



Massage Therapy Services

CUSTOM MASSAGE Personalized massage including Swedish and Deep Tissue techniques to improve circulation, ease tension and rejuvenate stressed muscles. 50 min \$115 // 80 min \$155

PRENATAL For the mother-to-be this massage is sure to bring comfort and reduce physical stress on the spine and baby. Must be past first trimester of pregnancy. 50 min \$125 // 80 min \$165

REFLEXOLOGY Targeting pressure points throughout the body to align energy, improve circulation and encourage overall healing. 50 min \$125

AROMATHERAPY Essential oils are used to enhance physiological and physical well-being. Essential oil aromas are used to balance moods, elevate spirit, stimulate regeneration of tissue and stimulate nerves. 50 min \$125 // 80 min \$165

HOT LAVA SHELLS This unique treatment uses natural tiger clam shells recycled from the South Pacific. The combination of deep, nurturing, penetrating heat and Swedish-style massage strokes melts tension and helps you experience a deeper state of relaxation. 50 min \$135 // 80 min \$175

Please dial in-house ext. 301 or call 858.356.2SPA for spa reservations.



2051 Shelter Island Drive, San Diego CA 92106

RESERVATIONS Reservations are required and advance reservations are highly recommended. Please dial in-house ext. 301 or call 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 a 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 9:00 am to 6:00 pm daily by appointment only.