



RELAX & RENEW

SPA

# THE ART OF LIVING WELL

Spa & Wellness Center emphasizes the healing benefits of the sea, and opens a whole island of activities for health, exploration and fun.

With a holistic approach, Spa & Wellness Center embraces health and wellness through conscious cuisine, luxury spa services, positive outdoor experiences, creating unforgettable life moments.

Welcome, we invite you to indulge in, *"the art of living well."*



# SPA

## EXPERIENCE

### **MUSCLEASE RECOVERY**

Ease tension of the muscles with wraps and massage.

### **PAMPER AND RELAX**

Rejuvenate and pamper your body with wraps, massage, and salt scrubs.

### **DETOX AND RENEWAL**

Customized therapies involving nature's elements.

### **FACIALS**

Hydration, exfoliation, and cleansing facial therapy.

### **MANICURES / PEDICURES**

Signature nail services pamper your hands and feet.

### **MEN**

High performance facials, manicures, and pedicures geared towards men.

### **COUPLE'S EXPERIENCES / THE ART OF CELEBRATION**

Refresh and reconnect.

### **ADDITIONAL INFO**

Spa rules regulations and check-in guidelines.

### **SPA PRICE LIST**

### **SPA CAFÉ MENU**

Bento box style, introducing healthy food options.

## MUSCLEASE RECOVERY

These spa and wellness treatments and rituals ease muscle tension and place your body into natural equilibrium. Personalized and guided spa experiences have the highest therapeutic benefits to recover and invigorate your body and mind.

### **Musclease Warming Ocean Wrap & Massage**

This unique therapeutic experience includes invigorating body brush exfoliation, healing mud mask back application, and full body massage. Using a warm blend of essential oils, this specialized treatment eases aching and tense muscles. **80 minutes**

### **ELEMIS Deeper Than Deep Hot Stone Massage**

Balinese stones bathed in the Frangipani MonoiBody Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin. **80 minutes**

### **ELEMIS Invigorating Lime & Ginger Body Scrub**

Invigorating Ginger stimulates the metabolism and tones the body, while a lime peel works to energize, cleanse and purify the skin. Unrefined Sea Salt is uniquely blended with Kukui, Camellia and Jojoba oils to exfoliate and re-mineralize the skin, helping it to regain its natural moisture balance and silky softness. **50 minutes**

### **Signature Musclease Deep Tissue Massage**

Alleviate stress, ease aching muscles and revive the senses with this powerful, customized massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension. **50/80 minutes**

### **Back, Neck & Shoulders Massage**

A customizable treatment that focuses on specific areas to release tension of tired and overworked muscles. Alleviate common discomforts, such as a stiff neck, aching lower back, and tight shoulders. **25/50 minutes**

## PAMPER AND RELAXATION

Artfully tailored to rejuvenate and pamper your body, these beautiful treatments include intention of mindful self-nurturing, radiant wellbeing, and the ultimate in spa luxury to assist you in achieving a deep state of relaxation.

### **ELEMIS Exotic Frangipani Moni Salt Scrub**

Mineral rich salts and Hibiscus cleanse and exfoliate dead cells to help brighten the skin. A nourishing coconut oil base melts on contact with the skin to seal in moisture while a rich infusion of Exotic Tahitian MonoiOil and Frangipani Flowers leave skin delicately fragrant. **50 minutes**

### **Signature Frangipani Swedish Massage**

A “welcome touch” and exotic essential oil blend are our signature twist on this classic relaxing therapy that uses long, smooth strokes with light to medium pressure. **50/80 minutes**

### **ELEMIS Body Nectar Frangipani Nourishing Wrap**

The velvety texture of the MonoiOil offers super-hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. **50 minutes**

### **Coronado Island Ocean Memory Ritual**

Surrender to island serenity and uncover skin’s youthful glow with this ultimate spa experience. Following skin brushing exfoliation, a warm blend of essential oils and a deeply nourishing body cream are applied, the body wrapped and your scalp massaged. The treatment continues with a relaxing 80 minute Swedish massage. **110 minutes**

### **Total Tropical Bliss Ritual**

Tighten and firm from head to toe with a tropical body scrub, moisturizing body wrap, and a facial. Enjoy the anti aging benefits of exotic, hydrating oils and plant-derived hyaluronic acid, and antioxidants, which will visibly improve skin tone and texture for full-body age repair. **80 minutes**

## DETOX AND RENEWAL

Unique, customized therapies involving nature's elements to invigorate and detoxify your body while renewing your spirit.

### **Cellutox Ocean Wrap & Massage**

Combining the richness of sea plants and Marine Algae, this therapy reduces the appearance of cellulite and relieves the discomfort of fluid retention. The body is re-energized and skin is left silky smooth. **80 minutes**

### **Aroma Journey Massage**

This thoughtfully guided experience uses two of the most powerful senses of the body - sense of touch and smell and takes your massage experience to the next level. The massage therapist pairs aromatherapy oil blends to take you on this amazing journey. **50/80 minutes**

### **Sculpting Anti-Cellulite Massage**

An invigorating and stimulating massage technique activates the lymphatic system and stimulates a natural detoxification process. It can be added to any treatment as an enhancement. **25/50 minutes**

### **Coronado Island Foot Reflex Massage**

This ancient Eastern technique is used to relieve stress and bring balance to the entire body. Thumb and finger pressure are used to massage specific points on the feet corresponding to different body areas and will make you feel relaxed and rejuvenated. **25/50 minutes**

### **Coronado Island Detox Master Ritual**

An energetic and powerful treatment that combines a body brush exfoliation, wrap, and a 80 minute massage. Drawing deep toxins from the cells, the body is re-awakened with a euphoric feeling of calm. **110 minutes**

## FACIALS

Hydration, exfoliation and cleansing are the key elements to effective, renewing facials. We utilize state of the art tools and organic products that enable us to customize a facial specially designed for your specific needs.

### **BIOTEC Line Eraser Facial**

The ultimate facial to help maintain a youthful, age-less appearance. BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin. **50/80 minutes**

### **BIOTEC Firm-A-Lift Facial**

Uplifting facial to help fight the appearance of sagging and skin-aging. BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin. **50/80 minutes**

### **BIOTEC Skin Resurfacer Facial**

Revolutionary perfecting facial to reduce the appearance of even skin tone. BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin. **25/50/80 minutes**

### **Pro-Collagen Age Defy Facial**

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. **50/80 minutes**

### **Pro-Definition Lift and Contour Facial**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect. **50/80 minutes**

### **Signature Marine Dream Facial**

ELEMIS hero pro-collagen range is incorporated to firm, tone, and reduce fine lines and wrinkles. This signature anti-aging treatment focuses on improving the appearance of the face, neck and décolleté as a tell-tale area of age and sun exposure; targeting these concerns for a brighter more youthful appearance. **50/80 minutes**

### **Hydrating Organic Facial**

This organic facial uses a selection of fruits, flowers, and herbs and is used to firm and revitalize skin, giving your face a tasty tune-up! **25/50/80 minutes**

### **Vitamin Sea Facial**

Indulge in this luxurious organic facial to experience advanced age prevention and correction. **50/80 minutes**

### **Tropical Bliss Facial**

Enjoy a tropical retreat with exotic neroli and monoi oils, hydrating coconut and strengthening bamboo as wrinkles and fine lines disappear. **50/80 minutes**

## NAILS

Turn your back to everyday stresses and quiet your mind from the noise, our signature nail services are uniquely designed to pamper your hands and feet, and bring you to a state of full relaxation.

### **Express Manicure**

The perfect "tune-up" service created for when time is of the essence. **25 minutes**

### **Coronado Signature Manicure**

Our signature nail services includes a therapeutic soak and exfoliating scrub followed by extended massage, nail shaping and cuticle maintenance completed with polish. **50 minutes**

### **Coronado Signature Pedicure**

Created especially for Coronado Island Marriott Resort & Spa this decadent treatment combines the finest skincare products with the expert foot touch therapy. Includes a therapeutic mineral soak, hydrating mask and extended foot massage. **50 minutes**

### **Youth Nail Services**

Ice Cream Manicure, *parent must be present for the full treatment.* **25 minutes**

Ice Cream Pedicure, *parent must be present for the full treatment.* **25 minutes**

### **Enhanced Nail Services**

Polish Change

French Polish Change

French Polish Add-On

Paraffin Treatment For Hands

Paraffin Treatment For Feet

Shellac Dry Manicure

Shellac French Dry Manicure

Shellac Removal Only

Shellac Polish Add-On



## MEN

Men's skin behaves differently than women's as shaving and lifestyle shape the quality and care of a gentleman's routine. ELEMIS responds with high-performance facial therapies designed to restore energy, vitality and luster to male skin.

### **MEN- High Performance Skin Energizer Facial**

The hard-working facial for aging, dehydrated skin, and tired eyes. It maximizes cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, while a scalp and foot massage cause deep relaxation. **25/50 minutes**

### **MEN- Super Charger Facial**

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution. **25/50/80 minutes**

### **Men's Ritual**

Using non-perfumed, non-greasy products especially selected for a man's skin, this perfect combination of back scrub and men's facial is invigorating and fantastic for keeping a man's skin in optimal condition. **80 minutes**

### **Man-I- Cure**

Hands say a lot about a man. With a quick polish-free buff, clip, and file, a manicure adds the finishing touch to a well groomed man. **30 minutes**

### **Real Man Get Pedicures**

Relax and unwind after a busy day with a full pedicure, extended foot massage and your favorite drink from our bar. **50 minutes**

## COUPLE'S EXPERIENCE

Whether on a romantic getaway or a business trip, steal an hour or a whole day to relax, refresh and reconnect.

### **Coronado Island Signature Couple's Massage**

A wonderful time to share with a loved one or a friend in our Couple's Massage Room. Re-connect and slip away into a blissful state with side-by-side massages for each of you with a complimentary champagne toast and quality time together. **50/80 minutes**

### **Couple's Retreat**

This perfectly spoiling escape begins with him and hers scrub, followed by a 50-minute couple's massage. Complete with a scalp massage and complimentary glass of champagne. **80 minutes**

### **Instructional Couple's Massage Session**

With this private instructional session, you and your partner will learn how to give each other a relaxing at home massage, and receive a short instructed massage from your partner. **50 minutes**

### **Couple's Manicure or Pedicure**

A wonderful way to relax and savor special moments together, take time with your loved one or a friend to pamper your hands or feet in our luxury nail salon. **50 minutes**

## THE ART OF CELEBRATION

Spa Coronado at the Coronado Island Marriott Resort & Spa is the ideal location for an intimate celebration or post meeting relaxation. From birthday celebrations, wedding getaways, to Board of Directors' retreats and options for full Spa corporate buyouts, our spa creates experience that all guests remember warmly. A professional staff is on hand to attend to every event detail, including decor, technology needs, accommodations, and activities.

Our Wellness Concierge is happy to design a multi-day custom package created just for you during your stay. Our staff aims to put you and your health and beauty needs first. To speak with the Wellness Concierge directly please call **619-522-3043**.

## ADDITIONAL INFORMATION

### **ARRIVAL**

Please arrive 15 minutes prior to your scheduled appointment to allow ample time to enjoy the locker room amenities and change into your sandals and robe. With each service, in an effort to make your guest experience as seamless as possible, late arrivals will result in shortened appointments.

### **CANCELLATIONS**

Should you need to cancel or reschedule your appointment, please notify us 24 hours prior to your service to avoid being charged in full. Group reservations are subject to terms of contract.

### **AGE REQUIREMENTS**

Spa guests must be at least 18 years old to use the entire spa facility and receive any treatment. Minors ages 16-17 are permitted to receive facials and nail treatments with written consent from a parent or guardian. They may not use the steam facility.

### **CLOTHING OPTIONS**

Clothing Options: Dress to your comfort level for your services, a robe and sandals are available for your use. Clothing is optional in the separate Men's and Women's Locker Rooms.

### **SECURING VALUABLES**

We recommend you leave valuables at home or in your guestroom safe. Lockers are available for your personal items. We are not responsible for lost or stolen items.

### **SERVICE CHARGE**

For your convenience, we apply a 19% service charge automatically to each service. Menu prices do not reflect this charge. All prices and services at the Spa are subject to change without notification.

### **HEALTH CONCERNS**

If you are under medical care or pregnant, please consult your physician prior to making your reservation. Please notify us of any health concerns you may have when making your reservations.

### **CELL FREE ZONE**

In consideration of other spa guests and to preserve an atmosphere of serenity, please leave cell phones behind.

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## MASSAGE

ELEMIS Deeper Than Deep Hot stone Massage	80 minutes	245.
Signature Muscleease Deep Tissue Massage	50/80 minutes	175./240.
Back Neck and Shoulders Massage	25/50 minutes	80./160.
Signature Frangipani Swedish Massage	50/80 minutes	155./220.
Mindful De-Stress Massage	50/80 minutes	155./225.
Aroma Journey Massage	50/80 minutes	155./230.
Sculpting Anti-Cellulite Massage	25/50 minutes	80./160.
Coronado Island Foot Reflex Massage	25/50 minutes	75./150.
Maternity Massage	50/80 minutes	155./220.

## FACIALS

BIOTEC Line Eraser Facial	50/80 minutes	175./245.
BIOTEC Firm-A-Lift Facial	50/80 minutes	175./245.
BIOTEC Skin Resurfacer Facial	25/50/80 minutes	90./175./245.
Pro-Collagen Age Defy Facial	50/80 minutes	175./245.
Pro-Definition Lift & Contour Facial	50/80 minutes	80./175.
Signature Marine Dream Facial	50/80 minutes	155./225.
Hydrating Organic Facial	25/50/80 minutes	80./155./225.
Vitamin Sea Facial	50/80 minutes	160./230.
Tropical Bliss Facial	50/80 minutes	160./230.

## SCRUBS AND WRAPS

Muscleease Warming Ocean Wrap & Massage	80 minutes	245.
ELEMIS Invigorating Lime & Ginger Body Scrub	50 minutes	150.
ELEMIS Exotic Frangipani Monoi Salt Scrub	50 minutes	150.
ELEMIS Body Nectar Frangipani Nourishing Wrap	50 minutes	150.
Cellutox Ocean Wrap & Massage	80 minutes	225.

## SPA RITUALS

Coronado Island Signature Package (Signature Massage & Facial)	100 minutes	285.
Coronado Island Ocean Memory Ritual	110 minutes	285.
Total Tropical Bliss Ritual	80 minutes	235.
Coronado Island Detox Master Ritual	110 minutes	285.

## MEN'S SERVICES

Men's Ritual	80 minutes	230.
MEN- High Performance Skin Energizer Facial	25/50 minutes	75. / 150.
MEN-Super Charger Facial	25/50/80 minutes	75. / 150. / 210.
Man-I-Cure	25 minutes	40.
Real Men Get Pedicures	50 minutes	85.

## COUPLE'S EXPERIENCE

Coronado Island Signature Couple's Massage	50/80 minutes	330. / 470.
Couple's Retreat	80 minutes	460.
Instructional Couple's Massage Session	50 minutes	155.
Couple's Manicure	50 minutes	120.
Couple's Pedicure	50 minutes	175.

## NAIL SERVICES

Express Manicure	25 minutes	45.
Coronado Signature Manicure	50 minutes	65.
Coronado Signature Pedicure	50 minutes	75.
Ice Cream Manicure and Pedicure	50 minutes	55.
Coronado Island Signature Nail Package (Signature Manicure & Pedi)	100 minutes	125.

# SPA

CORONADO ISLAND MARRIOTT RESORT & SPA  
2000 2ND ST, CORONADO CA 92118 USA

PHONE 1-619-522-3043 | MARRIOTT.COM

# SPA CAFÉ

Secluded retreat located at the spa garden.

Celebrate fresh, healthy, and creative cuisine in a quiet and tranquil environment.

## THE WELLNESS BENTO BOX 20.

*Includes farmer's vegetable crudité, tzatziki dip, and fresh berries.*

Choose your protein;

- GRILLED WHITE MEXICAN PRAWNS
- SEARED PACIFIC OCEAN TUNA  
olive oil, sea salt
- CIDER GLAZED CHICKEN BREAST  
mary's organic chicken, scallions
- POACHED CAGE-FREE EGGS\*

Choose how you would like it prepared;

- ENTRÉE PLATE  
roasted fingerling potatoes + seasonal vegetables
- CAESAR SALAD  
little gem lettuce, dry jack cheese, crouton, caesar dressing
- BABY LETTUCE SALAD  
radish, herbs, lemon garlic vinaigrette
- SANDWICH  
ciabatta bread, lettuce, tomato, lemon aioli
- THE CALIFORNIAN  
raw almonds, half avocado, olive oil sea salt, aleppo chile, flax seed

## OPTIONAL SIDES

- HALF AVOCADO 4.  
olive oil, sea salt, aleppo chile, flax seed
- SIMPLY ROASTED VEGETABLES 6.  
guajillo-honey glaze
- FARMERS GREENS 6.  
tomato, cucumber, honey shallot dressing

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illnesses, especially if you have certain medical conditions.

# EXTRAS + BEVERAGES

- NAKED COCONUT WATER 5.
- LIFE WATER 4. (700ML)
- LIFE WATER 6. (1L)
- RED BULL / SUGAR FREE RED BULL 4.
- STARBUCKS COLD BREW 5.

## NAKED COLD PRESS JUICES

- HEARTY GREENS 9.  
celery, apple, romaine, lettuce, cucumber, orange, spinach, lemon, wheatgrass, kale, spearmint
- LIVELY CARROT 9.  
carrot, apple, orange, lime, ginger
- BOLD BEET 9.  
organic red beet, carrot, cucumber, apple, lemon, orange, ginger

## WINES

- HALF BOTTLE KENDALL JACKSON / CHARDONNAY 25. (375ML)
- HALF BOTTLE CLOS DU BOIS / MERLOT 25. (375ML)
- HALF BOTTLE MUMM NAPA CUVÉE / BUBBLES 14. (175ML)

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