

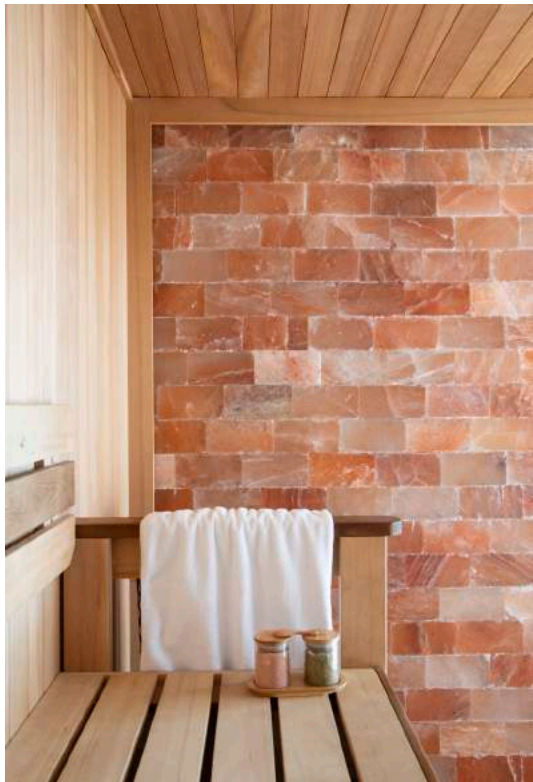


THE SPA

AT TERRANEA



THE SPA



Dear Guest,

At the edge of the Pacific Ocean and the Palos Verdes coastline, The Spa at Terranea embraces the natural beauty and energy of its Southern California oceanfront setting.

Designed to promote wellness and restorative therapy, this serene oasis spans 50,000 square feet of indoor and outdoor oceanfront relaxation areas. Featuring 25 treatment rooms, the award-winning spa takes a unique approach to wellness by encouraging you to take the time to pause, to allow your mind and body to reconnect, and to appreciate the sounds of the ocean waves and dolphins dancing in the endless blue ocean.

Overlooking the ebb and flow of the serene tides of the Pacific, The Spa at Terranea embraces the energy of its oceanfront setting with an invitation to discover your personal well-being.

The Spa Team





Membership

The Membership Program extends individuals and couples an opportunity to become annual members of The Spa at Terranea which offers full use of the Spa facilities and amenities including the Spa Pool, Fitness & Wellness Center, Spa and Salon services and treatments, as well as many discounts and privileges throughout Terranea Resort.

Contact the Spa at Terranea for more details and to become a member.

Day Pass

Find serenity with a day at The Spa - including use of spa amenities, Fitness Center, and Spa Pool.

AVAILABLE MONDAY - THURSDAY, BASED ON AVAILABILITY.

Terranea Signature Journeys

CRIMSON REVIVAL: A HOLISTIC SAUNA RETREAT

Immerse yourself in the ultimate Wellness Journey where the practice of contrast therapy revitalizes your circulation and enlivens your senses and experience the renowned Natura Bissé skincare line.

Indulge in a tranquil scalp massage before stepping into our lavish Swiss shower, followed by a soothing Aloe Gel mask. Retreat to your private in-suite sauna and continue with a gentle yet invigorating massage using warm bamboo and detoxifying oils. Your voyage culminates as you are pampered with our exquisite cooling gel, followed by a gentle, heated towel compress.

120 MINUTES

SOUND & SILENCE

*OTO Balance CBD Journey
with a Balneo Soak*

Before your Balance Massage, enjoy a 30-minute Balneo soak.

Take a breath, inhale and reset. Pause life for a moment to ensure you bring your whole self to this grounding experience. The beauty of balance is the aim of this full-body massage. Enjoy the combination of sound therapy with slow rhythmic movements to invite balance and harmony to the body. Combining ancient bodywork techniques with the healing properties of CBD & Rose Quartz Crystal. This will transport you on an ultimate sensory journey leaving you grounded and balanced.

90 MINUTES

DISCOVER

*Ocean Renewal Massage
with a Balneo Soak and
Scalp Massage*

Before your Ocean Renewal Massage, enjoy a 30-minute Balneo soak.

Relax into the soothing pleasures of a warm, long-stroke oil massage. Enjoy the healing benefits of the ocean with this rhythmic massage using a mineral-rich Laminaria Seaweed Oil. A finishing revitalizing leg treatment along with foot specialty cream leaves you feeling refreshed and renewed.

Continue the relaxation with a nourishing scalp massage.

90 MINUTES





SOUND SLEEP

The perfect Wellness treatment designed to mimic the bodies circadian rhythm, relieve stress for those unable to relax, are challenged sleeping well or recovering from travel. Sound Sleep integrates the senses of touch, smell and hearing with a specialized light touch massage to promote a sense of deep relaxation and rest.

60 MINUTES

OCEAN'S PRELUDE

With the sound of the ocean's waves crashing below from our signature suite, harness its nutrients to replenish yourself and reconnect. Begin with a dry body brushing and replenishing seaweed wrap, rich in vital nutrients, before slipping into a relaxing saltwater bath for the ultimate full-body detox. Your wellness journey concludes with a warm, rhythmic, laminaria oil massage.

120 MINUTES

HONEY BODY BLISS

Enjoy a special brown sugar scrub and massage combination. Raw honey has active phytonutrients, antioxidants and enzymes to enhance the moisturizing and healing benefits. Organic coconut oil helps the skin retain moisture, while softening and protecting the skin. Emerge relaxed and nourished.

60 MINUTES

Massages & Bodywork



RELAXING CLASSICAL MASSAGE

Terranea's classic massage is rhythmic and thorough using Swedish techniques. It is tailored to the individual in order to address muscular aches and pains to soothe both body and mind.

60 & 90 MINUTES

ENHANCEMENT: CBD UPGRADE

TERRANEA THERAPEUTICS MASSAGE

Our skilled therapist determines the most appropriate massage modalities, including deep tissue techniques, in addressing injuries, chronic aches, fluid retention, and other conditions.

60 & 90 MINUTES

ENHANCEMENT: CBD UPGRADE

CBD MASSAGE

Enjoy a deeper sense of relaxation using Cannabidiol (CBD) massage oil. This non-psychoactive element of the hemp plant helps alleviate anxiety, pain, and inflammation while boosting the immune system and aiding in restorative sleep.

60 & 90 MINUTES

TRANQUILITY

A cocoon wrap of tranquility to nourish, calm, and harmonize the body. A neck, scalp, and face massage is incorporated for complete bliss. You are left feeling silky and balanced.

60 MINUTES

OCEAN'S RENEWAL

Relax into the soothing pleasures of a warm, long-stroke oil massage. Enjoy the healing benefits of the ocean with this rhythmic massage using a mineral-rich Laminaria Seaweed Oil. A finishing revitalizing leg treatment along with foot specialty cream leaves you feeling refreshed and renewed.

60 MINUTES

REVITALIZING MARINE MASSAGE

Relax while Mediterranean algae help stimulate and detoxify the body. After a brief dry brushing to prepare the skin, the algae is applied during a purifying full body massage. This stimulating treatment helps relieve heat and the feeling of heaviness in the body; the benefits of a body treatment and a massage, all in one.

60 MINUTES

SEA MINERAL BALANCE SCRUB

Enjoy a special blend of Dead Sea Salt and Himalayan salts rich in minerals such as magnesium and calcium, which are great for re-balancing and re-mineralizing the body in this gentle exfoliation treatment that renews and revitalizes. The scrub is followed by a full body massage.

60 MINUTES





REFLEXOLOGY

The technique uses pressure points on the feet that correspond to organs and systems of the body to bring balance, relaxation, and healing.

60 MINUTES

STONE THERAPY

A traditional, therapeutic hot stone massage is used to melt away stress and tension using the heat from warm basalt stones to gently penetrate deep into the muscle while inducing a sense of calm and reconnection.

60 & 90 MINUTES

MOMMY-TO-BE MASSAGE

Providing comfort and care during this special time, the gentle touch of massage coupled with careful stretching during pregnancy benefits both mother and baby. Available after the first trimester.

60 MINUTES

ENHANCEMENTS

Aromatherapy

All massages can be performed in a VIP Suite with an additional 30 minutes and includes a fruit plate and bubbles.

COUPLES PACKAGES

Reconnect and unwind together in one of our beautiful signature suites. The following treatments are offered as a couples package:

Relaxing Classical Massage

Terranea Therapeutics Massage

CBD Massage

Mommy-to-be Massage

Stone Therapy

Ocean's Prelude

OTO

Wellness Journeys

CBD has many therapeutic properties in a massage, achieving muscular relaxation quickly, with the aim to balance homeostasis and ensure the body's response to stress is managed well.

OTO CBD FOCUS MASSAGE

Clear the mind and cleanse the spirit. This full-body massage will revive your senses to bring you back to the “present.” A unique blend of CBD, ginger, and peppermint oils are combined to sharpen the mind while maintaining a sense of calm. Your massage includes a scalp & foot focus to help melt away your daily stress and center you for the moments to come.

60 MINUTES

OTO CBD BALANCE MASSAGE

Take a breath, inhale and reset. Pause life for a moment to ensure you bring your whole self to this grounding experience. The beauty of balance is the aim of this full-body massage. Enjoy the combination of sound therapy with slow rhythmic movements to invite balance and harmony to the body. Combining ancient bodywork techniques with the healing properties of CBD & Rose Quartz Crystal. This will transport you on an ultimate sensory journey leaving you grounded and balanced.

60 MINUTES

OTO CBD AMPLIFY MASSAGE

Designed to clarify, fortify, and invigorate. This massage uses techniques to bring deep muscular release and to amplify your ability for relaxation. The soothing properties of CBD, combined with gentle stretching & the use of a bamboo roller, all assist in this journey to deeper muscular relief. The infusion of citrus oils & Red Jasper stones are used throughout to bring a sensation of being grounded, promoting an overall well-being that will amplify your daily moments.

60 MINUTES

OTO CBD RENEWAL FACIAL

Created using award-winning products with the power of CBD An “OTO strength” application with firming & lifting movements to work on the facial muscles using hand-crafted, natural Bamboo pieces, hot basalt, and cool stones, and the wonderful art of breath work with the placement of Quartz for its cleansing properties.

60 MINUTES

ENHANCEMENT: PARAFFIN





SKIN SPECIFICS FACIAL

Your Terranea esthetician will determine the appropriate treatment and products to effectively address the specific needs of your skin. Selected from a pharmacopeia of skincare agents, treatment includes deep cleansing, exfoliation, extractions as needed, mask, and face & neck massage to leave your skin revitalized, hydrated, and balanced.

60 MINUTES

ENHANCEMENTS: PARAFFIN, LUMINOUS LIP TREATMENT, REVITALIZING EYE CONTOUR

BOTANICAL BRIGHTENING FACIAL

This corrective treatment begins with an herbal enzyme peel to remove dull, devitalized skin and is followed by a botanical skin brightener with a potent Vitamin C complex to treat sun damage and even out skin tone. This facial is coupled with a relaxing hand massage.

60 MINUTES

ENHANCEMENTS: PARAFFIN, LUMINOUS LIP TREATMENT, REVITALIZING EYE CONTOUR

NATURE'S TRANSFORMATION

An anti-aging treatment that combines ultrasonic exfoliation with a Plant Stem Cell Serum to plump and firm wrinkles, even out skin tone, and provide a more vibrant complexion. This treatment includes an ultra-hydrating hyaluronic cream to reduce fine lines.

60 MINUTES

ENHANCEMENTS: PARAFFIN, LUMINOUS LIP TREATMENT, REVITALIZING EYE CONTOUR

GENTLEMEN'S FACIAL

A facial designed to address the needs of any man's face. Products and treatments are tailored to cleanse, exfoliate, treat, and increase circulation. The face is left feeling refined and hydrated. The skilled esthetician will also address any shaving and ingrown hair concerns.

60 MINUTES

ENHANCEMENTS: PARAFFIN, LUMINOUS LIP TREATMENT, REVITALIZING EYE CONTOUR



**NATURA BISSÉ
CITRUS GLOW FACIAL**

Infused with vitamins to nourish, boost collagen and restore firmness, this refreshing facial treatment protects the skin from free radicals and prevents premature aging, providing the ultimate, renewed glow.

60 MINUTES
ENHANCEMENT: PARAFFIN

**NATURA BISSÉ
DIAMOND LUMINOUS
FACIAL**

A deeply revitalizing anti-aging treatment, this facial uses sophisticated ingredients for long-lasting hydration. Diamond essence reinforces the skin's natural defense system, improving elasticity and luminosity while simultaneously soothing and calming the skin.

60 MINUTES
ENHANCEMENT: PARAFFIN

**NATURA BISSÉ DIAMOND
EXTREME FACE-LIFT
FACIAL**

Youthful, smooth skin without the syringe! This lifting treatment diminishes expression lines, firms, and hydrates, providing an ultimate refresh.

90 MINUTES
ENHANCEMENT: PARAFFIN

Salon Offerings

NATIVE ESSENCE MANICURE & PEDICURE

Bursting with natural goodness, elements of honey and prickly pear are at the heart of this treatment. A sugar scrub is followed by a mask of raw honey and coconut oil, to deeply hydrate and protect the skin from environmental elements.

MANICURES: 45 MINUTES
PEDICURES: 60 MINUTES
ENHANCEMENT: PARAFFIN

PACIFIC BLUE MANICURE & PEDICURE

Feel your stress and worry float away, with the deeply relaxing combination of lavender and blue chamomile. Begin with a mineral replenishing salt scrub, a hydrating aloe mask, and a nourishing finish, leaving your skin silky smooth. To complete: a perfect polish finish.

MANICURES: 45 MINUTES
PEDICURES: 60 MINUTES
ENHANCEMENT: PARAFFIN

POLISH CHANGE

Refresh your polish while your nails are groomed to perfection.

20 MINUTES

HAIR SERVICES

Please call for details on our hair service offerings.



Movement Classes | Mind & Body

The panoramic views from the 5,000-square-foot Fitness & Wellness Center and adjoining Movement Studio bring nature indoors to inspire and motivate.

AQUA ZUMBA

AQUATIC CONDITIONING

BARRE FUSION

CIRCUIT TRAINING

GOOD MORNING STRETCH

GUIDED MEDITATION

PILATES

SEASIDE CYCLE

SEASIDE YOGA

SOUND BATH

SPIN-SCULPT FUSION

SUNRISE STRETCH & FLEX

SWIM WORKOUT

TERRANEA TOTAL BODY

TERRANEA TRIO

YO-CHI

PRIVATE PERSONAL &

GROUP TRAINING



Spa Policies

AGE REQUIREMENT

Spa Facilities, including Men's and Women's Locker Rooms and Spa Pool are accessible exclusively to our guests 18 years of age or older. Select Spa Treatments are available to our guests 16 years of age and older with parental supervision. Please inquire with the Spa for restrictions.

SPA CANCELLATION POLICY

If you wish to reschedule or cancel any spa appointments, please notify the spa at least 24 hours in advance. Canceled and missed appointments without proper notice are subject to a 100% charge for reserved services.

SERVICE CHARGE

A service charge of 20% is added for your convenience for every service.

ARRIVAL AND ETIQUETTE

We ask that you arrive 30 minutes prior to your appointment to allow yourself time to enjoy the facilities and ensure your treatment starts as scheduled. Late arrivals may result in a reduction of your treatment experience.

ATTIRE AND EXPERIENCE

Upon your arrival, you will be escorted to our Spa lounges and assigned a locker, sandals and Spa robe. You are invited to change and await your provider in our lounge areas. Once the treatment has begun, it is customary for guests to disrobe completely when receiving a service; however, it is your choice to undress to your desired level of comfort. Our therapists are trained in proper draping techniques to ensure only the appropriate area of treatment is exposed. If requested, undergarments may be provided to be worn during treatments; you are also welcome to wear your own swimsuit or undergarments. We encourage you to leave any jewelry or valuables at home.

PERSONAL

Please inform us of any health concerns, allergies, medical conditions, pregnancies, recent injuries, surgeries or anything else we need to be aware of at the time of booking.





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877.647.3290 | [TERRANEA.COM/SPA](https://terranea.com/spa)

100 TERRANEA WAY, RANCHO PALOS VERDES, CA 90275



Forbes
TRAVEL GUIDE