



SpaTerre

At Paradise Point Resort & Spa

Hours: 6:00am to 9:00pm daily

1404 Vacation Rd | San Diego, CA 92109 | 858.490.6350

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About Your SpaTerre Visit

Scheduling

To ensure your desired time, make your reservation early. If you would like to request a particular therapist, please let us know when you book your appointment.

Cancellation Policy

We require a four hour notice to cancel without charge. You will be charged the full amount of your service if you cancel within four hours of your scheduled time or fail to arrive.

Punctuality

Please arrive 15 minutes prior to your appointment time. 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 attire is comfortable. We will provide you with a robe and sandals for your treatments. All dressing and undressing will occur in the privacy of your treatment room. 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 room.

During Your Visit

To get the most out of your treatment, communicate with your therapist. 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 room, music volume or other issues.

Quiet, Please

To maintain a peaceful atmosphere, we ask that you turn off your cell phone, and keep conversations to a whisper.

Gratuities

For your convenience, a 20% gratuity will be added to all services. Ask our spa concierge if you have any questions.

Additional Amenities

SpaTerre Fitness Center

The Fitness Center is located adjacent to the Main Pool. Here you will find the latest equipment, steam room, dry sauna and locker rooms. A daily pass to the Center can be purchased for \$12. The pass fee is waived with any spa experience of \$75 or more.

Guests must be at least 16 years of age to use the equipment. Those under 18 must have adult supervision at all times.

Spa to Go

For unique, exclusive gifts to create a home spa experience, visit our SpaTerre Boutique. Find products that help you experience many of our treatments at home, as well as bath and beauty products, sun care and more.

Gift certificates are always available.

Grooming and Glamour

Nailcare

Classic Manicure and Pedicure • Spa Manicure and Pedicure
Specialty Manicure and Pedicure • Gentleman's Manicure
please ask our spa concierge for more details

Nail Enhancements

Paraffin Hand or Foot Treatment • French Style Polish • Callus Remover

Bridal Services

Bridal Make-up Consultation • Bridal Hair Consultation
Bridal Up-do • Bridal Make-up

Hair Design

Shampoo & Styling • Deep Conditioning • Up-Do
Special Occasion Style • Lady's Cut with Styling • Color • Highlights-partial
Highlights-full • Gentleman's Cut

Make-up Artistry

Make-up Application • Make-up Lesson • Eyelash Tint

Facial and Body Depilation

SpaTerre offers waxing and sugaring hair removal. Sugaring is a natural product that removes hair with the hair grain instead of against it. Sugaring is recommended for sensitive skin, underarms & bikinis. *Available upon request.*

Lip • Chin • Bikini • Brow • Underarm • Forearms • Half Leg
Full Leg • Back • Chest

Global Rituals

Javanese Royal Treatment

Lose yourself in this lavish ritual direct from the palaces of Java. Includes a luxurious Balinese massage, essential oil and herbal exfoliation, a cool yogurt splash and shower. To complete your experience, sink into a traditional soaking tub prepared with rose petals and infused with tropical fragrances.

Volcanic Earth Clay Ritual

Take part in this ancient ritual performed to soften, purify and renew the skin. Includes a detoxifying volcanic clay body mask, a pampering Balinese foot massage, an aromatic shower and traditional Balinese massage.

Thai Herbal Therapy

Nurture your tired spirit with this revitalizing treatment. A hot poultice of medicinal herbs is used to relieve muscle tension and invigorate your mind in this healing blend of Thai massage and aromatherapy techniques. The poultice is yours to keep.

Journey to the Himalayas

This mind and body experience begins with our signature foot cleansing ritual to ground and balance the mind. An Indian inspired scalp massage is then performed to stimulate creativity and energize the mind. The treatment concludes with an invigorating and stimulating Abhyanga massage.

Facial Care

Belladermabrasion

Microdermabrasion is the most popular and highest volume facial rejuvenation procedure in the world. Effective for the treatment of fine lines, wrinkles, hyper pigmentation, acne scarring, enlarged pores, and sun-damaged skin, this painless process can significantly diminish the signs of aging. This process is safe, simple, painless, and results are seen immediately.

Signature SpaTerre Facial

Discover the European secret for beautiful skin with this signature treatment. This facial is customized for each client and uses the finest products for ultimate results. Begins with a back massage to relax and balance, for the complete spa experience.

Executive Men's Facial

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

Transformation Radiance Facial

Achieve optimal skin health and visible results with this immediately effective treatment. While a single treatment will produce visible results, a series is designed to achieve accelerated results for healthy, radiant, beautiful skin.

Transformation Restorative Facial

This intensive facial treatment uses the overall smoothing and brightening properties of our sugar cane based exfoliators and the repairing, rejuvenating properties of antioxidant serums and masks to help restore skin to its natural healthy look on the face and hands.

Transformation Ultimate Facial Treatment

This transforming treatment uses vitamins C, A, E and fatty acids to repair and restore the skin after suffering the impact of environmental damage and photo aging.

Eco Escape Facial

A truly ORGANIC facial. This facial contains a premium blend of organic and natural ingredients for pure nourishment and restoration of the skin, the perfect elements to create a superior, distinctive and enhancing treatment.

Massage Therapies

Abhyanga Massage

Abhyanga literally translates to "oil massage." This therapeutic, rhythmic and deeply relaxing hot oil massage helps to activate the "prana" or life force which stimulates your body's vital energy.

Balinese Massage

Be transformed by our signature massage ritual, based on the traditions of Bali. A combination of acupressure, rolling motions and rhythmic strokes relieves tension and promotes total relaxation.

Sacred Stone Massage

Surrender to the healing warmth of this ancient massage. Heated volcanic river stones penetrate the deeper layers of your muscles to take you to a new dimension of relaxation.

Table Thai Massage

This ancient, interactive massage combines pressure-point techniques with rhythmic stretching movements to promote balance and relaxation. *(Loose clothing is worn throughout this treatment.)*

Tropical Essence Massage

The perfect antidote to lift your mood. Start with a mango tropical body polish, and finish with an aromatic massage using a rare blend of tropical essential oils available only at SpaTerre.

Mother-to-be Massage

Share a moment of serenity with your baby. Using specially contoured cushions, your massage will ease the discomforts that occur as your body changes. We request your physician's written consent.

Swedish Massage

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

Sports/Deep Tissue Massage

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

Massage Medley

A customized massage with Swedish and Deep tissue techniques combined to create a personalized massage experience.

Neck, Back, Shoulder Massage

A focus on those areas where muscle tension accumulates first.

Pedisage

Treat your feet and lower legs to this rejuvenating massage. Eastern techniques are employed to release tight muscles, improve circulation and clear the mind.

Couple's Massage

Our romantic couple's room is the perfect setting for two. See our spa concierge to choose from a selection of massage rituals and experiences.

In-Room Massage

After a day of exploring San Diego, enjoy a relaxing massage in the comfort of your room. *(Must be booked in advance.)*

Our Companion Special includes two back-to-back 50-minute massages in your room.

Enhancements

Add these services and rituals to a massage or facial and enhance your SpaTerre experience.

Serenity Soak

Sink into a traditional Japanese soaking tub with your choice of fresh rose petals, aromatic herbs, salts, milk bath or oils. Relax and unwind prior to or after any of our spa experiences. Enjoy a hot cup of tea while you soak.

Sea Salt Scrub

Renew your skin by adding an exfoliating body scrub prior to or after any of your spa experiences.

SpaTerre Aromatherapy Blends

Used for centuries to improve overall health and relieve tension, essential-oil blends can turn any massage into an exotic indulgence. Choose from our custom Relaxing, Stimulating, Balancing, Romance or Tropical blends.

Ancient Indian Scalp Massage

Drift away as all the nerves in your body are soothed through the stimulation of points over the head during this hot oil treatment and massage for the head and scalp.

African Shea Butter Scalp and Hair Treatment

Promote healthy hair with these nourishing ingredients. This treatment should be used prior to shampooing and is best left in for three hours or longer.

Therapeutic Muscle Balm

Ask for this ancient Chinese pain-relieving formula to relieve muscle soreness and stiffness.

Body Indulgences

Dilo Rescue Wrap

Save your vacation with this calming sunburn treatment. A nourishing blend of cold pressed dilo, virgin coconut oils with the added benefits of aloe vera and passion fruit. Provides instant relief and prevents peeling, flaking skin.

Island Fresh Pineapple Scrub

Uncover smooth, glowing skin with this gentle exfoliation derived from raw sugar crystals, pineapple and coconut oil. Rich body butter is then gently massaged into the skin, locking in moisture and the fresh coconut aroma as it softens the skin.

Milk and Honey Body Wrap

Avert the signs of aging with this naturally hydrating treatment. Includes a gentle, exfoliating sugar scrub and a replenishing body mask.

Vanilla Cream Java Wrap

Awaken your senses with this stimulating and skin renewing treatment. A gentle coffee scrub exfoliates dead skin cells, tightens the skin, and protects from harmful sun rays. The skin is then hydrated as warm infused whipping cream is poured over the body. Wrap in the steamed coffee and milk as your feet and scalp are massaged, then rinse under a Vichy shower.

Pacific Seaweed Body Mask

Improve circulation and end tension with this mineral-rich seaweed therapy from our nearby shores. Includes a Dead Sea salt exfoliation and a luxurious body mask.

Ritual Bath

This tranquil experience is both hydrating and relaxing. A moisturizing body mask is applied, and while the mask nourishes your skin, you will be pampered with a foot and scalp massage. Rinse in our in-room shower, and then sink into a deep Japanese soaking tub filled with rose petals.

Airbrush Tan

Turn a golden brown using a spray with immediate results.
Lasts 7-10 days.

Celebrating the Child

Please ask our spa concierge for more details on our children and teen services.

Spa Pricing

Spa Services

Classic Manicure/Pedicure	\$45/\$60
Spa Manicure/ Pedicure	\$60/\$90
Specialty Manicure/ Pedicure	\$60/\$90
Gentleman's Manicure	\$40

Nail Enhancements

Paraffin Hand or Foot Treatment	\$20
French Style Polish	\$10
Callus Remover	\$25

Bridal Services

Bridal Make-up Consultation	starting from \$70
Bridal Hair Consultation	starting from \$70
Bridal Up-do	starting from \$85
Bridal Make-up	starting from \$80

Hair Design

Shampoo & Styling	starting from \$55
Deep Conditioning	\$65
Up-Do	starting from \$75
Special Occasion Style	starting from \$70
Lady's Cut with Blow Dry & Styling	starting from \$70
Color	starting from \$80
Highlights-partial	starting from \$100
Highlights-full	starting from \$170
Gentleman's Cut	starting from \$40

Make-up Artistry

Make-up Application	\$65
Make-up Lesson	\$75
Eyelash Tint	\$40

Facial & Body Depilation

Lip	\$20
Chin	\$15
Brow	\$25
Underarm	\$25
Forearms	\$45
Bikini	starting from \$40
Half Leg	\$45
Full Leg	starting from \$75
Back	starting from \$75
Chest	starting from \$50

Global & Spa Rituals

Javanese Royal Treatment	110min \$260
Volcanic Earth Clay Ritual	80min \$200
Thai Herbal Therapy	80min \$200
Journey to the Himalayas	80min \$200

SPA PRICING, CONTINUED

Facials

Belladermabrasion

50-minutes sessions:

Face Only	\$170
Face & Neck	\$190
Face, Neck & Decollete	\$220

Signature SpaTerre Facial	80min \$185
Executive Men's Facial	50min \$120
Transformation Radiance Facial	25min \$75
Transformation Restorative Facial	50min \$130
Transformation Ultimate Facial Treatment	80min \$190
Eco Escape Facial	50min \$120

Massage Therapies

Abhyanga Massage	50min \$140
Sacred Stone Massage	50min \$140 / 80min \$190
Table Thai Massage	80min \$190
Tropical Essence Massage	50min \$160 / 80min \$200
Mother-to-Be Massage	50min \$130 / 80min \$180
Swedish Massage	50min \$120 / 80min \$180
Sports/Deep-Tissue Massage	50min \$130 / 80min \$190
Massage Medley	50min \$130 / 80min \$180
Neck, Back, Shoulder Massage	25min \$75
Pedisage	25min \$75
Couple's Massage	
In-Room Massage	50min \$160 / 80min \$210
Companion Special	50min \$300

Enhancements

Serenity Soak	25min \$75
Sea Salt Scrub	25min \$75
Ancient Indian Scalp Massage	25min \$75
African Shea-Butter Scalp & Hair Treatment	25min \$75
SpaTerre Aromatherapy Blends	\$10
Therapeutic Muscle Balm	\$10

Body Indulgences

Dilo Rescue Wrap	25min \$75
Island Fresh Pineapple Scrub	50min \$130
Milk & Honey Wrap	50min \$130
Vanilla Cream Java Wrap	50min \$130
Pacific Seaweed Body Mask	50min \$130
Ritual Bath	50min \$145
Airbrush Tan	15min \$65

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