

ISLAND BREEZE SPA



MASSAGE THERAPY

SWEDISH MASSAGE

A relaxing full-body massage that incorporates light to medium pressure and is exceptionally beneficial for increasing the level of oxygen in the blood and improving the circulation.

\$65 for 30 min | 120 for 60 min
\$170 for 90 min

DEEP TISSUE/ SPORTS MASSAGE

Find relief from over-used muscles with a deep pressure massage designed to target chronic muscle tension.

\$80 for 30 min | \$135 for 60 min
\$180 for 90 min

REFLEXOLOGY MASSAGE

A deeply relaxing and therapeutic treatment that focuses on the hands and feet to relieve pain and decrease stress and anxiety in the entire body.

\$70 for 30 min | \$115 for 60 min

AROMATHERAPY MASSAGE

Hydrating, fragrant oils are hand-blended to naturally elevate your treatment to a deeply relaxing state, creating a unique calming and cleansing effect.

\$75 for 30 min | 130 for 60 min
\$175 for 90 min

ULTIMATE MASSAGE

A customized treatment designed by your therapist to fit your body's personal needs and smooth away every last knot.

\$145 for 60 min | \$195 for 90 min

MOTHER TO BE MASSAGE

Focusing on the mother-to-be, our therapist will take extra care to provide a soothing and relaxing massage to promote overall wellness.

\$125 for 60 min | \$175 for 90 min

HOT STONE MASSAGE

A deeply grounding massage experience; hot stones and oils are applied to the body to heat muscles, priming it to receive a deep massage and melt away your stress.

\$180 for 90 min

EVENT SPORTS MASSAGE (pre and post workout)

The pre-event sports massage invigorates the body with emphasis on those muscles that will be relied upon during the event. The post-event sports massage is the milking of metabolic waste in the re-establishing proper muscle length through proper stretching.

On request only | \$145 for 60 min



FACIALS

SIGNATURE FACIAL

A stimulating treatment combining the benefits of Vitamin C, alpha and beta hydroxy acids and gentle yet effective enzymes that lighten and brighten all skin types to leave your skin silky smooth.

\$120 for 60 min

ORMEDIC FACIAL

Combining the latest techniques in skincare with organic ingredients and products, these soothing botanicals repair and rebalance the skin to create a stunning, moisturized look and feel.

\$135 for 60 min

OXYGEN FACIAL

This luxurious treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin to leave you feeling refreshed and rejuvenated.

\$145 for 60 min



BODY TREATMENTS

REJUVENATING BODY GLOW

An aromatic exfoliating treatment for all skin types to help remove accumulation of impurities and to improve circulation while leaving the skin soft and revitalized.

\$125 for 60 min

MARINE DETOX WRAP

A rich seaweed is applied to improve the skin's elasticity and tone while warm blankets allow beneficial algae, minerals and enzymes to be absorbed.

\$135 for 60 min

HAIR REMOVAL

On request only.

FOOT THERAPY

SAN DIEGO'S CUSTOM FOOT THERAPIES

San Diego's Custom Foot Therapies is a unique treatment designed to pamper you in a way that has never been done before. In this one of a kind service you are invited to relax in our comfy oversized chair with a warm neck wrap, select an enjoy various salt and lotion scents for each stage of your service. Each service will include a soothing foot soak, followed by a 30 minute reflexology massage, with a finishing touch of moisturizing body butter.

\$145 for 60 min



PREPARE FOR YOUR VISIT

RESERVATIONS.

Schedule your appointments in advance to ensure your preferred treatment and therapist are available. Day-of and walk-ins are always welcome, based on availability. All reservations must be secured with a major credit card and telephone number.

TAKE TIME.

Give yourself plenty of time to enjoy the sauna or outdoor whirlpool prior to your services. This will relax and warm the muscles which will aid in the therapeutic benefits of all your treatments and services. We suggest arriving 30 minutes prior to your first service. Out of courtesy to our other guests, we ask that you please silence your communication devices prior to entering the spa, locker rooms, fitness and treatment areas.

SHOWER.

A quick shower just before your massage or treatment is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatment products.

CANCELLATION POLICY.

24-hour notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment with full charges applied. Cancellations within the 24-hour policy will be billed at full service charge.

