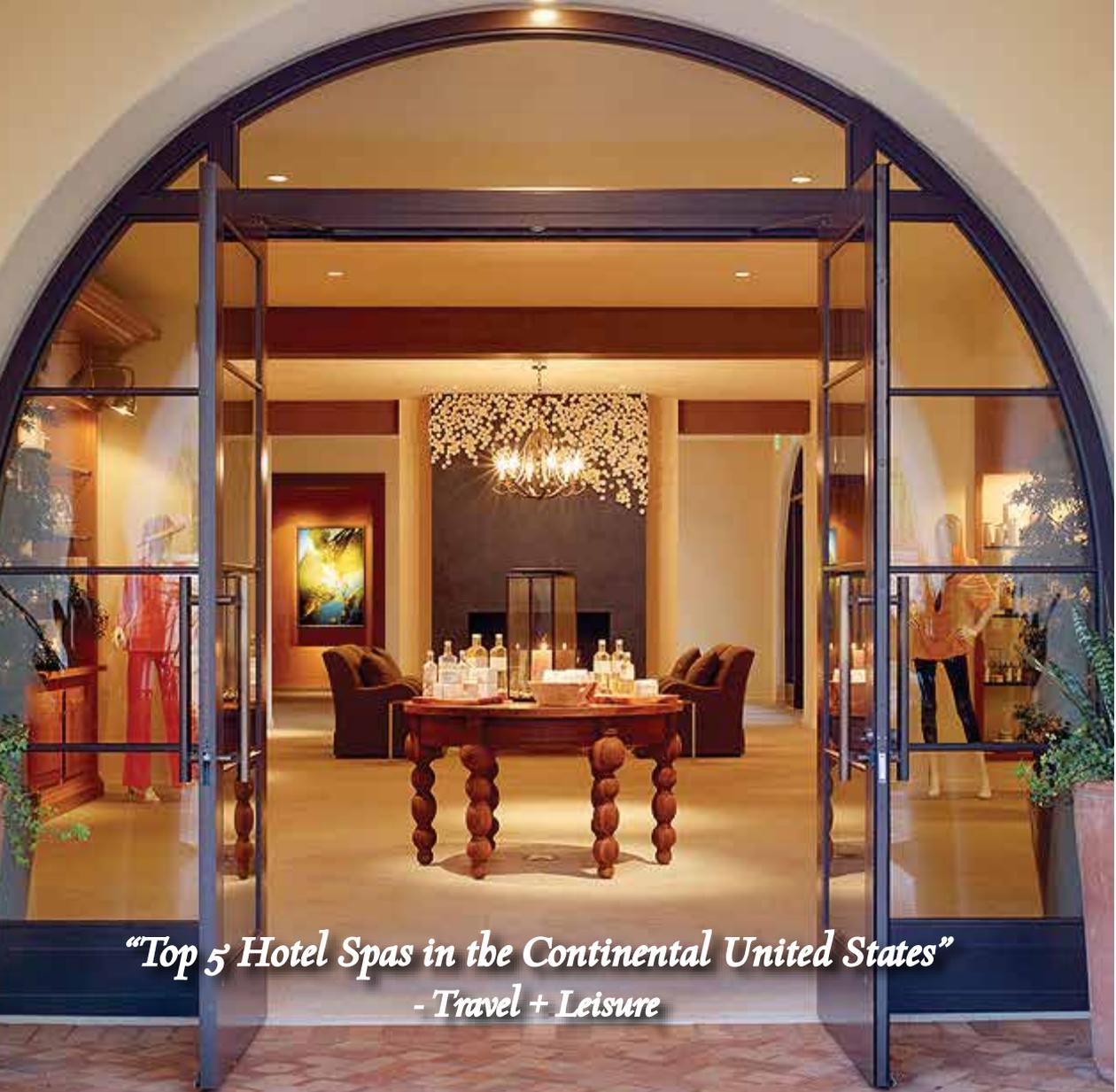




THE SPA  
AT TERRANEA



*“Top 5 Hotel Spas in the Continental United States”  
- Travel + Leisure*



## RECONNECT NATURE & EMERGE RENEWED

Directly overlooking the Pacific Ocean, The Spa at Terranea embraces the beauty and energy of its idyllic setting to create a transformative experience. Designed by wellness experts, the 50,000 square-foot oceanfront Spa, Fitness & Wellness Center and Salon welcome you to a tranquil haven in the unspoiled terrain of the Palos Verdes Peninsula.

Immerse yourself in the rare opportunity to spend your time in a variety of experiences that bring you back to your center . . . the luxury of choice is yours. Indulge in an array of spa treatments for body and face: some traditional, and others inspired by Terranea Resort's unique coastal locale. Plunge into the outdoor pool, increase your heart rate in the spacious gym or achieve balance with a restorative yoga class. The Spa's customized signature treatments and peaceful ambience will encourage you to reconnect with nature and yourself, leaving you feeling renewed.



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# REPLENISH YOUR ENERGY & RENEW YOUR SPIRIT

Completely attuned to the rhythms of nature throughout its spectacular oceanfront setting, The Spa at Terranea invites you to explore this “sanctuary of the senses” through an array of energizing and relaxing experiences.



## **SPA RITUALS & RELAXATION**

Spa rituals unfold in 25 graciously appointed and generously sized treatment rooms, including three unique and luxurious Signature Suites. Spend the day, enjoying private men's and women's indoor and outdoor relaxation areas featuring saunas, steam rooms, outdoor whirlpools and cold plunges. Then, gather at the pool, surrounded by private cabanas and fire pits.

## **FITNESS & WELLNESS PROGRAMS**

The panoramic views from the 5,000 square-foot Fitness & Wellness Center and Movement Studio bring nature indoors to inspire and motivate. State-of-the-art treadmills, elliptical cross trainers, upright and recumbent bikes all make the heart grow stronger. Fitness and Wellness Classes range from relaxing to challenging, including yoga, Pilates, circuit training, TRX, water aerobics, seaside cycling, and our signature boot camp class, "nature's gym". For the goal-oriented and results-driven guest seeking a fitness regimen to take home, we also offer personal training and private classes where our skilled instructors are able to tailor to your personal needs.

## **FINISHING TOUCHES**

Retreat to the Salon, where hands, feet, face and hair are groomed with personalized attention. Offering four pedicure stations, three manicure stations, and four hair stations, we have everything you will need to transform from day to night. For the busy individual who seeks personalized time, there's nothing more special than being able to draw your attention back to you.

## **REPLENISH YOUR ENERGY**

Dine on sumptuous and healthy fare at the intimate Spa Café. We offer pre and post workout menu items tailored towards rehydrating your body while and contributing to your well-being. The Spa Café has everything you will need to turn fuel into energy. For those looking to relax in the sun or enjoy a leisure dining fare between spa appointments, we also offer light meals to silence the grumbling so that you can once again tune into the inner you.

## **EXTEND THE BENEFITS**

When you are ready to step back into the world, don't forget to transport a remembrance of your experience home with you from the Spa Boutique. Offering the most popular and stylish in everyday wear; we offer the casual-to-chic sundress, workout attire that you want to wear in and out of the gym, and accessories that have others asking where you found such treasures.





## NOURISH. RESTORE. BALANCE.

In the early morning, your body begins a slow process: temperature increases, blood pressure elevates and hormone levels rise to prepare you for the day's activities.

Around mid-afternoon, the natural biological process reverses: your body temperature begins a slow, steady cooling, blood pressure drops and hormones encourage relaxation and sleep.

This rhythmic, natural cycle of movement, rest and repair is known as the Circadian Rhythm. Mirroring this cycle, The Spa at Terranea recommends different treatments for morning and mid-afternoon to maximize the natural benefits to your well-being.

# SIGNATURE SPA RITUALS

Inspired by nature and the Spa's spectacular setting, signature spa and facial rituals maximize the benefits to your well-being. Mirroring nature's cycle of movement, rest and repair, The Spa at Terranea recommends vibrant, invigorating morning treatments and gentle, quieting mid-afternoon and evening treatments. Below is a sampling of both from The Spa's extensive menu.









## RITUAL ENHANCEMENTS

A perfect addition to begin your spa treatment experience.

### **BALNEO SPECIFICS** ◊

The ancient art of Balneo therapy coupled with the natural, healing properties of copper in our magnificent bathing tubs provides the perfect vessel for a therapeutic and relaxing soak. A customized selection of added healing agents will address your specific needs.

### **CRYSTAL QUARTZ BODY SCRUB**

Once mined in the caves on the Resort's property, Crystal Quartz is known for its healing properties. This full body exfoliation invigorates the senses and enlivens the skin.

### **DEAD SEA SALT BODY SCRUB**

Enjoy a special blend of Dead Sea 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.

◊ - available as a couple's option

# MORNING & EARLY AFTERNOON RECOMMENDATIONS

## **OCEAN 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 brushing and replenishing seaweed wrap, rich in vital nutrients, before slipping into a relaxing saltwater bath. Your journey concludes with a warm, rhythmic, laminaria oil massage.

## **POWER OF STONE**

With an immunity-enhancing crystal quartz exfoliation and vichy experience, the restorative healing warmth of smooth basalt stones stimulates and encourages the flow of oxygen and nutrients. Muscle discomfort simply melts away.

## **INSIDE & OUT** ◇

Using contrast therapy and mineralizing clay, we accelerate your body's detoxification process by beginning with an herbal wrap, followed by a temperature-cooling friction scrub. Continuing the process, you enter into our in-suite infrared sauna. After your body cools down in our Swiss shower, we complete the restoration with an application of red algae moisturizer.

## **COASTAL DETOX**

Increase a feeling of lightness in the body with this treatment created to detoxify and purify the body. A thorough dry brushing of the body is followed by a massage with a special algae mud infused with thermal waters, laminaria from the sea and specific essential oils to increase circulation in the body. A stimulating vichy shower and application of nourishing oil helps complete this refreshing treatment.

## **OIL AND WATER**

Promoting a sense of well-being, the use of seaweed rich laminaria oil is utilized to perform a rhythmic massage of warm, long strokes. An energizing ocean salt exfoliation follows and is washed away with the soothing waters of a vichy shower. A finishing cold-friction rub leaves you refreshed and renewed.



## **REVITALIZING MARINE MASSAGE**

Relax while Mediterranean algae helps 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 massage, all in one.

## **CRYSTAL REFLECTIONS** ◇

This treatment begins with a moment of reflection and setting your intention while soaking in a harmonizing, copper foot bath of healing crystal quartz. A reflex-structural foot massage then aims to promote alignment of mind and body.

## **VOLCANIC CLAY WRAP**

Ideal for improving the skin's appearance, a full-body exfoliation followed by a nourishing warm clay wrap of volcanic ash, combined with a stimulating vichy shower to reduce inflammation, tone and invigorate your skin.



## BRIDGING TIME

### **HONEY BODY BLISS**

Enjoy the bounty of Terranea's own bee hives\*, with this special brown sugar scrub and massage combination. Our 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. *\*seasonally supplemented with local raw honey*

### **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 sooth both body and mind.

### **REFLEXOLOGY** ◇

Utilizing the various reflex pathways within the hands and feet, a pressure point massage is performed to target specific areas of the body's internal systems.

### **TERRANEA THERAPEUTICS** ◇

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

### **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.



### **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.

### **STONE THERAPY** ◇

A traditional, therapeutic hot stone massage 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.

### **SPORTS MASSAGE** ◇

Tailored to the needs of the athlete, this specific massage addresses problematic muscles and joints. The combination of compression strokes and techniques to stretch the muscles, improves flexibility and flushes metabolic waste from the tissues.

### **SHIATSU THERAPY**

From the Japanese word shi meaning finger and atsu meaning pressure, this centuries-old art of pressure massage alleviates tension and stress while improving circulation and providing a gentle calmness. Loose-fitting, comfortable attire is required during this treatment.

◇ - AVAILABLE AS A COUPLE'S OPTION

◻ - IDEAL FOR EXPECTANT & NEW MOTHERS

# LATE AFTERNOON & EVENING RECOMMENDATIONS

## **FLICKERING EMBERS** ◇

Basking in the soothing warmth of a nutrient-rich, detoxifying volcanic ash body wrap, impurities are drawn out of the body leaving skin toned and re-mineralized. Follow with a neutral temperature bath in our copper tub steeped with fragranced essential oils and healing magnesium. Complete with a balancing and restorative massage.

## **EL SEGUNDO BLUE** ◇

A ritual of metamorphosis, this journey is designed to stir body, mind and spirit. This process begins with a slow, rhythmic massage of sensuous, aromatic botanicals before settling into a blissful cocoon of revitalizing sea blue mineral clay.

## **MEDITERRANEAN MUSCLE RELIEF**

Harness the elements of nature to warm the body and help relieve aches and pains in muscles and joints. Enjoy the benefits of mineralizing mud infused with thermal waters, used along with our muscle relief essential oil to soothe the body. A complete exfoliation allows the body to receive the most from these elements. Delight in a scalp and neck massage while enveloped, then relax during a vichy shower and massage to complete this therapeutic treatment.

Perfect post-workout or after any overexertion. \*Extend the benefit with a relaxing Balneo treatment in our copper soaking tub. Perfectly sublime.

## **PASSAGE** ◇

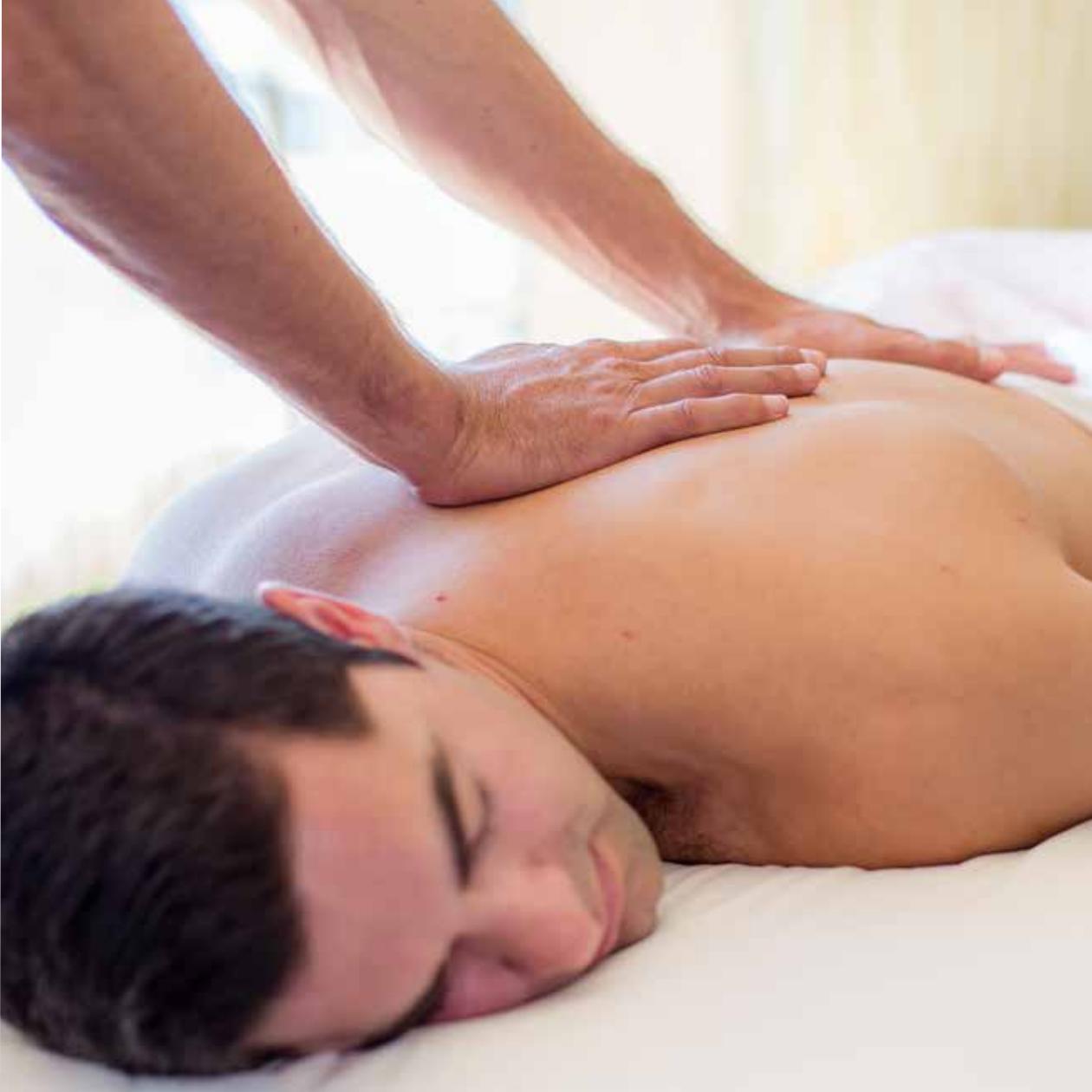
The key to this dream-like, aromatic journey begins with the application of botanical and pure essential oils designed to stir the unconscious mind and body. The placement of warm herbal pillows, filled with healing herbs combines with gentle and specific light-touch massage techniques to induce a soulful, meditative and spiritual experience.

## **TRANQUILITY** ◇

Imagine floating in a copper tub while indulging in the aroma of orange blossom and vanilla followed by a cocoon wrap of tranquility to nourish, calm, and harmonize the body. A full face, neck, and scalp massage is incorporated for complete bliss. You are left feeling silky and balanced.

## **SOUND SLEEP**

The ideal treatment to relieve stress for those who are unable to relax, challenged by 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.





## NEW BEGINNINGS

### **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.

### **QUEEN OF THE SEA - TOTAL INDULGENCE ✕**

With the use of fresh, organic products specifically designed for the new mommy to be, this treatment focuses on problematic skin while also alleviating common discomforts. A nourishing mask works its magic on the back while the mother-to-be experiences a relaxing face, neck and décolleté massage. This pampering journey is complete with a back and hip massage that alleviates tension. Leave feeling like the Queen of the Sea and enjoy the benefits of restful sleep, ease of morning sickness, and nourished skin.



## **TIDAL MOON - SCRUB & MASSAGE** ✧

Restorative and healing, you are taken on a journey of well-being and deep relaxation. Enjoy the feeling of gentle rocking as if being lulled by the incoming tide as a gentle sugar scrub of honey, grapefruit and ginger exfoliates the body. Massage techniques specifically designed to release tension and pain while increasing circulation complete this experience.

## **HEAVEN AND EARTH - FOOT RITUAL & RELAXING MASSAGE** ✧

Inflammation and edema in the lower legs and feet are addressed with a mask of honey and oatmeal. While soaking in a foot bath, massage using ancient reflexology techniques are used to release tightness and congestion. Using lavender oil in a full body massage leaves you feeling tranquil and nurtured.

✧ - AVAILABLE AS A COUPLE'S OPTION

✧ - IDEAL FOR EXPECTANT & NEW MOTHERS

# SIGNATURE FACIAL RITUALS

Drawing on the healing wisdom of ancient cultures, organic therapeutic elements and your natural healing abilities, The Spa at Terranea's holistic beauty rituals embrace oriental diagnosis techniques, reflex therapy and essential synergistic botanicals to harmonize body, mind and spirit. All of the facials are appropriate for women and men, as products are selected according to each individual's skin requirements.





## **RENEWED YOUTH**

Nourish your skin with this effective facial that helps to reduce the signs of aging. Essential oils and powerful, natural extracts are used to promote cell renewal, stimulate collagen, deeply hydrate and reduce inflammation creating a more youthful appearance. Multiple masks are partnered with specific lifting, plumping and firming massage techniques to deliver a sense of relaxation and a new radiant complexion. 90 minutes session includes steam and extractions, along with a choice of paraffin treatment and foot massage.

## **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. In addition, the 90 min session includes paraffin hand treatment, and a relaxing foot massage.

## **BOTANICAL BRIGHTENING FACIAL**

This corrective treatment begins with an herbal enzyme peel to remove dull, devitalized skin and is followed with 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. The 90 min session includes a choice of paraffin treatment and foot massage.

## **SKIN SPECIFICS**

Your skilled and caring Terranea esthetician will determine the appropriate treatment and products to effectively address the specific needs of your skin. Selected from a pharmacopeia of skin care agents, treatment includes deep cleansing, exfoliation, vaporization, extractions as needed, mask, and face and neck massage to leave your skin revitalized, hydrated and balanced. The 90 minute session includes a choice of paraffin treatment and foot massage.



## **GENTLEMEN'S FACIAL**

A facial designed to address the needs of any man's face. Products and treatment 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. The 90 minute session includes a choice of paraffin treatment and foot massage.

## **BARE YOUR BACK**

Indulge your back to a deep cleanse, exfoliation, vaporization, extractions as needed, as well as a re-mineralizing and detoxifying volcanic clay mask to leave your skin relaxed and hydrated. A rejuvenating lotion soothes before a neck and scalp massage completes the experience.

## **GENTLE HAIR REMOVAL**

Low-temperature wax combined with special soothing agents is used to effectively remove hair while minimizing discomfort. Options include: brow, lip, chin, basic bikini, lower leg, full leg, underarm, arm, full back, partial back, chest, full face (excluding brow).

# RADIANT RESULTS FACIALS

## **ULTIMATE RADIANCE LIFT**

Achieve instant results that noticeably lift, tone and firm the skin, leaving you with a flawless, healthy and younger looking complexion. The ground breaking Rose Infinity Collection, at the heart of the facial, uses Nobel Prize winning research that works at a cellular level to repair ageing DNA, radically increase moisture levels and stimulate collagen production. Wrinkles and lines are plumped up for visibly smoother, younger looking skin. The power of this collection of products is accelerated by gentle micro-currents to deliver active ingredients deeper into the skin, while also giving a non-surgical face lift that will tighten and focus on your key areas of concern while also paying attention to the forehead, mouth and eye area to dramatically reduce fine lines and wrinkles. The result, younger looking skin and a radiant complexion.

## **AROMA LIFT FACIAL**

The perfect facial to achieve an exceptionally nourished and rejuvenated complexion with a visible lift. Focusing on reducing fine lines, wrinkles and boosting skin luminosity, the Aroma Lift Facial combines an exfoliating enzyme peel, the application of regenerating products and skin boosters along with gentle electric micro-current stimulation to re-educate facial muscles, leaving skin plump, nourished and lifted.

## **AROMA CLEAR FACIAL**

A deeply cleansing and brightening facial using gentle, galvanic current to purify the pores drawing out impurities that cause congestion. A Deep Cleanse Face Mask is also applied while you indulge in a relaxing shoulder and décolleté massage followed by the application of our specially formulated Bioelectric Gel to rehydrate the skin. Anti-bacterial high frequency currents help to reduce blemishes and future breakouts, leaving skin clear, clean and bright.







# THE SALON AT TERRANEA

The personalized attention from our full-service salon professionals will enhance your spa experience.





# HAIR AND MAKEUP

Precision cutting, artful coloring and natural hair products complement your health and beauty.

Personal consultation style and color | Women's, men's and children's precision haircuts | Custom hair color, highlights and color correction | Hair, scalp and Keratin Treatments | Special occasion and bridal party styling.

Mineral makeup provides the subtle, final touches to your radiant self.

Makeup application and lessons | Special occasion and expert bridal makeup consultation and application.

# HANDS AND FEET

## **ULTIMATE TERRANEA**

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. A warm paraffin treatment locks in this hydration and a perfect polish finish is applied to complete the experience.

## **NATIVE ESSENCE**

This uplifting experience incorporates native prickly pear and pomegranate to soothe the skin, while antioxidants protect the skin from harsh elements. A sugar scrub softens skin, and a hydrating aloe mask prepares the skin to be completely quenched. To complete: a perfect polish finish.

## **PACIFIC BLUE**

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.

## **VITAL SPORTS**

Warming clove and cooling mint help ease aches and tension. A vital salt scrub helps soften skin, while an arnica gel mask soothes discomfort. To complete: no polish, with optional nail buffing.

## **POLISH CHANGE**

Refresh your polish while your nails are groomed to perfection.

## **GEL MANICURE**

Mirror like & chip-proof finish.



## FITNESS & WELLNESS PROGRAMS

The panoramic views from the 5,000 square-foot Fitness and Wellness Center and Movement Studio bring nature indoors to inspire and motivate. State-of-the-art treadmills, elliptical cross trainers, upright and recumbent bikes, all make the heart grow stronger. We also have a complete circuit of resistance machines, free weights, bosu balls, tubing, and cable machine for those wanting more strength training.

We offer complimentary Fitness and Wellness classes in a variety of formats to accommodate many levels of exercisers and movements. These include: yoga, Pilates, Tai Chi, Zumba, TRX, circuit training, water aerobics, swim workouts, seaside cycling, and our signature boot camp class, “nature’s gym”.

We also offer private and semi-private personal training and classes. Our team of trainers can customize classes and training sessions to meet your objectives and needs. You may book 30 or 60 minute sessions to fit your schedule.



# EXPLORE A LIFE-ENRICHING EXPERIENCE

## SPA ROOMS, FITNESS & WELLNESS CENTER, SALON, RESTAURANT, & BOUTIQUE

- 50,000 square-foot oceanfront spa complex including:
- 25 Treatment rooms and three VIP Suites (Earth, Water and Fire)
- Adult pool with private cabanas
- 5,000 square-foot Fitness and Wellness Center
- Movement Studio
- Customized Wellness treatments
- Manicure and Pedicure services
- Hair and Beauty Salon services
- Spa Boutique with signature spa products
- Men's and Women's indoor and outdoor relaxation areas
- Solviva restaurant

We look forward to welcoming you to this oasis of relaxed and restorative wellness.

### HOURS OF OPERATION:

The Spa - 6am to 8pm daily

Fitness Center - 6am to 8pm daily

The Spa Pool - 6am to 8pm daily

Solviva - Sun - Fri 6am - 8pm | Sat 6am - 9pm

*\*all times subject to seasonal change.*

### ADDRESS:

100 Terranea Way, Rancho Palos Verdes, CA 90275

310.265.2740 | [Terranea.com](http://Terranea.com)







TERRANEA®  
L.A.'S OCEANFRONT RESORT

TERRANEA.COM | 310.265.2740





# THE SPA

AT TERRANEA

## MENU PRICING



## SIGNATURE RITUALS

**MORNING & EARLY AFTERNOON**

	DURATION	WEEKDAY	WEEKEND
Honey Body Bliss	60 min	205	215
Revitalizing Marine Massage	60 min	205	215
Crystal Reflections	60 min	205	215
Volcanic Clay Wrap	60 min	205	215
Coastal Detox	90 min	295	305
Oil & Water	90 min	295	305
Inside & Out	120 min	385	400
Ocean Prelude	120 min	385	400
Power of Stone	120 min	385	400

**LATE AFTERNOON & EVENING**

Sound Sleep	60 min	205	215
Tranquility	60 min	205	215
El Segundo Blue	90 min	295	305
Passage	90 min	295	305
Mediterranean Muscle Relief	90 min	300	310
with Balneo Enhancement	120 min	385	400
Flickering Embers	120 min	385	400

**NEW BEGINNINGS**

Mommy To be Massage	60 min	205	215
Queen of the Sea - Total Indulgence	60 min	205	215
Tidal Moon - Scrub & Massage	90 min	295	305
Heaven and Earth - Foot Ritual & Relaxing Massage	90 min	295	305

**RITUAL ENHANCEMENTS**

Balneo Specifics	30 min	95	105
Crystal Quartz Scrub	30 min	115	125
Dead Sea Salt Scrub	30 min	115	125

## MASSAGES

	DURATION	WEEKDAY	WEEKEND
Relaxing Classical, Sports, Terranea Therapeutic	60 min	195	205
	90 min	275	285
Shiatsu Therapy, Reflexology	60 min	200	210
	90 min	280	290
Stone Therapy, Mommy to Be	60 min	205	215
	90 min	285	295
CBD Massage	60 min	255	265
	90 min	335	345

## FACIALS

Skin Specifics, Gentleman's, Nature's Transformation, Botanical Brightening Facial	60 min	200	210
	90 min	280	290
Renewed Youth	60 min	220	230
	90 min	300	310
Bare Your Back	60 min	200	210

## RADIANT RESULTS FACIALS

Ultimate Radiance Lift	90 min	380	390
Aroma Lift, Aroma Clear	60 min	280	290
Aroma Facials Series	3 facials	825	
	6 facials	1650	

## WAXING

Available Upon Request.

Weekday: Monday - Thursday (excluding holidays), Weekend: Friday - Sunday

## MANICURES

Vital Sports	30 min	70
Native Essence	45 min	80
Pacific Blue	45 min	80
Gel Manicure	45 min	90
Ultimate Terranea	60 min	95
Polish Change	20 min	40
Add-ons:		
Nourishing Paraffin Treatment		20
French Polish Application		15
Gel Soak Off		20

## PEDICURES

Vital Sports	45 min	90
Native Essence	60 min	100
Pacific Blue	60 min	100
Ultimate Terranea	75 min	125
Add-ons:		
French Polish Application		15

## MAKEUP

Makeup Application Day or Evening	75
Bridal Makeup Application - Consultation	75
Bridal Makeup Application (Wedding Day)	90
Eyelash Application	35-45

## HAIR

Shampoo & Blow Dry	60-90
Women's Haircut	85
Color/Color Touch up	100+
Highlights/Lowlights - Partial	145+
Highlights/Lowlights - Full	195+
Men's Haircut	60
Men's Color Camouflage	50+
Special Occasion Styling - Adult	115
Special Occasion Styling - Junior	65
Children's Haircut	45
Consultation & Bridal Hair Styling	125
Bridal Hair Styling - Wedding Day	150
Custom Color Correction	Priced Upon Consultation
Balancing Scalp Treatment	45
Deep Conditioning Treatment	50

## KERATIN COMPLEX SMOOTHING THERAPY™ BY COPPOLA

Express	150+
Original	350+

## IN-ROOM MASSAGE TREATMENTS

	DURATION	
<b>Relaxing Classical, Sports, Terranea Therapeutics</b>	60 min	410
	90 min	570

An additional after-hours charge of \$100 will be charged for in room massages between the hours of 6am - 8am and 8pm - 11pm. Please allow for the therapist to arrive approximately 20 min early to set up and anticipate approximately 20 min post massage for therapist to breakdown. For in-room salon treatments please contact The Spa for more information.

## PERSONAL TRAINING

For those wanting more personalized assistance and attention, Terranea's team of fitness professionals can work with guests, privately, in pairs or in small groups, in many areas of fitness and wellness. Choose from any of our many formats and types of training: resistance, cardiovascular, flexibility or any combination of them all!

	DURATION	SINGLE	SERIES OF 6
<b>Specialty Training</b> - <i>Private workout with a certified trainer in any of our specialty areas in formats such as kettle bells, TRX, and Pilates reformer.</i>	30 min	70	375
<b>Personal Training</b> - <i>Private workout with a certified trainer to meet individual client needs and objectives.</i>	30 min	65	350
	60 min	125	650

## WEDDING PACKAGES

	WEEKDAY	WEEKEND
<b>Radiant Best</b> <i>This series of Radiant Results facials will enhance your nuptial glow and have you looking your finest for your special day. Four weeks prior to your wedding, begin with our Ultimate Radiance Facial to jump start the results. Continue with three weekly Aroma Lift facials, concluding with a final Ultimate Radiance Facial to have your skin picture perfect.</i>	<b>\$1545</b>	<b>\$1545</b>
<b>Tranquil Eve</b> <i>Step out of the planning to take time for yourself. Our Tranquility ritual will ease stress and anxiety. Then, choose from our Aroma Lift or Aroma Clear facials to complete your time. Leave relaxed and looking renewed- ready to enjoy a magical day.</i>	<b>\$460</b>	<b>\$480</b>
<b>Here Comes the Bride</b> <i>Begin your wedding day with our Crystal Reflections ritual, which begins with a moment of reflection and setting your intention for your day. Following this relaxing foot massage treatment, you retreat down to the Salon for hair styling and makeup with our stylists to have you looking your best.</i>	<b>\$425</b>	<b>\$430</b>
<b>Maid-Over</b> <i>The perfect package for the Maid of Honor and Bridesmaids. Enjoy being treated from head to toe. Our Pacific Blue Manicure and Pedicure proceed a Special Occasion hair styling and Makeup Application to have you feeling "maid-over."</i>	<b>\$345</b>	<b>\$345</b>
<b>Groomed to Perfection</b> <i>A package for the groom and his groomsmen. Begin the day with a 60 minute Gentleman's Facial. Then, retreat to the Salon where you will receive a Gentlemen's Haircut and Vital Sports Manicure. Feel relaxed and look your finest.</i>	<b>\$310</b>	<b>\$320</b>

## SPA PACKAGES

	WEEKDAY	WEEKEND
<b>Day Of Wellness</b>	<b>850</b>	<b>880</b>
<i>This package is all about you. Start your day right with a 60 minute private personal training or movement class session, continue being revitalized with our Volcanic Clay Wrap, followed by a 60 minute massage of your choice to relax tense muscles. Then, break for a light lunch in our Spa Café. Continue with a 60 minute Skin Specifics facial and finish your day with a Native Essence manicure and pedicure.</i>		
<b>The Perfect Pair</b>	<b>695</b>	<b>715</b>
<i>Designed for those that would like to share their Spa day. Start with a 60 minute Couples Relaxing Classical massage in one of our unique VIP Couples Suites. Finish your day with a Pacific Blue manicure and pedicure while enjoying a uplifting spa refreshment.</i>		
<b>Terranea Experience</b>	<b>575</b>	<b>600</b>
<i>This package was designed to experience Terranea with one of our signature rituals. Start your day with a 120 minute Ocean's Prelude treatment. Then, take a break in our spa café to enjoy a light lunch of your choice. Finish your experience with a 60 minute Renewed Youth Facial customized just for you.</i>		
<b>Time Out</b>	<b>475</b>	<b>495</b>
<i>This package is designed to rejuvenate the active gentleman. Start your day with a 90 minute Terranea Muscle Relief treatment. Finish, with a relaxing 60 minute Gentleman's Facial. If you would like to add on a Gentleman's Haircut please let us know at time of booking.</i>		
<b>Revitalize</b>	<b>310</b>	<b>320</b>
<i>Designed for guests that are looking to revitalize their workouts and their bodies. Start your day with a choice of one 60 minute private personal training session, yoga class or Pilates class. Then, take a break in our spa café to enjoy a healthy smoothie of your choice. Finish, your experience with a 60 minute Sports Massage to stretch and relax. Sure to help you feel inspired!</i>		
<b>Tranquil Recovery</b>	<b>285</b>	<b>305</b>
<i>Just what your body needs to recover from travel, stress or lack of quality sleep. A Tranquility Balneo treatment in our copper soaking tub begins this experience. Our Sound Sleep treatment is the ultimate in deep relaxation and completes the recovery.</i>		
<b>Simply Sensational</b>	<b>245</b>	<b>245</b>
<i>Join us for a day in the Salon to treat yourself from head to toe. Begin with our Native Essence Manicure and Pedicure, followed by time with our hairstylists to blow out your hair and have you looking your best.</i>		

Please Note: All packages will include an additional 20% service charge at check out.

The Spa at Terranea wants to ensure that all of our guests enjoy the ultimate experience at our luxurious spa. The following are some suggestions and tips to make your spa and wellness experience flawless.

## RESERVATIONS:

- Please call 310.265.2740 to schedule a spa appointment. To ensure your desired time, we encourage you to make reservations early.
- If you have a therapist gender preference and/or any medical conditions, please advise us when making reservations.
- A credit card is required at the time of booking to confirm reservations.
- Spa services, facilities and amenities are available for guests 18 years and older. The Fitness Center welcomes guests 16 years and older; when accompanied by a legal guardian. Guests under the age of 18 are welcome to receive Salon services when accompanied by a legal guardian.

*\*For your convenience, a 20% service charge is automatically added to all spa and salon services.*

## SPA RECOMMENDATIONS & GUIDELINES:

- Please arrive 30-45 minutes prior to your appointment.
- The Spa offers full changing room amenities and complimentary use of a Spa robe, slippers, and digital lockers.
- The Spa suggests guests enjoy a warm shower before treatments.
- Bathing suits are required in all outdoor areas.
- In Spa treatment and relaxation areas, please refrain from cell phone usage.

## CANCELLATION, CHANGES & NO-SHOW POLICY:

- Please allow at least 6 hours notice for cancellations or changes.
- Cancellations and changes made less than 6 hours in advance will result in a 50% charge for the scheduled treatment.
- No-shows will be billed at the full treatment rate.
- Late arrival will result in the guest receiving the remainder of their allotted treatment time. Your treatment will end at the scheduled time, so that the next guest will not be inconvenienced. The value of your full treatment will be applied.



**TERRANEA**  
L.A.'S OCEANFRONT RESORT

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