



The Spa

PEBBLE BEACH







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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*
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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 124 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 *100 minutes* PURIFICATION TREATMENT

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 and ginger. 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, 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 avocado and algae, 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.

BAMBOO *50 or 80 minutes* BLISS MESSAGE

A fusion of smooth heated bamboo sticks and lemon hibiscus oil stimulates healthy circulation and relief of muscle tension while inducing a state of relaxation. Gentle gliding of the bamboo sticks over the body assists in lengthening and broadening of muscles, while reducing muscle soreness and promoting lymphatic drainage.

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.

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.

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

2¾ 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.

THERAPEUTIC MESSAGE

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

MASSAGE ENHANCEMENTS

CBD Oil/Light Therapy/Sound Healing

TARGETED MESSAGE 80 minutes
WITH BACK REVITALIZER

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.

SCALP, HANDS AND FEET MESSAGE

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

BAMBOO 50 or 80 minutes

BLISS MESSAGE

A fusion of lemon hibiscus oil and heated smooth bamboo sticks stimulates healthy circulation and relief of muscle tension, while inducing a state of relaxation. Gentle gliding of the bamboo sticks over the body assists in the lengthening and broadening of muscles, while reducing muscle soreness and promoting lymphatic drainage.

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.

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.

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.

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 melting tensions and restoring balance.

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.

SHIRODHARA TREATMENT

50 or 80 minutes

The Shirodhara is an ancient Ayurvedic therapy used for centuries to restore balance to the mind and nervous system. Begin with a gentle stream of warm herbal infused oil gently falling upon the 3rd eye to quiet the mind and soothe the senses. The oil is then massaged into the hair and scalp. Finish with a relaxing shoulder, neck, and face massage. The 80 Minute Shirodhara also includes a back massage.



FOR THE GOLFER

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

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.

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.

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.

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.





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. It clears impurities and dead skin cells while simultaneously infusing the skin with a customized serum. Results are visible immediately and with no downtime.

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.

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.

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 mask. Great for adding volume to the skin, strengthening capillaries, and reducing redness.

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.

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.

BEAUTY ENHANCEMENTS

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



Spa Features

LIGHTSTIM TREATMENT 45 minutes

This full-body LED light therapy treatment stimulates natural healing processes. LightStim is FDA cleared to relieve a variety of aches and pains, relax muscles and increase local blood circulation. LightStim's LED lights also provide light energy pulses to target and stimulate cells that produce collagen and elastin, resulting in noticeable improvements in skin tone, texture, and wrinkles.

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

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

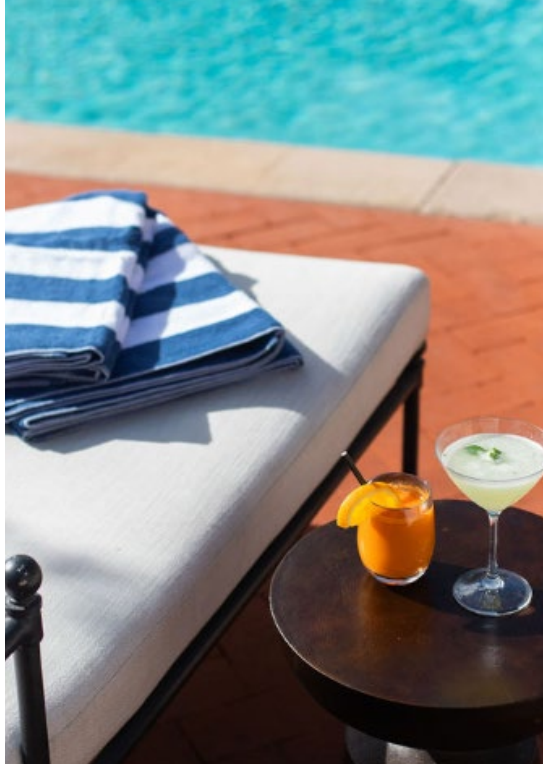
Our professional makeup artists offer makeup application for that special event in your life or for everyday wear. Let us show you how to enhance your natural beauty every day and stay current with color and style trends.

WEDDING CONSULTATION

WEDDING-DAY APPLICATION

Includes lash application.





THE SPA JUICE BAR & CAFÉ

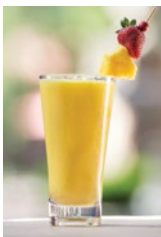
Enjoy lunch, a smoothie, fresh juice, a glass of wine or cocktail in our café, offering indoor and outdoor seating.



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 treatments. Our gift selection features active, high end and casual fashions along with candles and gift items.

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 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





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

- 28 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 room

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.

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 the world-class fitness center: The Beach & Tennis Club nearest to The Lodge and Casa Palmero, (831) 625-8536.

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 in the locker rooms.

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, cold plunge, sauna and inhalation room before your treatment.

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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