



The Spa at The Grand Del Mar

A modern-day monument to the invigorating spirit of the Renaissance, The Spa in décor, design, practice and philosophy, epitomizes that golden era. Explore the wild herbs, mineral-rich clays, and plethora of local elements used in our restorative spa treatments. Immerse yourself in the art of wellbeing.

SPA RESERVATIONS

Spa treatments are available for guests age 18 and over. We encourage you to book spa appointments when you reserve your guestroom. Please inform the reservation agent of any medical conditions or other special needs that require our attention, so we can ensure your experience is a pleasant one.

Reservations: 858.314.2020

OUR FACILITIES

The Spa features 21,000 square feet of old-world elegance and 11 expansive treatment rooms – including a romantic couple's suite – for massage, cleansing facials and hydrotherapy body treatments. Separate Men's and Women's Lounges offer lavishly appointed relaxation rooms with stone fireplaces, showers, steam and sauna areas, and indoor whirlpools. A shared outdoor whirlpool and Relaxation Pool adjacent to The Spa are also available.

HAIM SALON AT THE GRAND DEL MAR

From manicures and pedicures, to hair styling and makeup for a special day, Haim Salon offers a broad array of services to make you look as radiant as you feel.

Reservations: 858.314.2732

FITNESS CENTER/MOVEMENT STUDIO

Located adjacent to The Spa, the Fitness Center features state-of-the-art equipment, including a variety of cardio and weight machines, and free weights. Our fitness center is complimentary to all resort guests age 16 and over. Personal training (reservations required) and fitness classes in the Movement Studio are also available. For your safety, proper close-toed fitness shoes and clothing are required in the Fitness Center and for fitness classes. Please contact The Spa for more information, class schedules and personal training rates and reservations.

CANCELLATION/RESCHEDULING POLICY

We request cancellation/rescheduling notification by 4 pm the day prior to a scheduled appointment. 50% of the value of the service will be charged for rescheduling or cancellations made after 4 pm. No-show appointments will be charged the full value of the service, plus the gratuity and service fee.

GRATUITY & SERVICE FEE

For your convenience, a 20% service charge will be automatically added to all services and packages. This service fee is allocated to the spa staff members who serve you during your visit at The Spa. Please feel free to make an adjustment based on the service that you experienced.

LOCATION/PARKING

The Spa at The Grand Del Mar is located at the west end of the resort. For your convenience, valet parking is complimentary for our spa guests.



The Spa at The Grand Del Mar continued

ARRIVAL

We invite you to check in 30 minutes prior to your scheduled spa service so that you can relax in our vitality mineral whirlpool, steam, sauna and showers, and prepare for your treatment. To ensure that all guests receive their full treatment, late arrivals will end at the scheduled time.

SPA ATTIRE

Complimentary use of spa robes, slippers and lockers is provided for all spa guests. Most of our guests prefer to fully undress for treatments, since our staff is professionally trained in proper draping designed to ensure modesty and comfort throughout the treatments. If you prefer, you may wear undergarments for your treatment, and disposable undergarments are also available upon request. A bathing suit is recommended for our whirlpool, sauna and steam treatments. The Spa also provides a luxurious array of personal care products for your complimentary use.

CONSIDERATIONS/ VALUABLES

To preserve our tranquil environment, The Spa is a cellular-phone-free, pager-free, alcohol-free and smoke-free environment. Please avoid bringing jewelry or other valuables to The Spa. If you are a guest of the resort, we ask you to leave your valuables in your in-room safe. We are not responsible for valuables that are lost or left at The Spa.

GIFT CERTIFICATES & THE SPA BOUTIQUE

Gift certificates for spa, salon and fitness services, as well as items at The Spa Boutique, make ideal gifts for any special occasion. The Spa Boutique carries our exclusive handmade and organic skincare line, as well as stylish yoga wear, robes and slippers, candles and other soothing gifts.

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Touch Therapies

From the subtle, penetrating heat of warmed stones to mineral-rich mud wraps, an array of mediums couple with deep or gentle massage to relieve stress, inspire relaxation, or encourage movement in sore muscles and joints.

RENAISSANCE

In this signature body ritual, mineral-rich mud combined with warmed aromatic oils is applied to the body before indulging in a warm body wrap while resting in a relaxing free-floating bed. An invigorating rosemary-infused Swiss shower follows, along with a relaxing, stretching massage. This nourishing and replenishing treatment also brings gentle movement into the joints and encourages flexibility.
{ 90 minutes, \$310 }

CORE ELEMENTS

Ideal for athletes or lower back soreness, this service balances and strengthens the body's core. A relaxing lower back, hips and abdominal massage precedes a nutrient-rich mud wrap along the same areas. The extended 90-minute treatment also includes the neck, shoulders and upper back.
{ 60 minutes, \$175 / 90 minutes, \$270 }

STONY SILENCE

The subtle, penetrating heat of warmed stones coupled with a relaxing massage addresses muscular aches and pain as it soothes the body and mind. This ritualistic treatment helps improve circulation and melt away stress, anxiety and tension.
{ 90 minutes, \$270 }

BETWEEN TWO WORLDS

A light touch massage with aromatic oils is followed by sweet-grass compresses, inspiring a deep, soulful relaxation.
{ 75 minutes, \$225 }

REFINED

This exhilarating Vichy shower experience begins with a dry body brushing and a full body exfoliation with a nutrient-rich body scrub. A relaxing massage using a hydrating body lotion follows, leaving the skin soft and glowing.
{ 60 minutes, \$165 }

TRADITION

Designed for relaxation, a soothing full body Swedish massage increases circulation and relieves stiff, tense muscles.
{ 60 minutes, \$165 }

ATHLETIC ENCOUNTER

Designed to focus on specific areas of concern, this therapeutic sports massage addresses the restrictions and impairments of strained and repetitively stressed muscles. Rhythmic strokes realign and stretch the muscles to help improve flexibility and flush metabolic waste from the tissues.
{ 60 minutes, \$175 }

THERAPEUTIC

This firm, slow, deliberate massage applies medium to deep pressure for specific areas of tension, pain or chronic issues. Incorporating Swedish and deep tissue techniques, the massage helps alleviate tension by releasing tightness and reducing muscle pain.
{ 60 minutes, \$175 }



Touch Therapies continued

HERBAL SALT SCRUB

The indigenous, aromatic herbs of rosemary and sage work in synergy with a stimulating, cascading Vichy shower to deliver an experience of exhilarating, restorative wellness.

{ 30 minutes, \$90 }

HERBAL REFLEXOLOGY

Rosemary, sage and lavender fill this aromatic, warm footbath followed by a hand and foot reflexology massage.

{ 60 minutes, \$165 }

Triads of The Grand Del Mar

Good things come in threes. These multi-tiered treatment trios are designed to fully rejuvenate the body and spirit.

DECOMPRESSION

Scrub, Hydrating Body Wrap and Massage

An invigorating body scrub of organic rosemary is followed by a hydrating body wrap of goat butter while lying on a warm, free-floating bed, encouraging the ultimate in relaxation. A rhythmic body massage culminates this soothing, luxurious treatment.

{ 120 minutes, \$360 }

EXPRESSION

Stone, Scrub and Tonic Massage

The tiered ritual begins with the application of warm, soothing stones, followed by an invigorating body scrub and Vichy shower. A brisk tonic massage finish stimulates circulation and creates a surge of energy from head to toe.

{ 120 minutes, \$360 }

EXTREMITIES

Footbath, Reflexology and Upper Body Massage

Promoting relaxation and a sense of well-being, this treatment begins with a therapeutic herbal footbath followed by a healing reflexology massage on the hands and feet, stimulating energy pathways. A soothing scalp, neck and shoulder massage using warmed, aromatic oils prolongs the relaxation.

{ 90 minutes, \$270 }

SCULPTED BEAUTY

Massage, Thermal Wrap and Swiss Shower

Ideal for improving the skin's appearance, this treatment includes a contouring body massage to encourage the elimination of excess fluid followed by a mineralizing seaweed clay wrap. An indulgent Swiss shower ensues before the skin is hydrated with a sunflower and mango-infused goat butter tightening cream.

{ 120 minutes, \$360 }

Reservations: 858.314.2020



The Grand Wraps

Choose from three nourishing wrap experiences enriched with local ingredients inspired by the resort's coastal canyon setting.

Your treatment begins with a dry body brushing to gently exfoliate skin, before soaking up the benefits of your selected wrap. Your choice of either a mini-Portrait facial or a mini-Tradition massage follows to complete the rejuvenating experience.

RECOVER

Using a blend of Roman chamomile and lavender essential oils, this wrap calms and nourishes irritated skin. Great for sunburned skin.
{ 60-minutes, \$140 }

REPAIR

A detoxifying blend of seaweed and minerals helps purify the body.
{ 60-minutes, \$140 }

REPLENISH

This deeply moisturizing wrap of sweet orange-honey-almond milk is ideal for dry skin.
{ 60-minutes, \$140 }

Packages

PORTRAIT OF TRADITION

Massage and Facial

The full body Tradition massage and the personalized Portrait facial create a classic combination ideal for those with limited time, yet wanting to decompress and renew the body and skin.
{ 120 minutes, \$315 }

COUPLE'S CLASSIC

Bath, Wrap and Massage

Perfect for a duet, this service includes a relaxing, mineral-rich bath, followed by a moisture-intensive wrap as your head and feet are massaged into a state of bliss. A 60-minute massage completes this blissful relaxation for you and your partner.
{ 120 minutes, \$600 }

WORK OF ART

Massage, Wrap and Facial

The 90-minute Core Elements treatment strengthens and soothes the body's core through massage and an enriching wrap, before our exquisite Art for Art's Sake facial.
{ 180 minutes, \$495 }



Facial Therapies

Soothing facials employ nutrient-rich elements of the verdant canyon to nourish, tone, regenerate and refresh.

PORTRAIT

Following a brief consultation, our spa experts customize this toning and refreshing facial to your individual skin type, using a handmade, organic skincare line designed exclusively for The Spa.

{ 60 minutes, \$175 }

ART FOR ART'S SAKE

This signature facial begins with a regimen of exfoliation, warm aromatic cloths and a nourishing clay mask rich in essential fatty acids and antioxidants, giving the skin a healthy radiant glow. Next, warm oils enhance a neck, shoulders, décolleté, face and scalp massage. Specific products are selected for gender and skin types.

{ 90 minutes, \$270 }

LUMINOUS

A slow pressure point massage incorporates botanical elements, enzyme exfoliants and nutrient-rich clay to heighten relaxation and induce a deep sleep-like state. The dramatic, regenerative results will leave your complexion bright and illuminated. Also recommended for dry or mature skin.

{ 90 minutes, \$270 }

IMMORTAL STONE

Slip into a state of tranquility as warmed stones and omega oils infused with herbal extracts enhance a calming massage and cooled stones tone and refresh the skin, leaving you blissfully revitalized.

{ 60 minutes, \$175 / 90 minutes, \$270 }

CLASSIC REVIVAL

Promoting vibrant, younger-looking skin, this facial includes a nutrient-rich, all-natural exfoliation featuring a blend of green tea, wheatgrass, cypress, lemon and lactic acid. All skin types and sun-damaged skin will enjoy the deep hydration and resulting smooth appearance and radiant glow.

{ 60 minutes, \$175 }

RENEWAL

An exquisite massage application of mineral-rich pomegranate peel extract joined with essential oils of lemon verbena, orange blossom and rosemary, followed by a pumpkin enzyme exfoliation and organic anti-aging hydrating peel. This restorative and deep-cleansing facial provides the skin with balance, tone and a pearl-like lustre.

{ 60 minutes, \$200 }

BACK TO NATURE

An individually customized blend of botanical and aromatic oils enhances this cleansing back facial including a nurturing massage of the back, neck and shoulders.

{ 60 minutes, \$175 }

Reservations: 858.314.2020



Haim Salon at The Grand Del Mar

SPA MANICURE

The Grand Del Mar's signature herbal manicure leaves hands beautiful and sensuously soft – artfully groomed to perfection.
{ Manicure, \$55 / French Manicure, \$70 }

SPA PEDICURE

An herbal extract footbath, exfoliation and a warm, sweet herb oil massage includes aromatic compresses applied to the neck and shoulders to help ease stress.
{ Pedicure, \$85 / French Pedicure, \$100 }

ANTI-AGING MANICURE

A gentle hand exfoliation and massage with pure collagen is followed by a hydrating paraffin treatment.
{ Manicure, \$75 / French Manicure, \$90 }

PURIFYING PEDICURE

Relax in a warm footbath enhanced with vitamins and minerals to promote detoxification. A gentle exfoliate and soothing clay mask invigorate the skin, leaving it supple and soft, and a relaxing massage and paraffin treatment complete the experience.
{ Pedicure, \$105 / French Pedicure, \$120 }

STONE MANICURE AND PEDICURE

Soothing warmed stones used to massage the hands or feet with our signature Spa Manicure or Spa Pedicure.
{ Manicure, \$75 / French Manicure, \$90 }
{ Pedicure, \$105 / French Pedicure, \$120 }

NAIL POLISHING FINISHING & PARAFFIN

Polish Change	UV Gel Topcoat.....	\$35
Hands.....	Gel Overlay.....	\$50
Feet.....	Paraffin Treatment	
French Polish Change	Hands.....	\$15
Hands.....	Feet.....	\$20
Feet.....		\$38

Haim Salon at The Grand Del Mar continued

HAIR CUTTING, STYLING AND MORE

Women's Haircut.....from \$90	Body Wavefrom \$140	Deep Conditioning Treatment.....from \$55
Men's Haircut.....from \$55	Keratin Treatment (Brazilian Relaxer).....from \$350	Scalp Treatmentfrom \$55
Shampoo/Blow Dryfrom \$85		
Updo.....from \$85*		

HAIR COLOR SERVICES

Partial Highlight.....from \$140	Base or Base Lift.....from \$95	Color Change or Corrective Color.....from \$150/hour
Full Highlight.....from \$175	with Partial Highlight...from \$185	Bleach.....per consultation
Color Glosser.....from \$40	with Full Highlight.....from \$210	

MAKEUP AND EYELASH SERVICES

Makeup Application.....\$90*	Eyelash Application\$30	Eyelash Extension Touch-up\$150
Makeup Lesson\$100	Eyelash Extensions\$300	

FACIAL WAXING AND TINTING

Brow Shape.....\$45	Full Face (excluding Brows)\$70	Eyelash Tint.....\$35
Lip.....\$20		Eyebrow Tint.....\$45
Chin.....\$20		

*Group rates are available for parties of six or more.

Bride-to-be Services

Hair Styling Consultation and Trial.....from \$95	Makeup Consultation and Trialfrom \$85
Wedding Day Hair Styling.....from \$125	Wedding Day Makeup.....from \$100

Appointments: 858.314.2732