



# 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*
- 6 *Flotation Wraps & Wellness*
- 7 *Gentlemen's Favorites & Fore the Golfer*
- 8 *Facials*
- 10 *The Salon: Hair Care, Nail Care, Weddings & Special Events*
- 12 *The Spa Juice Bar & Café*
- 13 *The Spa Boutique*
- 14 *Spa Information & How to Spa*

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 126 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) *100 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 DIAMOND GLOW *80 minutes*

A five-star service that leaves you red carpet ready, this treatment provides all benefits of the Diamond Glow (see page 8) plus extractions, collagen moisture mask and Diamond Glow 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 softens your skin with the Sea Salt Scrub, loosens your muscles with The Pebble Massage and treats your skin to a 50-minute Customized Facial.

### 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.

### 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.

### WELLNESS PACKAGE *3 hours*

Wellness Head to Toe gets a boost with a CBD facial. Studies show CBD is anti-inflammatory and provides relief for muscle and joint pain. When CBD is used in conjunction with massage and a facial, the benefits are exceptional!



## MASSAGE

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

**SPA MESSAGES** 50, 80 or 100 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 100 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 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.

**MESSAGE ENHANCEMENTS**  
CBD Oil/Light Therapy/Sound Healing

**REIKI, REFLEXOLOGY, THAI**

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.

### 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.

**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. Finally, enjoy an application of lotion scented with the essence of coastal herbs.

**THE PALMERO** 75 minutes

Tropical relaxation begins with a coconut scrub to buff and soften your skin. Then, while wrapped in a nourishing, hydrating propolis wrap, warm oil is massaged deeply into your scalp. An application of kukui coconut moisturizer completes your total relaxation.

**THE BEES KNEES** 75 minutes

Infuse and nourish your skin with our whipped honey scrub and a golden honey wrap. Complete the treatment with a hydrating application of honey ginger oil.



## 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 Madagascar 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.

## WELLNESS

### ACUPUNCTURE 80 minutes

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

### CRANIO-SACRAL THERAPY 50 minutes

A subtle, yet powerful treatment. This gentle hands-on technique offers deep relaxation to the brain and central nervous system, melting

### LIGHTSTIM TREATMENT 45 minutes

This full-body LED light therapy treatment stimulates natural healing processes, relieving pain and relaxing sore muscles.

### CHAKRA BALANCING 75 minutes

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

### AQUA YOGA 50 minutes

Enjoy a customized, invigorating Aqua Yoga/Pilates session for increased energy and mobility. Pack your swimsuit for our saltwater pool session.

### SOUND HEALING 50 minutes

Experience the magical healing qualities of the Crystal Medicine Singing Bowls. By raising your vibrations, sound restores balance, health, and harmony to your body, mind, and spirit.

## 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.

### 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.

### MEN'S FACIAL 50 or 80 minutes

Sun and wind take a toll on the skin! Rejuvenate skin exposed to the elements. Alleviate stress and tension as you receive a mini-massage of the neck, shoulders and face.

### 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.

### 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.

### 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.

### 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.

### 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

### GOLFER'S FOOT RENEWAL 25 minutes

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

### 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 will assist you in determining which Rx Pebble Beach products best suit your skin care needs. This facial cleanses, nourishes and firms skin.

### DIAMOND GLOW 50 minutes

A Diamond Glow skin resurfacing treatment is the next generation of microdermabrasion using a diamond tip wand to exfoliate the face, eye area and lips. It clears impurities and dead skin cells while simultaneously infusing the skin with a customized serum. Results are visible immediately and with no downtime.

### DELUXE DIAMOND GLOW 80 minutes

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

### RX MEDIFUSION TREATMENT 80 minutes

This clinical antiaging treatment uses the patented technology of Revitapen, an alternative to micro-needling used to enhance product absorption and stimulate the skin's regenerative process. This exceptional treatment plumps, firms and clarifies the skin immediately and with no downtime.

### FOUNTAIN OF YOUTH TREATMENT 80 minutes

Using FDA cleared Celluma light therapy to reduce the appearance of fine lines and wrinkles, this facial is collagen building and anti-inflammatory. Included is a mild peel, extractions and a hydrating collagen sheet mask. Great for adding volume to the skin, strengthening capillaries, and reducing redness.

### BRIGHTEN TREATMENT 80 minutes

This treatment gives skin a radiant glow with the use of powerful antioxidants, exfoliation with a mild acid peel, extractions if needed, and a bubbling charcoal mask to detoxify and brighten the skin. Great for sun damage, acne and skin brightening.

### PLATINUM TREATMENT 105 minutes

You can have it all! This all encompassing facial generates incredible results. This treatment includes a mild peel, Diamond Glow on the face, neck, decollete and hands, extractions if needed and Celluma Light Therapy. Our most advanced rejuvenation treatment yields a healthy, luminous complexion. Home care products complete the ultimate platinum treatment.

### CBD ANTI-STRESS FACIAL 50 minutes

Destress your skin with anti-inflammatory ingredients that will infuse your skin with antioxidants to decrease redness and give optimal hydration.

### BACK FACIAL 50 minutes

A Customized facial for the back.

### 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.

### REVITAPEN VITAMIN A, C OR STEM CELL BOOSTER 15 minutes

## 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

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.

FULL COLOR

FULL HIGHLIGHT

PARTIAL HIGHLIGHT

BLONDING

## NAIL CARE

EXPRESS MANICURE

*25 minutes*

SPA MANICURE

*50 minutes*

SHELLAC MANICURE

*50 minutes*

SPA PEDICURE

*50 minutes*

SHELLAC PEDICURE

*50 minutes*

*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.*

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 leaves your feet smooth as silk.

## 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.



## 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 or online at [shop.pebblebeach.com/gift-cards](http://shop.pebblebeach.com/gift-cards)







## SPA INFORMATION

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

### HOURS OF OPERATION

**FACILITIES:** 8:30 A.M.–6:30 P.M.

**SPA SERVICES:** 9:00 A.M.–6:00 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, cold plunge tub 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. Guests must book a 50 minute Spa service in order to have access to the Spa Facilities. Salon services do not include access to the facilities.

*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 22 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.

## HOW TO SPA

### 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?

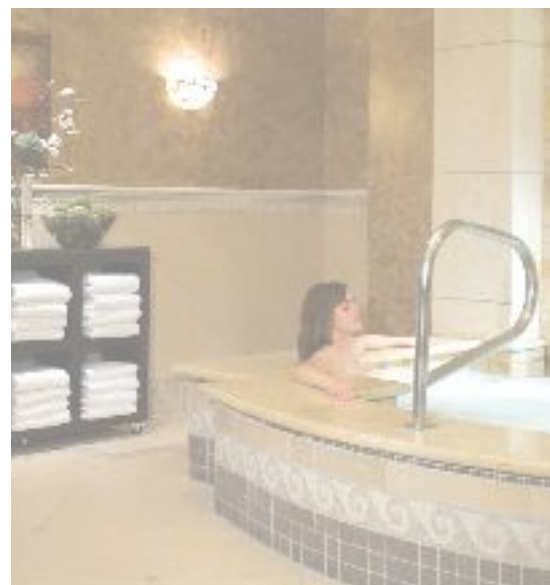
That is your choice; however, it is customary to do so. Our staff is required to appropriately drape you with towels or sheets at all times during the service to protect your privacy.

### 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

©2024 Pebble Beach Company. Pebble Beach®, Pebble Beach Resorts®, Pebble Beach Golf Links®, Casa Palmero®, The Lodge at Pebble Beach™, Spanish Bay®, The Inn at Spanish Bay™, The Links at Spanish Bay™, Spyglass Hill® Golf Course, Del Monte™ Golf Course, The Hay™ Golf Course, 17-Mile Drive®, The Spa at Pebble Beach™, Pebble Beach Golf Academy™, The Spanish Bay Club™, Stillwater Cove™, The Lone Cypress™, The Bagpiper Logo®, The Heritage Logo, and their underlying distinctive images are trademarks, service marks and trade dress of Pebble Beach Company. Photo credits: Scott Campbell Photography