weekend }

## ANTI-AGING HAND TREATMENT

Facial grade, anti-aging serums and creams are applied to the hands before a warm paraffin treatment. This exquisite add-on moisturizes hands, lightens and brightens age spots, and reduces muscle and joint soreness.  
{ Add to any facial therapy, \$35 }

## MOISTURIZING FOOT TREATMENT

This gently exfoliating and deeply hydrating treatment uses luxurious goat butter and warm paraffin to penetrate the skin and soothe achy feet.  
{ Add to any facial therapy, \$35 }

## REVIVAL PEEL

Enhance your facial with a nutrient-rich, all-natural exfoliation featuring a blend of salicylic, lactic and glycolic acids derived from hibiscus flowers to gradually exfoliate the skin without resulting redness.  
{ Add to any facial therapy, \$80 }

## WAXING

The Spa offers a full complement of facial and body waxing services.  
{ Call for pricing, 858.314.2020 }

# Packages

## THE GRAND DAY SPA RETREAT

Decompress and renew with a full day of relaxation, including a full body Therapeutic massage, personalized Portrait facial and poolside lunch.  
{ Massage, Facial and Lunch: \$390 weekdays, \$430 weekend }

## WORK OF ART

The 90-minute Core Elements treatment strengthens and soothes the body's core through massage and an enriching wrap, before our exquisite Art for Art's Sake facial.  
{ Core-Specific Massage, Wrap and Facial / 180 minutes: \$550 weekdays, \$590 weekend }

## COUPLE'S CLASSIC

This sensuous experience for two includes a relaxing, mineral-rich bath, customized 60-minute massage and moisture-intensive wrap with blissful head and foot massage.  
{ Bath, Massage and Wrap / 120 minutes: \$650 weekdays, \$690 weekend }

## SPA MANICURE

The Spa's signature manicure leaves hands beautiful and sensuously soft – artfully groomed to perfection.  
{ Manicure, \$65 / French Manicure, \$85 }

## SHELLAC MANICURE

This mini-manicure includes cuticle care, nail shaping and shellac finish – extending the length of your hands' polished appearance.  
{ Manicure, \$100 / French Manicure, \$115 }

## ANTI-AGING MANICURE

A gentle hand exfoliation and massage with pure collagen is followed by a hydrating Soyaffin treatment.  
{ Manicure, \$95 / French Manicure, \$110 }

## SPA PEDICURE

This experience begins with a warm, soothing footbath followed by a sugar scrub exfoliation and body butter application to leave your feet feeling soft and beautiful.  
{ Pedicure, \$100 / French Pedicure, \$115 }

## PURIFYING PEDICURE

Relax in a warm footbath enhanced with vitamins and minerals to promote detoxification. A gentle exfoliate and soothing clay mask invigorate the skin, leaving it supple and soft, and a relaxing massage and Soyaffin treatment on your hands and feet complete the experience.  
{ Pedicure, \$150 / French Pedicure, \$165 }

## STONE MANICURE & PEDICURE

Soothing warmed stones used to massage the hands or feet with our signature Spa Manicure or Spa Pedicure.  
{ Manicure, \$100 / French Manicure, \$115 }  
{ Pedicure, \$130 / French Pedicure, \$145 }

## NAIL POLISHING, FINISHING & SOYAFFIN

Polish Change	
Hands .....	\$30
Feet .....	\$40
French Polish Change	
Hands .....	\$40
Feet .....	\$50
Shellac Finishing	
Hands .....	\$40
Feet .....	\$50
French Shellac Finishing	
Hands .....	\$50
Feet .....	\$65
Shellac Removal .....	\$25
Soyaffin Treatment	
Hands .....	\$35
Feet .....	\$45

# Hair & Makeup

## HAIR CUTTING, STYLING & MORE

Women's Haircut.....	from \$115
Shampoo/Blow Dry.....	from \$95
Thermal Styling Add-On (Curling or Flat Iron).....	from \$35
Updo or Special Event Styling.....	from \$115*
Body Wave.....	from \$150/hour
Chemical Relaxer.....	from \$150/hour
Deep Conditioning Treatment.....	from \$65
Scalp Treatment.....	from \$65

## HAIR COLOR SERVICES

Partial Highlight.....	from \$185
Full Highlight.....	from \$230
Color Glosser.....	from \$75
Base or Base Lift.....	from \$130
with Partial Highlight.....	from \$245
with Full Highlight.....	from \$295
Color Change or Corrective Color.....	from \$150/hour

## MAKEUP, EYELASH & BROW SERVICES

Makeup Application.....	\$115
Makeup Lesson.....	\$140
Eyelash Application Strips.....	\$45
Individual.....	\$50
Eyelash Tint.....	\$50
Eyebrow Tint.....	\$50

\*Group rates are available for parties of six or more.

# Bride-to-be Services

Hair Styling Consultation and Trial.....	from \$130
Wedding Day Hair Styling.....	from \$140
Makeup Consultation and Trial.....	from \$130
Wedding Day Makeup.....	from \$140

# Gentlemen's Spa & Salon Services

## ATHLETIC ENCOUNTER

Designed to focus on specific areas of concern, this therapeutic sports massage addresses the restrictions and impairments of strained and repetitively stressed muscles. Rhythmic strokes realign and stretch the muscles to help improve flexibility and flush metabolic waste from the tissues. { 60 minutes: \$195 weekdays, \$215 weekend / 90 minutes: \$280 weekdays, \$300 weekend }

## PORTRAIT

Using a handmade organic skincare line, our expert estheticians customize this toning and refreshing facial to your individual skin type, followed by a warm scalp treatment. { 60 minutes: \$195 weekdays, \$215 weekend }

## BACK TO NATURE

This deep cleansing and moisturizing back exfoliation treatment features an individually customized, facial-grade blend of botanical and aromatic oils. { 60 minutes: \$180 weekdays, \$200 weekend }

## HAIR SERVICES

Experience a relaxing aromatherapy hot towel treatment and neck massage, followed by a relaxing cleanse, condition and soothing scalp massage.

Haircut.....	from \$75
Cleanup (neck and sideburns).....	\$45
Base Color.....	from \$75
Highlight.....	from \$75

## MEN'S MANICURE & PEDICURE

The Spa's signature herbal manicure and pedicure for men leaves hands and feet artfully groomed to perfection. { Manicure, \$60 / Pedicure, \$90 }

# Children's Services

Guests 10 years of age and younger

Haircut.....	\$60
Special Event Styling.....	\$50
Manicure.....	\$35
Pedicure.....	\$45

## SPA & SALON RESERVATIONS

Spa treatments are available for guests age 18 and over. We encourage you to book spa and salon appointments when you reserve your guestroom. Please inform the reservation agent of any medical conditions or other special needs that require our attention, so we can ensure your experience is a pleasant one.

Reservations: 858.314.2020

## OUR FACILITIES

The Spa features 21,000 square feet of old-world elegance and 11 expansive treatment rooms – including a romantic couple's suite – for massage, cleansing facials and hydrotherapy body treatments. Separate Men's and Women's Lounges offer lavishly appointed relaxation rooms with stone fireplaces, showers, steam and sauna areas, and indoor whirlpools. A shared outdoor relaxation area, whirlpool and Relaxation Pool adjacent to The Spa are also available.

## HAIM SALON

From manicures and pedicures, to hair styling and makeup for a special day, Haim Salon offers a broad array of services to make you look as radiant as you feel.

## FITNESS CENTER & MOVEMENT STUDIO

Located adjacent to The Spa, the Fitness Center features state-of-the-art equipment, including a variety of cardio and weight machines, and free weights. Our fitness center is complimentary to all resort guests age 16 and over. Personal training (reservations required) and fitness classes in the Movement Studio are also available. For your safety, proper close-toed fitness shoes and clothing are required in the Fitness Center and for fitness classes. Please contact The Spa for more information, class schedules and personal training rates and reservations.

## CANCELLATION & RESCHEDULING POLICY

We request cancellation/rescheduling notification by 4 pm the day prior to a scheduled appointment. 50% of the value of the service will be charged for rescheduling or cancellations made after 4 pm. No-show appointments will be charged the full value of the service.

## GRATUITY & SERVICE FEE

For your convenience, a 20% service charge will be automatically added to all services and packages. This service fee is allocated to the spa staff members who serve you during your visit at The Spa. Please feel free to make an adjustment based on the service that you experienced.

## LOCATION & PARKING

The Spa at The Grand Del Mar is located on the first floor at the west end of the resort. For your convenience, valet parking is complimentary for our spa guests.

## ARRIVAL

We invite you to arrive 30 minutes prior to your scheduled spa service so that you can relax in our vitality mineral whirlpool, steam, sauna and showers, and prepare for your treatment. To ensure that all guests receive their full treatment, late arrivals will end at the originally scheduled time.

## SPA ATTIRE

Complimentary use of spa robes, slippers and lockers is provided for all spa guests. Most of our guests prefer to fully undress for treatments, since our staff is professionally trained in proper draping designed to ensure modesty and comfort throughout the treatments. If you prefer, you may wear undergarments for your treatment, and disposable undergarments are also available upon request. A bathing suit is recommended for our whirlpool, sauna and steam treatments. The Spa also provides a luxurious array of personal care products for your complimentary use.

## CONSIDERATIONS & VALUABLES

To preserve our tranquil environment, The Spa is a cellular-phone-free and smoke-free environment. Please avoid bringing jewelry or other valuables to The Spa. If you are a guest of the resort, please leave valuables in your in-room safe. We are not responsible for valuables that are lost or left at The Spa.

## GIFT CERTIFICATES & THE SPA BOUTIQUE

Gift certificates for spa, salon and fitness services, as well as items at The Spa Boutique, make ideal gifts for any special occasion. The Spa Boutique carries our exclusive handmade and organic skincare line, as well as stylish yoga wear, robes and slippers, candles and other soothing gifts.



Reservations: 858.314.2020 | [fairmont.com/san-diego](https://www.fairmont.com/san-diego)

Weekday pricing is available Monday – Thursday. Weekend pricing is valid Friday – Sunday.