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

MASSAGE 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.

MASSAGE 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.

IslandSpaCatalina.com  |  310.510.7300