



# The Spa

PEBBLE BEACH





## The Spa PEBBLE BEACH

The Spa at Pebble Beach offers a unique menu of massages, scrubs, full-body treatments, day packages and salon services that complement the Pebble Beach Resorts experience.

### SPA SERVICES

- 2 *Signature Treatments*
- 3 *Day Packages*
- 4 *Massage*
- 5 *Body Treatments*
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FOR SPA RESERVATIONS, PLEASE CALL (888) 565-7615

Our professional staff is trained to help you select appropriate services and to provide impeccable personalized service for an experience that exceeds your expectations. Relax at one of only 60 spas in the world to receive the coveted Forbes Travel Guide Five-Star Award.





## SIGNATURE TREATMENTS

### THE PEBBLE MESSAGE *70 minutes*

Our Signature Massage incorporates tension-releasing massage techniques with warm sculpted stones. The deep, penetrating heat of the stones allows your therapist to effectively work your muscles and balance your energy.

### LASAPA LELIMA PURIFICATION TREATMENT *100 minutes*

Lasapa Lelima, a Native American-based cleansing or bathing ceremony, is inspired by Monterey County's indigenous Esselen tribe. Featuring locally grown coastal white sage and elderberry, this combination scrub, wrap and massage creates an environment for healing to occur naturally.

### THE ROYAL TREATMENT *75 minutes*

This wonderful massage treatment incorporates head to toe relaxation with honey, ginger and a royal jelly face mask. After a royal treatment of the back with pure honey, a beeswax sheet is applied to support the healing process. To complete the transformation, enjoy a massage, foot scrub and rub. As a finishing touch, a facial mask is applied and the face is massaged. The combination is incredibly relaxing and healing.

### WELLNESS (HEAD TO TOE) *105 minutes*

Wellness starts with the skin, the largest organ of the body. Exfoliation, circulation and hydration are the cornerstones of your skin's health. Begin with a buff of your skin with a polishing sea salt scrub. Purify and cleanse the back with a thermal clay mask. Increase circulation in the legs with a serum rich in caffeine and arginine, and hydrate with a massage using a CBD, arnica and ginger shea butter cream. Complete head to toe wellness with a hydrating facial sheet mask.

### SALT OF THE EARTH MASSAGE *70 minutes*

This healing massage uses heated Himalayan salt stones to reduce tension and relieve pain and inflammation. Through osmosis, the salt's minerals and nutrients naturally activate your healing mechanisms, allowing your body to restore itself to balance.

### DELUXE SILK PEEL *80 minutes*

A five-star service that leaves you red carpet ready, this treatment provides all benefits of the Silk Peel (see page 8) plus extractions, collagen moisture mask and Silk Peel on your hands.

## DAY PACKAGES

*Make the most of your spa experience with these day packages.*

### DAY OF BEAUTY *3½ hours*

Treat yourself to an 80-minute Customized Facial, a Spa Manicure and a Spa Pedicure.

### A WALK IN THE FOREST *3½ hours*

This revitalizing combination of services derived from the forest softens your skin with the Citrus Seagrass Scrub, loosens your muscles with The Pebble Massage and treats your skin to a 50-minute Customized Facial.

### GOLFER'S HOLE-IN-ONE PACKAGE *2 hours*

For tired, tense muscles, enjoy an 80-minute Sports Bodywork Massage and a 25-minute Golfer's Foot Renewal.

### ROMANTIC GETAWAY *2 hours*

Relax with a loved one in a blissful Cloud Nineteen Wrap in the Flotation Wrap Suite, followed by a 50-minute Couples Massage in our Massage Suite.

### TUB, SCRUB AND RUB *2½ hours*

Treat your senses and escape to an oasis of relaxation. This journey begins with the Women's Water Experience, followed by a 45-minute Papaya Pineapple Body Scrub and a 50-minute Classic Massage.

### SLIMMING *2 hours*

Caffeine stimulates, tightens and tones skin. This package offers a double shot of caffeine with an Espresso Limón Slimming Wrap and the Café Menthe Scrub to assist with reducing fluid retention and the appearance of cellulite.

### JET LAG RECOVERY *2½ hours*

Start your trip off right with this refreshing package. Enjoy a Water Experience, a Recovery Flotation Wrap using a serum on your legs and abdomen to increase circulation and reduce fluid retention. Complete the journey with a 50 minute Lymphatic Massage.

## Spa Feature

### WOMEN'S WATER EXPERIENCE *25 minutes*

Based upon ancient traditions of relaxation and rejuvenation, the Pebble Beach water ritual offers respite and repose. Immerse yourself in our private soak tub, then step into the steam, sauna or inhalation rooms for a few moments of quiet time. Finally, invigorate your body with a symphony of water in the Pebble Beach Signature Shower. This is an excellent way to start your day at The Spa!



## MASSAGE

Guests may enjoy massages at *The Spa* or in their guest room.

**SPA MESSAGES** 50, 80 or 105 minutes

**IN-ROOM MESSAGES** 50 or 80 minutes

### CLASSIC MESSAGE

Customized for your needs, this Swedish massage increases circulation and relaxes tight, tense muscles.

### SCALP, HANDS AND FEET MESSAGE

Relax your mind while freeing your hands and feet of tension.

### LYMPHATIC TREATMENT

This gentle technique can help reduce fluid retention, enhance the removal of toxins from the body tissues, regulate digestion and support the immune system.

### MATERNITY MESSAGE

With this special massage, our therapists ease the effects of your growing body using our specially designed maternity pillows. A soothing combination of essential oils provides serenity.

**COUPLES MESSAGE** 50 or 80 minutes

Perfect for couples or friends who want to enjoy the benefits of massage together.

**THERAPEUTIC MESSAGE** 50, 80 or 105 minutes

This massage uses deeper pressure and slow strokes to help alleviate chronic muscle tension.

**TARGETED MESSAGE WITH BACK REVITALIZER** 80 minutes

Focusing primarily on the back muscles to bring deep relaxation and comfort, this massage includes marine mud pack to relieve strain and built-up tension. This massage is excluded from in-room appointments.

**HERBAL COMPRESS MESSAGE** 75 minutes

This restorative massage incorporates steamed herbal compresses of wild-crafted arnica, eucalyptus and rosemary, hands-on massage and Thai stretching techniques. The combination of heat and pressure melt away muscle tension. This massage is excluded from in-room appointments.

**SHIATSU, REIKI, REFLEXOLOGY, THAI, FOUR HANDS MESSAGE**

Available upon request.

## BODY TREATMENTS

Our body treatments exfoliate, hydrate and soften your skin.

**PAPAYA PINEAPPLE SCRUB** 45 minutes

Invigorate and exfoliate with natural papaya and pineapple enzymes and finely crushed grape seeds to gently smooth your skin. Conclude with the application of a luxurious hydrating moisturizer.

**SEA SALT BODY SCRUB** 45 minutes

Our most invigorating scrub is ideal for both men and women. Mineral-rich sea salts combined with aromatherapy oils deeply cleanse, exfoliate and soften the skin.

**OCEAN ELEMENTS** 75 minutes

Ocean-inspired relaxation begins with an invigorating dry brush followed by a seaweed & sea salt body polish. Enjoy a soothing scalp or foot massage while wrapped in a detoxifying seaweed gel. To complete your treatment, enjoy an application of lotion scented with the essence of coastal herbs.

**EARTH ELEMENTS** 75 minutes

Feel smooth and radiant with this amazing earth inspired treatment. A bamboo lemon-grass scrub prepares the skin for a wrap using an antioxidant-rich blend of turmeric, fresh bananas, and Echinacea extract full of active compounds that nourish skin. Complete the nourishment with a white tea lotion infused with warming ginger oil.

**THE RASMOPOLITAN** 75 minutes

Crafted with raspberry, organic vodka, sugar and rice bran oil, this sweet exfoliation smooths the skin. Enjoy a soothing scalp or foot massage while wrapped in a skin softening chocolate mask infused with CoQ10 and Ginseng and finally, relax with a tropical vanilla lotion application.

### Spa Feature

**CAFÉ MENTHE SCRUB** 45 minutes

Antioxidant-rich coffee beans, hydrating brown sugar and mineral-rich sea salt are blended with avocado and apricot kernel oils to detoxify and replenish the skin. The scrub is blended with peppermint oil to awaken the senses and soothe sore muscles.



## FLOTATION WRAPS

Couples, friends or family can enjoy these services together. Our dry flotation beds allow the body to float freely in heated bliss. Perfect before a massage or after a scrub. Each treatment is 45 minutes. Add a 25-minute restorative nap or guided meditation.

### ESPRESSO LIMÓN SLIMMING WRAP

Enjoy a relaxing foot massage while wrapped in a blend of South American coffee oil, Italian lemons and Madagascan cinnamon.

### CLOUD NINETEEN

This wrap is heaven-on-earth for your skin—a seemingly magical formula that infuses your skin with moisture.

### RESTORATIVE NAP OR GUIDED MEDITATION

Rejuvenate your mind and body during a 25-minute restorative nap or a guided meditation of your choice. Feel refreshed and renewed.

## BALANCING

### ACUPUNCTURE

80 minutes

Acupuncture redirects energy from areas of blockage or pain to bring the flow of energy back into balance. Treatment can relieve pain, strengthen the immune system, reduce stress, and bring balance and integration.

### CHAKRA BALANCING

75 minutes

Chakras are energy centers that affect our immune and endocrine systems; negative information can adversely affect the body and spirit. This energy balancing treatment uses gemstones to help clear the chakras, calm the mind and improve your body's ability to self heal.

### CRANIO-SACRAL THERAPY

50 minutes

A subtle, yet powerful, session encourages the body to release stress. This gentle hands-on technique offers deep relaxation to the brain and central nervous system, melting tensions and restoring balance.

## GENTLEMEN'S FAVORITES

### GOLFER'S HOLE-IN-ONE PACKAGE

2 hours

For tired, tense muscles, enjoy an 80-minute Sports Bodywork Massage and a 25-minute Golfer's Foot Renewal.

### ACUPUNCTURE

80 minutes

Many golfers use acupuncture as a way to relieve back and shoulder pain and improve their game. Treatment also strengthens the immune system, reduces stress and brings balance and integration.

### HERBAL COMPRESS MASSAGE

75 minutes

This therapeutic massage incorporates steamed herbal compresses of wild-crafted arnica, eucalyptus and rosemary, hands-on massage and Thai stretching techniques. The combination of heat and pressure melt away muscle tension.

### SPORTS PEDICURE

50 minutes

Enjoy an ice-cold beer while your feet are buffed and scrubbed to perfection. After sports or a hard day at the office, your feet will thank you.

### GOLFERS SKIN RESCUE

25 minutes

Sun and wind take a toll on the skin! Rejuvenate and restore skin exposed to the elements. Extractions are not included.

### SEA SALT BODY SCRUB

45 minutes

Our most invigorating scrub is ideal for men. Mineral-rich sea salts combine with oil to deeply cleanse, exfoliate and soften the skin.

## FOR THE GOLFER

### PRE-GOLF WARM-UP

25 or 50 minutes

Specially designed golf stretches and soft-tissue releases give you an edge on the course. Wear comfortable clothes.

### GOLFER'S FOOT RENEWAL

25 minutes

Enjoy a massage of the feet and lower legs. Add this relaxing treatment to any massage.

### POST-GOLF THERAPY

50 minutes

This perfect ending to a round assists in recovery by focusing on tired forearms, neck, lower back and hips. Especially beneficial if you plan to play the next day.

### SPORTS BODYWORK

80 minutes

This massage realigns and stretches muscles, helps work out knots and improves range of motion.



## FACIALS

### Rx PEBBLE BEACH CUSTOMIZED FACIAL 50 or 80 minutes

Following a personalized analysis, your esthetician assists you in determining which Rx Pebble Beach products best suit your skin care needs. This facial cleanses, nourishes and firms skin.

### FOUNTAIN OF YOUTH TREATMENT 80 minutes

This amazing combination of light therapy and anti-aging serums promotes cellular regeneration and boosts collagen to reduce the appearance of fine lines and wrinkles and improve skin texture.

### OXYGEN HYDRATING TREATMENT 80 minutes

Using powerful antioxidants, your skin will be exfoliated with a Vitamin C peel and infused with hyaluronic acid, collagen and oxygen. This exceptional treatment plumps fine lines and wrinkles giving a radiant glow.

### SILK PEEL 50 minutes

A Silk Peel retexturizing treatment is superior to micro-dermabrasion alone. Newly exfoliated skin is infused with physician-strength solutions targeted for specific skin-care concerns such as hyperpigmentation, acne, wrinkles and other signs of aging. Results are visible immediately and with no downtime.

### DELUXE SILK PEEL 80 minutes

A five-star service that leaves you glowing, this treatment provides all benefits of the Silk Peel plus extractions, collagen moisture mask and Silk Peel on your hands.

### RED CARPET READY 25 minutes

Give your skin an instant glow worthy of the red carpet with the newest innovation in skincare, Perk. Perk exfoliates using gentle suction to remove impurities, then a brightening peel primes the skin for an infusion of hyaluronic acid. Extractions are not included. Take-home products are included to keep you red carpet ready.

### PLATINUM TREATMENT 105 minutes

You can have it all! This all-encompassing facial generates incredible results. Turn back the hands of time with special attention to the neck, hands, lip and eye area. Our most advanced rejuvenation treatment yields a healthy, luminous complexion. Home care products complete this luxury experience.

### 24-KARAT GOLD FACIAL 80 minutes

This luxurious anti-aging facial is power-packed with the ultimate cocktail of peptides, 24k gold and plant stem cells to tighten and lift the skin for a youthful glow.

### SENSITIVE SKIN FACIAL 50 or 80 minutes

Using Eminence Organics products that contain organic fruits and herbs to transform your skin, this facial is perfect for sensitive skin that needs extra attention. So pure you can eat it, so potent you will see a difference.

### MEN'S FACIAL 50 or 80 minutes

This facial hydrates and purifies the skin. Alleviate stress and tension as you receive a mini-massage of the neck, face and hands.

### GOLFERS SKIN RESCUE 25 minutes

Sun and wind take a toll on the skin! Rejuvenate and restore skin exposed to the elements. Extractions are not included.

### BACK FACIAL 50 minutes

A Customized Facial for the back.

## BEAUTY ENHANCEMENTS

COLLAGEN BOOST / EYE REFRESH / PERFECT POUT / GLYCOLIC PEEL  
YOUTHFUL HANDS / DÉCOLLETÉ MASQUE / LIGHT THERAPY

### Spa Feature

#### SALT WALL THERAPY

This complimentary feature in the ladies locker room offers a quiet respite for guests. When gently heated, Himalayan salt serves as a natural ionizer, thanks to salt's hygroscopic properties. The Himalayan salt crystals attract moisture on the salt block surface, and as that moisture evaporates,

negative ions are emitted. The negatively charged ions from heated Himalayan salt serve to purify the circulating air and offers numerous health benefits for our bodies, such as stress reduction, increased energy, and boosts mood.



## HAIR CARE

- CUT AND STYLE
- MEN'S HAIRCUT
- UP-DO STYLE
- SHAMPOO & BLOW DRY

- FULL COLOR
- FULL HIGHLIGHT
- PARTIAL HIGHLIGHT
- HAIR AND SCALP REJUVENATOR  
Restore balance and renew body and shine with our deep-conditioning treatment, recommended for all hair types. Includes styling and blow dry.

## NAIL CARE

- EXPRESS MANICURE  
*25 minutes*
- SPA MANICURE  
*50 minutes*
- SHELLAC MANICURE  
*50 minutes*
- SPA PEDICURE  
*50 minutes*
- SHELLAC PEDICURE  
*50 minutes*

- LAVENDER PEDICURE *80 minutes*  
Transport yourself to the garden with the sweet scent of lavender, an herb used for centuries to refresh and cleanse. Our pedicure applies this time-tested herb to gently remove dry skin. Then a lavender-olive oil balm and a lavender shea butter treatment hydrate and nourish the skin, followed by perfect polish.

- SMOOTH AS SILK PEDICURE *80 minutes*  
An anti-callus treatment helps smooth rough skin, and moisturizing cream and shea butter treatment leave your feet smooth as silk.

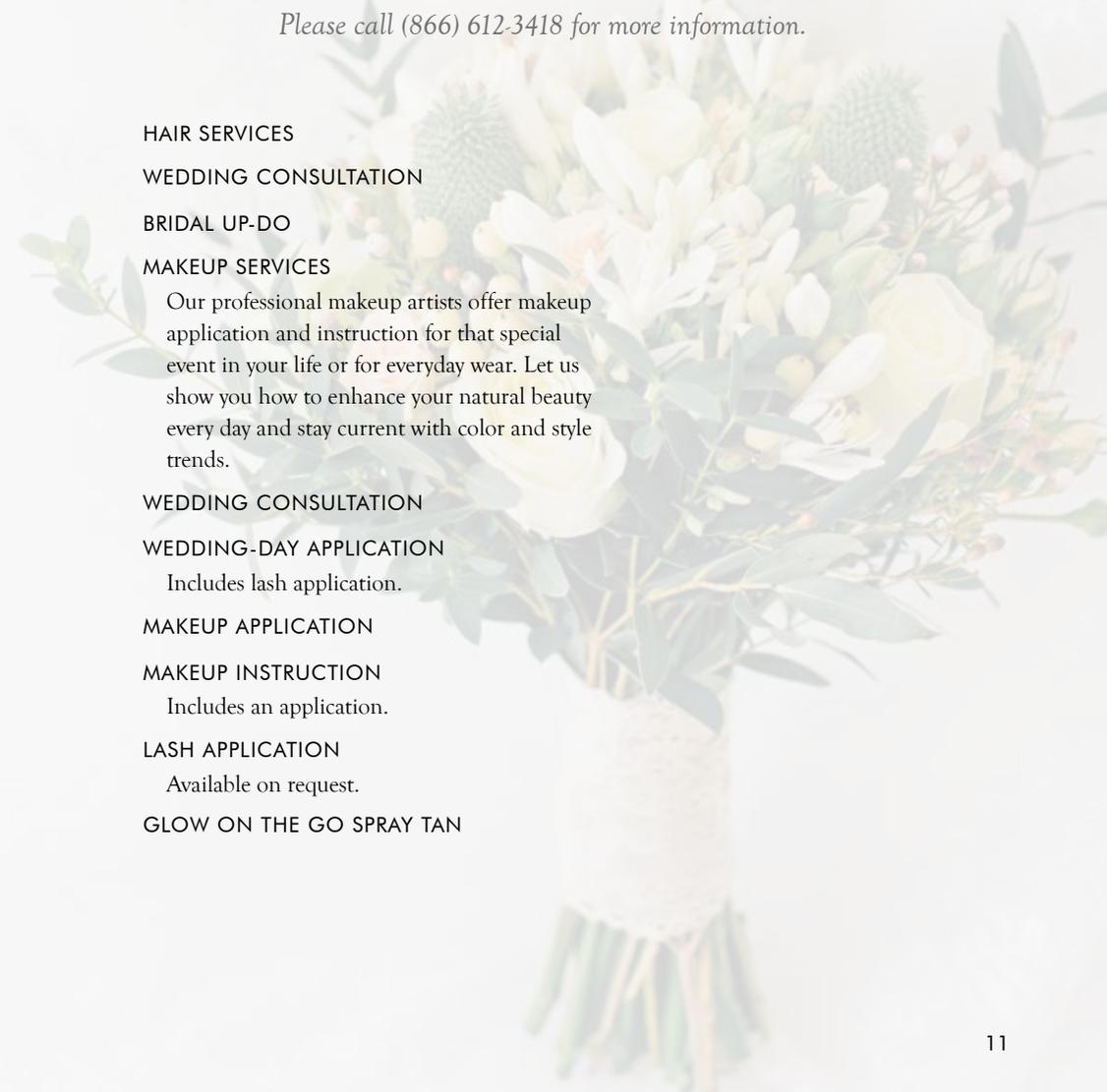
*Note to Shellac guests: Please advise at the time of booking if you already have shellac or gel on your nails, as it will need to be removed during treatment.*

## WEDDINGS & SPECIAL EVENTS

*Our Spa wedding coordinator would be happy to plan your day at The Spa.*

*Please call (866) 612-3418 for more information.*

- HAIR SERVICES
- WEDDING CONSULTATION
- BRIDAL UP-DO
- MAKEUP SERVICES  
Our professional makeup artists offer makeup application and instruction for that special event in your life or for everyday wear. Let us show you how to enhance your natural beauty every day and stay current with color and style trends.
- WEDDING CONSULTATION
- WEDDING-DAY APPLICATION  
Includes lash application.
- MAKEUP APPLICATION
- MAKEUP INSTRUCTION  
Includes an application.
- LASH APPLICATION  
Available on request.
- GLOW ON THE GO SPRAY TAN





## THE SPA JUICE BAR & CAFÉ

Enjoy lunch, a smoothie, fresh juice, a glass of wine or cocktail in our café, offering indoor and outdoor seating.



Located in the heart of the Monterey Peninsula, the award-winning Spa at Pebble Beach offers light bites and refreshing beverages at The Spa Juice Bar & Café. Enjoy freshly made-to-order smoothies and juices, soups and salads, coffee and tea, wine, beer, champagne, specialty cocktails and more, while you relax in a casual atmosphere at the juice bar, salon balcony or by the pool.

**JUICE BAR & CAFÉ HOURS**  
9:30 A.M.–4:00 P.M.

For parties of four or more, call (866) 612-3418 for reservations.



## THE SPA BOUTIQUE

Take your Spa experience home and share with friends and family by shopping at The Spa Boutique. The shop offers all of the skin care lines featured in our exceptional facial and body treatments. Our gift selection features active, high-end and casual fashions, along with ambience-enhancing home accessories.

All of our Signature retail products are available by mail order, as well. Please call The Spa Boutique with your product request at (831) 622-6446, and your order will be shipped to you immediately. Visit [pebblebeach.com](http://pebblebeach.com) for select spa products under Shop, The Spa Collection.

## Gift Card

Spa Gift Cards are available at The Spa Boutique, by calling (866) 612-3418 or online at [pebblebeach.com/pbstore/giftcards](http://pebblebeach.com/pbstore/giftcards).





## HOW TO SPA

### SPA INFORMATION

*Your comfort, well-being and enjoyment are our priority during your visit to The Spa. Please read these pages of information and contact us with any additional questions you may have.*

#### HOURS OF OPERATION

- FACILITIES: 8:30 A.M.–7:30 P.M.
- SPA SERVICES: 9:00 A.M.–7:00 P.M.
- JUICE BAR & CAFÉ: 9:30 A.M.–4:00 P.M.

#### LOCATION

The Spa is located adjacent to Casa Palmero, near The Lodge at Pebble Beach.

#### SPA FACILITIES

- 25 treatment rooms
- Full-service salon
- Conservatory and Sanctuary
- Women’s and men’s locker rooms, each with a whirlpool spa, sauna, steam and inhalation rooms

#### RESERVATIONS

It is strongly recommended that you schedule spa services at least two weeks in advance to secure the most convenient time for you. To speak with a spa reservation agent, please call (866) 612-3418. The Spa reservation agents also book massages at The Spanish Bay Club for guests at The Inn at Spanish Bay.

*Spa service rates are subject to change without notice. Please call to confirm current rates.*

#### CANCELLATION

If you need to cancel or change your appointment, please call at least 24 hours prior to the appointment time. If an appointment is canceled or changed within 24 hours of the scheduled service, we charge 50 percent of the service price. (For groups, we have a minimum 14-day cancellation policy.) A “no-show” appointment is charged the full service rate.

#### SERVICE CHARGE

A service charge of 20 percent will be assessed. The Spa retains a portion of the service charge as an administrative fee; the remainder of the service charge is distributed to employees of The Spa.

#### AGE REQUIREMENTS

The minimum age for spa services is 18, and the minimum age for salon services is 14.

#### FITNESS FACILITIES

The Spa does not have a fitness facility. Resort guests have access to two world-class fitness centers: The Beach & Tennis Club nearest to The Lodge and Casa Palmero, (831) 625-8536; and The Spanish Bay Club at The Inn at Spanish Bay, (831) 647-7461. The Spa also offers limited spa services at The Spanish Bay Club; please call The Spa for a list of services available.

#### ELECTRONIC DEVICES

To preserve the relaxing environment of The Spa, we request that you refrain from using cell phones, laptops and other electronic devices during your visit.

#### PARKING

Parking is available in the garage adjacent to The Spa, directly across the street from the tennis courts of The Beach & Tennis Club.

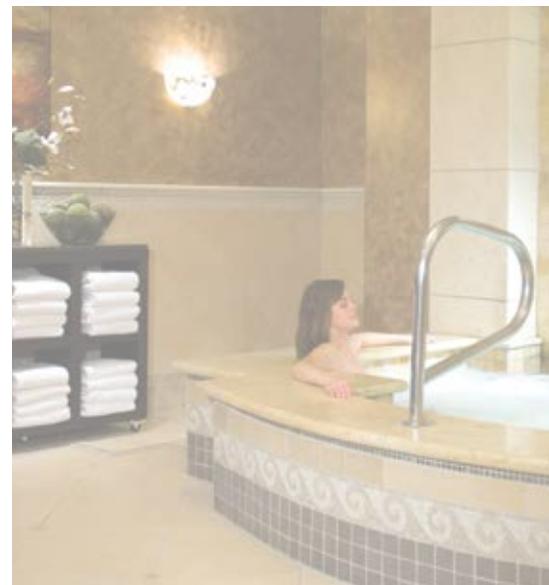
### FREQUENTLY ASKED QUESTIONS

#### Where do I check in for my spa appointment?

Please check in at The Spa front desk. You will be escorted to the locker room where you can enjoy steam, whirlpool spa, sauna and inhalation rooms before your treatment. For spa services at The Spanish Bay Club, please check in at its fitness desk.

#### How early should I arrive for my spa appointment?

Please arrive a minimum of 20 minutes before your appointment. To enjoy spa facilities prior, we suggest at least 45 minutes.



#### What if I am running late?

Please note that your late arrival will determine the length of your treatment. Your service will end on time so that the next guest is not delayed.

#### Can I cancel at any time?

If you need to cancel your appointment completely, please call at least 24 hours prior to the appointment. If it is within 24 hours, we charge 50 percent of the service price. A “no show” is charged the full rate. For group guests, please contact your group coordinator for cancellation policies.

#### What do I need to bring?

Please wear comfortable clothes for the Pre-Golf Warm Up or Thai Massage. When you check in, you will receive slippers, a robe and a locker for your personal belongings. Swimsuits are available for sale in The Spa Boutique. Please do not bring valuables to The Spa. For your convenience, safe-deposit boxes are available.

#### Do I disrobe entirely for my spa treatment?

That is your choice; however, it is customary to do so. Our staff is required to appropriately drape you with towels or sheets at all times during the service to protect your privacy.

#### May I ask my therapist to make adjustments for my comfort?

Absolutely. This is your treatment, and we want you to enjoy the experience. If you would like the room temperature adjusted or a change in the amount of pressure during your massage, for example, please let your therapist know.

#### Should I alert someone if I have any physical ailments or allergies?

Yes. Please notify our reservation agent when scheduling your spa service. If you require special assistance, please let us know so that we may assure you a pleasant experience.



**PEBBLE BEACH**  
RESORTS

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