

# SPA ESTANCIA

## REVITALIZING JOURNEY

25 minutes / 50 minutes

A body massage and re-balancing with hand and foot acupressure. A sustained pressure with the fingertips on specific zones of the hands and feet remove energy blockages, relieve stress and provide relaxation.

\* Select one area for 25-minute service.

## PRE-POST NATAL MASSAGE

50 minutes

Relax in the comfort of a body massage that safely targets areas prone to stress and tension. The massage aims to alleviate muscular aches and pains and leave you feeling calm.

## PERFORMANCE SPORTS MASSAGE

50 minutes

A massage designed with the athlete in mind.

Recover with nourishing minerals, warming ginger oil and cooling menthol to work together to ease soreness and tension in muscles and joints. Includes LED light treatment to accelerate muscle recovery.

## TENSION TAMER

50 Minutes

A specialized techniques help re-align the deeper layers of muscle to release tightness and alleviate common areas of discomfort such as a stiff neck, painful lower back and sore, tense shoulders.

## FREE FLOWING MASSAGE

50 minutes

Customized to your needs, this service promotes intuitive healing and relaxation. A trained therapist utilizes premium, odorless CBD infused oil . The anti-inflammatory, and pain-relieving agents of CBD decrease inflammation within muscles and joints allowing for a more effective and relaxing treatment.

\*This massage has been identified safe for guest currently undergoing cancer treatment or in remission

For your convenience, an additional 20% service charge will apply to all treatments. Pool and whirlpool access available for Spa guests Monday - Thursday only.



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## PACKAGES



### "TOGETHER APART" PACKAGE

50 minutes- \$400

Reconnect with your beloved for a day of spa bliss in The Spa at Estancia's couples bungalow. Rendezvous in a private outdoor soaking tub for two, then sink deeper into relaxation with 50-minute massage in adjacent rooms using Estancia's own organic blend of romance-inspiring oils.

### COUPLE ESCAPE

50 minutes \$440 | 80 minutes \$540

Get away for a few hours and let us take care of you and your loved one. Estancia's private patio is available to create the most serene experience. This package allows for massages to be done side by side in our luscious outdoor patio. Enjoy our outdoor rain shower, hot tub and bubbly for two.

BEST OF  
**SanDiego**  
MAGAZINE

Recognized as one of Southern California's top resort spas and just named "Best Spa" by San Diego Magazine, our 7,000-square-foot sanctuary near Torrey Pines provides complete relaxation in a garden setting.

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