

# ISLAND SPA *Catalina*

Reflecting Catalina's rich history and relaxed seaside vibe, Island Spa Catalina incorporates intrinsic island botanicals into a variety of thoughtfully-selected treatments and therapies designed to rejuvenate your mind and body.

**Seasonal Hours: Thurs - Mon, 11 am to 4 pm**

## **MESSAGE THERAPIES**

Combining techniques and enhancements to create a custom massage experience.

### **Catalina Custom Massage**

**60/90 min - \$185/\$255**

We focus on whatever your body needs: total relaxation, muscle and tension relief or recovery and re-balance.

### **Sea to Summit Signature Massage**

**60 min - \$200**

This elevated head to toe massage and body treatment includes a stimulating scalp massage and nourishing hair treatment with a warm macadamia oil that delivers beautiful results while easing you deeper into relaxation. A steamed towel compress prepares your feet for an exfoliating scrub followed by a soothing foot massage.

### **Couples Massage**

**60/90 min - \$380/\$520**

Relax together in the comfort of a private suite.

### **Pro Sleep Massage**

**60 min - \$185**

Combines aroma, touch and sound for a tranquil sensory experience.

### **Prenatal Massage**

**60 min - \$185**

Eases muscle discomfort and lower back pain for moms to be.

## **MESSAGE ENHANCEMENTS**

Choose an enhancement to boost your massage experience.

Organic Muscle Balm	\$10
Invigorating Relief Gel	\$10
Heated Quartz Sand Therapy	\$30
Warm Stone	\$25
Aromatherapy	\$15
Warm Oil Scalp Massage	\$15

## BODY TREATMENTS

Incorporates special applications of active ingredients to relax and restore your body.

### Rejuvenating Body Treatment 90 min - \$285

This treatment begins with a full body dry brush exfoliation to remove those dry winter layers, followed by a deep hydration drench to smooth and hydrate, and ends with a relaxing custom massage.

### Detox De-Stress 90 min - \$285

Thermal mud wrap helps eliminate toxins, release tension and smooth your body contour.

### Cellulite Buster 60 min - \$185

Active ingredients reduce water retention, stimulate circulation, and firm and tone your body.

### Catalina Sole Reviver 30/60 min - \$115/\$175

Invigorating scrub and relaxing leg and foot massage combine to re-energize your tired soles.

## SIGNATURE RITUALS

Our island-inspired signature rituals tap restorative powers of local plants and marine extracts to renew your mind, body, and spirit.

### Warm Sand & Ocean Therapy 120 min - \$345

Feel the ebb and flow of the sea as a bed of warm quartz sand replenishes your body from head to toe.

### Sage Stone Purification 90 min - \$285

Purifying body mask and deep relaxing warm stone and sage oil massage help renew your whole being.

### Seaweed Surrender 90 min - \$285

Organic scrub, marine-based mask and soothing massage help reduce water retention and stimulate circulation.

### Cactus Cooler 60 min - \$185

Cool hydrating wrap soothes and heals harsh effects of sun, sea and air.

### Citrus with a Twist 60 min - \$185

Refreshing scrub and nourishing mask hydrate your skin and revive your senses.