

# spa brezza

on mission bay

1775 East Mission Bay Drive, San Diego, CA 92109  
619-275-8942 • spabrezza.com

## massage therapies

### TRANQUILITY MASSAGE • 50 MIN. 130 | 80 MIN. 190

Unwind with this gentle, relaxing massage that improves circulation and vitality. Pressure can range from very light to medium.

### NOBLE MASSAGE • 50 MIN. 140 | 80 MIN. 200

Our personalized massage experience, where you orchestrate the massage exactly how you want it. Your therapist combines Pedisage, Swedish and Deep Tissue techniques focusing on the specific areas of tension in your body as you direct.

### SPORTS/DEEP TISSUE MASSAGE • 50 MIN. 140 | 80 MIN. 200

Facilitate muscle recovery with this moderate to deep tissue massage, designed to relieve soreness resulting from exertion or exercise. Gain an improved range of motion and increased flexibility.

### SACRED STONE MASSAGE • 50 MIN. 150 | 80 MIN. 210

An innovative full body massage using warmed basalt stones and medium to deep pressure. The warmth of the stones helps in achieving a greater sense of relaxation. Special techniques are used in the routine to softly release muscles that typically get tight, sore or compromised.

### MOMMY-TO-BE • 50 MIN. 140

A soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches and promote relaxation and restoration. A course of 6 treatments is recommended following the first trimester of pregnancy.

### TABLE FOR TWO MASSAGE • 50 MIN. 280 | 80 MIN. 400

Our romantic Couples Room is the perfect setting for two. See our spa concierge to choose from a selection of massage rituals and experiences.

## facial care

### hydratfacial • 25 MIN. 165 | 50 MIN. 215 | 80 MIN. 265

The HydraFacial treatment rejuvenates and protects the health of your skin, providing immediate results and long-term benefits without downtime or irritation.

### INTRACEUTICALS OXYGEN FACIAL • 50 MIN. 195 | 80 MIN. 280

Breathe deeply and without pause while oxygen works to deliver hyaluronic acid and custom anti-aging active ingredients deep into the skin's structural layers. Treatment incorporates Intraceuticals patented technology and a methodical layering technique to achieve deep hydration and a lustrous glow.

### YOUTHFUL GLOW • 80 MIN. 395

Begin with an exfoliation and simultaneous infusion of HydraFacial serums and conclude with methodical infusion of anti-aging ingredients delivered through hyperbaric oxygen. Results are undeniable and immediate. Powered by Intraceuticals.

### SPA BREZZA SIGNATURE • 50 MIN. 140 | 80 MIN. 210

This treatment is designed to promote the general health and appearance of skin by calming irritation, replenishing lost nutrients, and improving the skin's natural immune response to free radical damage. 80 minute session includes mask and eye treatment.

### SEASONAL FACIAL • 50 MIN. 140

Address the concerns of each season with this targeted facial, while indulging in the scents of the season.

## body indulgences

### BAYSIDE BREEZE BODY WRAP • 50 MIN. 140

Avert the signs of aging. Our wrap begins with an exfoliating sugar scrub, followed by a honey and milk drench, which is used to soften and hydrate your skin while you receive a scalp and foot massage.

### DETOX BODY WRAP • 50 MIN. 140

Begin with a deep cleanse and dry brush exfoliation, followed by a detoxing body masque. As you relax, your dry areas are cared for with a nourishing body balm to deliver intense moisture.

### CALIFORNIA RENEWAL BODY TREATMENT • 50 MIN. 130 | + 25 MIN. MASSAGE 60

Exfoliate, soothe, and moisturize your body, featuring the scents of the season.

## nail care

ALL NAIL SERVICES MAY BE SCHEDULED TOGETHER OR A LA CARTE.

## grooming and glamour

### SIGNATURE MANICURE & PEDICURE • 45 • 65

This express service includes cuticle cleanup, lotion application, and polish of your choice or buff.

### SCENTS OF THE SEASON MANICURE & PEDICURE • 55 • 85

This fun and aromatic manicure and/or pedicure includes a fresh scrub, masque, hot towel treatment, massage and nail polish of your choice.

### SHELLAC MANICURE & PEDICURE (CND) • 70 • 90

This no-chip, long lasting manicure is the latest breakthrough in nail technology, offering incredible shine that will last up to two weeks.

### LUXURY MANICURE & PEDICURE • 65 • 95

Slow down and let go as your hands and/or feet are pampered to perfection with a fragrant soak, warm masque, cuticle work, soothing massage and nail polish of your choice.

## salon services

PRICING STARTS AT LISTED PRICE.

Shampoo & Styling	70+
Ladies Cut & Style	75+
Special Occasion Style	80+
Color	80+
Highlights: Partial	105+
Highlights: Full	160+
Bridal Hair Consultation	80+
Bridal Up Do	100+
Bridesmaid Up Do	85+

## make-up artistry

Makeup Application	70+
Makeup Lesson	95+
Bridal Makeup Consultation	70+
Bridal Makeup	80+
Bridesmaid Makeup	80+
Child's Makeup (Ages 10 & Under)	40+
Lash Application	5

## enhancements

### MASSAGE

Aromatherapy	10
Serenity Soak 20 min.	75
Energy Scrub 20 min.	75
Pedisage 20 min.	75
<i>foot &amp; lower leg rub w/hot towels</i>	
Pulse Therapy 20 min.	75
<i>focused body work w/ Hypervolt</i>	
Hot Stones	20

### FACIAL

Brow Shape & Lift 20 min.	50
NuFace Eye/Lip Lift 20 min.	25
NuFace Face Lift 20 min.	50

### NAIL

Shellac Gel Nails	25
French Style Polish	10
Nail Repair	10
Nail Art	10
Polish Change	15
Hot Stones	10

## just for him

### GENTLEMEN'S HYDRAFACIAL • 25 MIN. 165 | 50 MIN. 215 | 80 MIN. 265

This four-step process includes deep cleansing, exfoliation (lifting dead skin cells), extractions (cleans-out pores) and soothing hydration. Additional boosters available to address your specific skincare needs, including LED light therapy (excellent for anti-aging and acne).

### ALPHA MALE DEEP CLEANSING FACIAL • 50 MIN. 140

Designed specifically for men, this treatment soothes skin irritated by daily shaving and environmental aggressors.

### GENTLEMEN'S OXYGEN FACIAL • 50 MIN. 195 | 80 MIN. 280

Breathe deeply and without pause while oxygen works to deliver hyaluronic acid and custom anti-aging active ingredients deep into the skin's structural layers. Treatment incorporates Intracuticals patented technology and a methodical layering technique to achieve deep hydration and a lustrous glow.

### GENTLEMEN'S MANICURE & PEDICURE • 40 • 60

The traditional results of a manicure or pedicure are enhanced to soften the skin and tidy and buff your nails so that your hands are fit for presentation.

### BACK TREATMENT • 25 MIN. 75

Cleanse those tough-to-reach spots, while targeting clogged pores, back acne and dehydrated skin.

### GENTLEMEN'S HAIRCUT

Starting at 50+

### WAXING

Brow	30+
Chest	60+
Nose	20+
Back	80+
Ear	20+

## pamper me too

Children under the age of 13 can enjoy a massage or facial when accompanied by a parent/guardian in the room.

### MINI TABLE FOR TWO MASSAGE • 25 MIN. 150

Parent and child enjoy side-by-side massages in our couples massage room.

### MY FIRST MASSAGE • 25 MIN. 75

A massage that introduces the importance of life balance and relaxation.

### FOUNTA IN OF YOUTH FACIAL • 25 MIN. 75

Designed for kids 13 and under. This facial includes a gentle cleansing, exfoliation, mask, and massage using products for more sensitive skin.

## additional amenities

### SPA

We suggest arriving early to your appointments or making a day at the spa. Guests will enjoy our full service locker areas, showers, sauna, and Zen Lounge where you can find complimentary beverages to indulge.

### FITNESS CENTER

Here you will find state-of-the-art fitness equipment from cardio to strength. This is complimentary to our resort guests. Guest must be at least 16 years of age to use the equipment. Those under 16 must have adult supervision at all times.

### FITNESS CLASSES

Call to inquire about our Boot Camp, Yoga, and Pilates classes.

### HOME SPA

For unique, exclusive gifts to create a home spa experience, visit our Spa Boutique. Find products that help you create a spa experience at home, including bath and beauty products, sun care, and more.

### GIFT CERTIFICATES ARE AVAILABLE

## hours of operation

Sunday - Thursday · 8:00 am - 6:00 pm  
Friday & Saturday · 8:00 am - 7:00 pm

\*HOURS OF OPERATION SUBJECT TO CHANGE WITHOUT NOTICE.

## *about your visit*

### **SCHEDULING**

To ensure your desired time, make your reservation early. If you would like to request a particular therapist or gender of therapist, please let us know when you book your appointment. We request your spa/salon treatments be reserved and guaranteed with a credit card, gift certificate number, or your room number.

### **CANCELLATION POLICY**

We require a twenty-four hour notice to cancel without charge. You will be charged 50% of your service if you cancel within twenty-four hours of your scheduled time and the full amount if you fail to show up. Thank you for your consideration to leave reservation times open for other guests.

### **PUNCTUALITY**

Please arrive 15–30 minutes prior to your appointment to allow time to enjoy the amenities and complete the guest consultation form. Your treatment will start promptly at its designated time. If you arrive late for your service, your treatment will be modified. All treatments end on time so the next guest will not be inconvenienced.

### **UPON ARRIVING**

Feel free to arrive in whatever is comfortable. We will provide you with a robe and sandals for your treatments. All dressing and undressing will occur in the designated locker rooms. Men having facials should shave no less than two hours prior to their service. For your safety and comfort, we suggest you leave your jewelry and valuables in your guestroom.

### **DURING YOUR VISIT**

To get the most out of your treatment, communicate with your spa professional. Your comfort and enjoyment are most important to us, so let us know if you have concerns about depth of pressure during your massage, the temperature of your spa suite, music volume, or any other issues.

### **QUIET, PLEASE**

To maintain a peaceful atmosphere, we ask that you turn off your cell phone and any other electronic devices while in the spa, and keep conversations to a whisper.

### **SERVICE CHARGE**

For your convenience, a 20% service charge will be added to all treatments, and distributed to the staff. Ask our spa concierge if you have any questions.

### **IF YOU ARE PREGNANT**

Your medical professional's consent is requested before we begin your treatment. If this is unobtainable, we request that you sign a waiver of liability prior to your service. Let us know when you make your reservation which trimester you will be in at your appointment time.