



SAN DIEGO



CALIFORNIA





Sun, sand and sea. Mind, body and spirit.



*O*n the legendary Coronado beachfront, they meet in one incomparable setting at the Spa at The Del. The exceptional spa encapsulates the time-honored powers of the ocean to heal and restore, balance and invigorate. Feel the rhythms of the tides and the caress of the ocean breeze in each wellness treatment. Revel in the magnificent views from the oceanfront, vanishing-edge pool. Find yourself at one with one of nature's most inspired landscapes, where sand meets surf and pleasure meets purpose.

Welcome to the Spa at The Del.



Seascapes

INSPIRED BY THE TREASURES OF THE SEA,
THE DEL SIGNATURE SERVICES TAKE A UNIQUE APPROACH
TO SOME SPA CLASSICS.

SHELL CORONADO MASSAGE

Tiger clam shells are gently heated and used to massage your body into a state of complete relaxation. Long Swedish strokes are used to apply lightly scented aromatherapy oils.

50 minutes

ISLAND SANDS BODY POLISH

Rich, fine-grain mineral salts are infused with a refreshing citrus oil to create a uniquely invigorating body polish.

50 minutes

GODDESS OF THE SEA

This sea-inspired body wrap begins with a gentle sea salt exfoliation followed by a blue/green algae and aloe body mask to detoxify and repair the skin. A coconut milk moisturizer finishes the treatment, leaving skin beautifully smooth and hydrated.

50 minutes

Voyages

DESIGN YOUR OWN WELLNESS PACKAGE. EACH VOYAGE ENDS WITH A VOUCHER TO ENJOY A DUET COMBINATION LUNCHEON AND NON-ALCOHOLIC BEVERAGE AT SHEERWATER FOLLOWING YOUR TREATMENTS.

DEL SOL (SUN)

Choose any two 50-minute treatments*.

DE LA PLAYA (SAND)

Choose one 50-minute treatment and one 80-minute treatment*.

DEL MAR (SEA)

Choose any three 50-minute treatments*.

Romantic Journeys

THE SPA AT THE DEL OFFERS THE PERFECT WAY TO SURPRISE YOUR LOVED ONE OR JUST SPEND SOME QUALITY TIME TOGETHER. EACH JOURNEY ENDS WITH A VOUCHER TO ENJOY WINE, CHEESE AND/OR CHOCOLATE AT ENO WINE ROOM FOLLOWING YOUR TREATMENTS.

JOURNEY FOR TWO

Choose any combination of massage or body treatments*, to enjoy side-by-side in the tranquil couples suite.

50 or 80 minutes

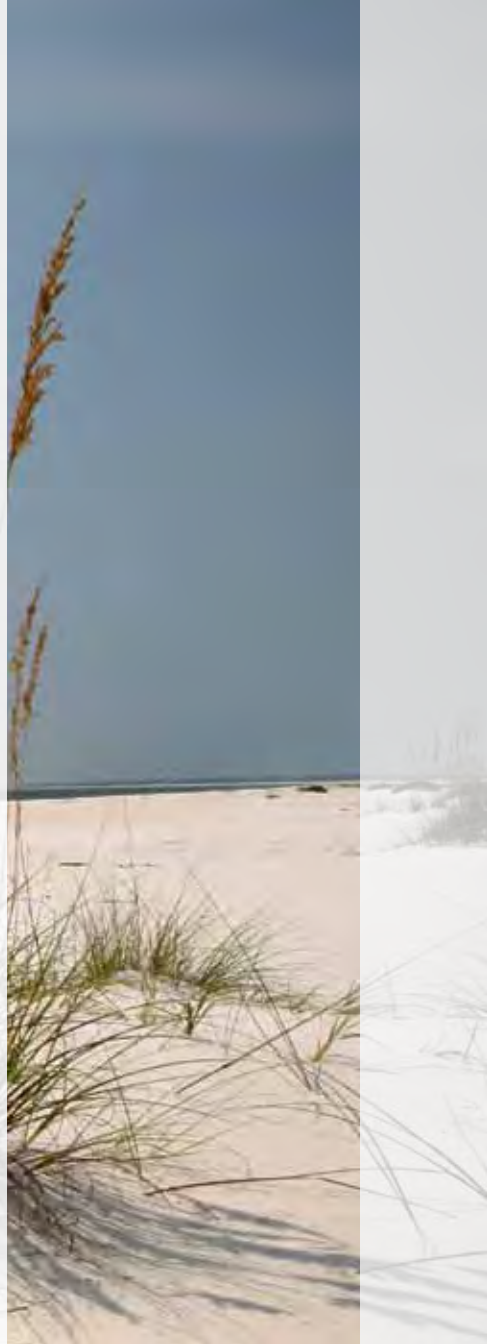
THAT'S S'MORE

Enjoy a side-by-side 50-minute Swedish massage in the couples suite. Then head out to the sand for a private beach bonfire complete with s'mores, champagne and spectacular Pacific views.

Available seasonally.

* Excludes Lymphatic Drainage, Slim Again, Vitamin Sea and Shell Coronado Facial.

Each Voyage package is for one person only.



Massage Therapy

DEL STONE

Ocean-tumbled, smooth basalt stones are heated to massage away tension and sore muscles.

50 or 80 minutes

TABLE THAI

This traditional floor Thai massage combining pressure-point stimulation, stretching and compressions is adapted to be performed on the table. Loose clothing should be worn. No oils or lotions are used.

80 minutes

LOMI LOMI*

Long, flowing strokes from the hands, forearms and elbows relax sore, overworked muscles in this traditional Hawaiian massage.

50 or 80 minutes

THERAPEUTIC DEEP TISSUE/SPORTS*

Deep pressure is used to release chronic tension and stretch muscles to increase range of motion.

50 or 80 minutes

SWEDISH-ESALEN*

This classic massage uses light to medium pressure and long, flowing strokes to soothe, relax and revitalize.

50 or 80 minutes

ASIAN FUSION*

A therapeutic blend of Japanese Shiatsu, Chinese Tui Na, Thai massage and Hawaiian Lomi Lomi.

50 or 80 minutes

DEL NAP

Improve your focus and enjoy the relaxing power of stillness with a 20-minute rest following your service.

Wellness Offerings

CELEBRATION OF LIFE (Lymphatic Drainage)

A technique used for overall health and rejuvenation, lymphatic drainage massage helps to boost circulation and release toxins from the lymphatic system using very light pressure. No oils are used. This treatment is available on a massage table or in a hydrotherapy tub. *The Del will donate \$5 from the proceeds of this treatment to the Susan G. Komen Foundation.*

50 minutes



REFLEXOLOGY*

Classic reflexology is combined with a stimulating foot scrub and an application of cooling leg gel.

50 minutes

PRE-NATAL PACKAGE

Enjoy a 50-minute Pre-Natal Massage followed by a 50-minute Del Classic Facial. This package also includes a voucher to enjoy a Duet combination luncheon and non-alcoholic beverage at Sheerwater after your treatments.

*Additional charge for service provided in guestroom.

Body Treatments

SUN-KISSED TAN

Enjoy the glow of natural-looking, sun-kissed skin without the sun's damaging effects. Includes a body exfoliation.

50 minutes

SLIM AGAIN

This anti-cellulite slimming treatment uses a marine-based solution with natural seaweed to detoxify and take off the inches – perfect when preparing for a special occasion or a day at the beach.

50 minutes

DE-STRESS HYDROTHERAPY SOAK

Muscles relax and stress melts away as you soak in a state-of-the-art hydrotherapy tub with signature bath salts.

30 minutes

Restorative Wraps

SUNBURN RELIEF

Cooling aloe vera gel is blended with Hawaiian Noni to immediately reduce the heat and discomfort of too much sun while helping to maintain a tanned glow.

50 minutes

RAIN FOREST WRAP

An invigorating Tropical Sugar Scrub prepares the skin for a volcanic ash clay mask to purify, re-mineralize and balance tired, stressed skin. Enzyme-rich moisturizer seals the skin for long-lasting results.

50 minutes



Skin Health

SHELL CORONADO FACIAL

Our signature facial uses anti-aging elements designed to maximize cellular results. Heated and chilled shells bring the energy of the sea to the treatment and provide the ultimate in relaxation. Excellent for all skin types.

80 minutes

VITAMIN SEA

Refresh and restore skin with this treatment, which includes an algae mask and is designed to protect the skin, repair cell damage and encourage new cell growth. Excellent for all skin types – especially sun-damaged and dehydrated skin.

50 minutes

REVIVAL 1888 FACIAL

This treatment incorporates an intense 5% enzyme peel for a deep exfoliation followed by a double lifting and tightening mask that will leave skin glowing for days. Excellent for most skin types – especially mature, dehydrated, sun-damaged and stressed skin. Not recommended for highly acneic skin.

80 minutes

GET LIFTED

Experience the secret of celebrities, make-up artists and aestheticians! The NuFace Facial uses microcurrent technology to provide instant toning and stimulation.

40 minutes

BE ORGANIC FACIAL

This treatment utilizes 100% natural active ingredients from the Alps to stimulate cell renewal and the skin's natural regenerative powers promoting fresh, younger-looking skin. Excellent for all skin types.

50 or 80 minutes

CLARIFYING FACIAL

The products used in this deep-cleansing and exfoliating treatment are designed to clear blemishes and draw out impurities. Excellent for all skin types - especially oily or problematic skin.

50 minutes

DEL LIFT

This anti-aging facial utilizes peptide technology and cell reactivation to lift, tighten and tone the skin. Excellent for all skin types – especially mature.

50 minutes

COMMANDER-IN-CHIEF

This deep-cleansing and exfoliating facial is tailored for a man's unique skincare needs and focuses on providing relaxation and wellness. Excellent for all skin types.

50 or 80 minutes



Exfoliation

DEL SCRUB

Polished walnut shells are blended into a citrus crème base to cleanse and exfoliate. An application of hydrating lotion reveals smooth, beautiful skin.

50 minutes

TROPICAL SUGAR SCRUB

This island-inspired raw sugar scrub incorporates rich, aromatic oils to exfoliate the skin. An application of hydrating lotion leaves skin silky smooth.

50 minutes

Teen Packages

TEEN SPA SUNDAE

Teens will love this zero-calorie treat, which includes a 25-minute Ice Cream Float bath in a relaxing hydro-capsule, a 25-minute Spreckels Sugar Scrub and a 25-minute Frosting Massage. Must wear swimsuit.

TEEN TREATS

Combine any two or enjoy à la carte:

25-minute Swedish Massage

25-minute Back Facial

25-minute Express Facial

25-minute Salt Scrub

Yamaguchi Salon

Nail Rituals

FENG SHUI MANICURE/PEDICURE (TS)

This signature treatment includes cleansing and massage of the hands/feet, exfoliation and emollient balm, nail shaping, Feng Shui oil cuticle conditioning and polish application.

Manicure or Pedicure

YAMAGUCHI AT SEA MANICURE/PEDICURE

Ginger, green tea and bamboo scents cleanse and exfoliate the skin, followed by a moisturizing marine mask and massage, nail shaping, cuticle conditioning and polish.

Manicure or Pedicure

SHOGUN SPORTS WARRIOR PEDICURE

In this traditional Japanese bath-style treatment, the feet are immersed in warm water while cool water is gently poured on top. Next, enjoy a sake soak, followed by a Bamboo Massage with Yin Yang gel, nail conditioning and polish.

HAYAKU MANICURE/PEDICURE

This abbreviated treatment includes nail cleansing, shaping, cuticle conditioning, application of emollient balm and polish or buffing.

Manicure or Pedicure

Nail Services

SPA GELS

OPI AXXIUM

PARAFFIN

EXFOLIATING HAND SCRUB

The Art of Hair

EACH CUT INCLUDES A PERSONALIZED FENG SHUI BEAUTY CONSULTATION.

Feng Shui Shogun Makeover with Billy Yamaguchi

Designer Cuts

Men's Barbering

Children's Hair Services

Hair Color

Highlights

Color Correction

Styling, Straightening and Curling (TS)

Formal

Bridal Services

(Brazilian-Geisha/Yuko/Paul Brown)

HAIR TREATMENTS

Bamboo Conditioning Treatment

Essential Oil Scalp Treatment

Exfoliate & Restore

The Art of Make-Up

Application

Lesson (TS)

Waxing/Shaping Services

Facial Threading

Bridal Make-Up

Teen Sampler

Choose any two treatments indicated with a (TS) for \$100.



How to Maximize Your Spa Treatment

TREATMENT SELECTION

The spa reservation agents are happy to help you plan the perfect spa experience. To ensure availability, please reserve your services in advance by calling 800.HOTEL DEL or 619.522.8100, or visiting www.hoteldel.com/spa.

HEALTH CONSIDERATIONS

Please inform the reservation agent at time of booking if you are pregnant, have any medical conditions or allergies. Pregnant women must be in their second or third trimester to receive services. Please indicate when you book if you prefer a male or female therapist and we will do our best to accommodate your request.

SPA GROUPS AND CELEBRATIONS

Spa at The Del specializes in creating memorable group outings including special celebrations such as bridal showers, birthdays and wellness retreats. Please call 619.522.8100 for planning assistance.

DEL GIFT CARDS

Del Gift Cards are available in any increment and may be redeemed for spa services, shopping, dining and overnight stays. Gift Cards are available at the spa, shops, restaurants, online at delshop.com or by calling 800.HOTEL DEL.



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RESERVATIONS 619.522.8100



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