





sun. sand. sevenity.

Tucked away on a tiny isle minutes away from the hum of downtown San Diego, Spa at The Del is a coastal California sanctuary where rhythmic ocean waves lead the way to inner tranquility. Reawaken the senses with ocean-inspired spa treatments that will leave an incredible imprint on your mind, body and soul. Men and women enjoy separate relaxation areas with steam rooms and hot tubs, while all spa guests can retreat to the infinity pool at the spa terrace as they take in the sights and sounds of the Pacific.

# SPA AND SALON AT THE DEL.





wath to wellness

Let the ocean be your guide on your Path to Wellness as you embrace self-nurturing and radiant health inspired by the soothing presence of the sea. Since 1888, The Del has welcomed travelers to enjoy the curative powers of the ocean to instill well-being.

# VOYAGER AROMATHERAPY MASSAGE

A complete head-to-toe relaxation journey that includes a scalp and facial massage, stretches and aromatherapy body massage to replicate the movement of the sea. This luxury treatment relieves aches and pains and is tailored to individual needs. 50 or 80 MINUTES

### SEA SALT STONE MASSAGE

This deeply warming and therapeutic full body massage uses warm sea salt stones, medium pressure and flowing movements to help release tight muscles and re-mineralize the body. 50 or 80 MINUTES

#### SWEDISH MASSAGE

This traditional Swedish full body massage uses medium to light pressure to promote relaxation and increase circulation and flexibility. 50 or 80 MINUTES

# DEEP TISSUE MASSAGE

This massage promotes muscle recovery by using moderate to firm pressure designed to relieve tightness and muscle soreness. 50 or 80 MINUTES

#### LOMI LOMI MASSAGE

Surrender to this deeply relaxing massage utilizing traditional Hawaiian movements and light pressure applied using forearms in fluid, rhythmic motions. 50 or 80 MINUTES

#### TABLE THAI MASSAGE

This classic Thai massage combines pressure-point stimulation and yoga-like stretches over loose-fitting clothing to encourage the balance of energy flow throughout the body, promote flexibility and increase the range of motion. 80 MINUTES

### FOOT REFLEXOLOGY

Pressure points on the feet are massaged to relieve fatigue and improve overall holistic health. 50 MINUTES

Hot Stones | Scalp Massage | Body Scrub\* Dry Body Brush Exfoliation\* \* enhancement requires additional 25 minutes

COUPLES MASSAGE

All couples experiences take place in our private Couples Room. Indulge with either a Swedish, Deep Tissue, Mom-to-Be, Lomi Lomi or Sea Salt Stone massage. 50 or 80 MINUTES

therapeutic facials

# RESTORATIVE OCEAN FACIAL

The anti-aging restorative facial uses the finest organic ingredients combined with antioxidant algae complexes and a blend of aromatherapy oils to stimulate collagen production and reduce the appearance of fine lines and wrinkles. 80 MINUTES

# RADIANCE FACIAL

For dehydrated skin, this facial uses triple-action hyaluronic acid and peptides to improve the skin's ability to store moisture, leaving you refreshed, hydrated and more radiant. The 80 minute version may include a specialty facial massage or treatment ampoule depending upon your skin's specific needs and desired results. 50 or 80 MINUTES

### PEPTIDE ANTI-AGING FACIAL

This anti-aging treatment delivers targeted results using advanced peptide technology and cell reactivation for brightening and toning the skin. 50 MINUTES

# ORGANIC PURIFYING FACIAL

This facial uses a high concentration of vitamins and potent healing properties derived from fruits, vegetables and herbs leaving the skin nourished and balanced. 50 MINUTES

# HYDRAFACIAL

A resurfacing treatment that immediately reduces the look of lines, wrinkles, acne, hyperpigmentation, congested pores and uneven skin tone using the HydraFacial device. 50 MINUTES

# INTENSE DEFENSE FACIAL FOR MEN

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with a bamboo spine scrub allowing for a deep pore cleanse.The skin is left hydrated, fresh and smooth. 50 MINUTES

enhance ents

Enzyme Peel | AHA Peel | Microdermabrasion Lip Plumping Treatment | Marine Eye Treatment Microcurrent Lift\* \* requires additional 25 minutes





### ORGANIC LAVENDER + SEAWEED BODY TREATMENT

A wonderful fragrant mix of lavender oil, seaweed and sugar, this double-action treatment gently removes dead skin cells and hydrates with an application of seaweed extract and lavender body cream. It will remove dull skin and refine your skin's texture. 50 MINUTES

#### SEAWEED LEAF WRAP

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a Seaweed Body Buff, this treatment detoxifies, firms and softens the skin. The body is then wrapped in seaweed leaves while you receive a massage using seaweed, aloe vera, lime, mandarin and plum seeds to nourish and soften the skin. This treatment tones, firms and helps reduce the signs of aging and cellulite. 80 MINUTES

#### MOM-TO-BE

Designed to promote relaxation, this massage soothes nerves and relieves strained back and leg muscles in expecting mothers. This massage is beneficial for women in their second and third trimesters. 50 MINUTES



Whether you want to exude radiance for a special event or enhance your natural look, feeling beautiful inside and out provides an overall sense of well-being.

nail Care

### BEACH READY MANICURE OR PEDICURE

The treatment begins with a warm foot bath infused with essential oils followed by an application of hydrating and soothing cream, completed with nail shaping, cuticle maintenance and polish. 40 or 50 MINUTES

### DEEP SEA MANICURE OR PEDICURE

This decadent nail service includes an Ocean Essence soak, exfoliating sea salt scrub and a deeply relaxing massage after which your arms or legs are wrapped in warmed seaweed leaves to detoxify and nourish tired hands and feet. 50 or 75 MINUTES

### GEL MANICURE OR PEDICURE

This dry manicure or pedicure includes nail trimming and shaping, cuticle maintenance and an application of GeI FX polish, a vitamin and antioxidant enriched polish to promote healthy nails. Nourishing cuticle oil completes the service. 65 or 70 MINUTES

#### MINI MERMAID MANICURE OR PEDICURE

This special kids' manicure or pedicure brings out the beach beauty in everyone. After nails are soaked, shaped and painted, mermaid nail art will be applied. 25 MINUTES

### GENTLEMEN'S MAN-ICURE OR PEDICURE

This treatment includes an organic mineral soak followed by a vigorous mineral salt buff that promotes increased circulation. A matte finish on neat, groomed nails provides a clean look. 25 or 50 MINUTES

French Polish Hands or Feet Gel Polish Removal Hands or Feet Callus Repair

hair

Shampoo & Style 60 minutes

Partial Highlights 120 minutes

Root Touch-up

Balayage 120 minutes

Gentlemen's Cut 45 minutes

Bridal Styling 90 minutes

Scalp & Conditioning Treatment 15 minutes Cut & Style 60

Color Process 150 minutes

Highlights 150 minutes

Toner or Gloss 15 minutes

Kid's Cut 45 minutes

Updo Styling 60 minutes



Alional information

### ARRIVAL

Please arrive 30 minutes prior to your spa appointment so that we may show you to your locker and allow you time to change into a robe and slippers. Your appointment is reserved exclusively for you. In order to honor each guest experience, late arrivals will receive only the remaining time of the appointment.

### CANCELLATIONS

Should you need to cancel or reschedule your appointment, please notify us at least 24 hours before your service to avoid being charged in full. Group reservations are subject to terms of contract.

### AGE REQUIREMENTS

Young adults 14 and older are welcome to receive spa services. A parent must be onsite and provide consent for anyone 17 or younger. Services are scheduled with a same-gender provider and teens must wear their own bathing suit. Nail and salon services are open to all ages.

# CLOTHING OPTIONS

For spa services, bring a bathing suit to enjoy the vanishing-edge pool on the outdoor co-ed spa terrace. Bathing suits are optional in the men's and women's lounge areas.

# SECURING VALUABLES

We recommend you leave valuables at home or in your guestroom safe. Lockers are available for your personal items. The Del is not responsible for lost or stolen items.

# GRATUITY

For your convenience, an automatic 20% gratuity will be added to the original price on all spa services. Menu prices do not reflect this charge. All prices and services at the Spa and Salon are subject to change without notice.

RESERVATIONS 619.522.8100 HOTELDEL.COM/SPA