

The Spa at The Grand Del Mar

A modern-day monument to the invigorating spirit of the Renaissance, The Spa in décor, design, practice and philosophy, epitomizes that golden era. Explore the wild herbs, mineral-rich clays, and plethora of local elements used in our restorative spa treatments. Immerse yourself in the art of wellbeing.

SPA RESERVATIONS

Spa treatments are available for guests age 18 and over. We encourage you to book spa appointments when you reserve your guestroom. Please inform the reservation agent of any medical conditions or other special needs that require our attention, so we can ensure your experience is a pleasant one.

Reservations: 858.314.2020

OUR FACILITIES

The Spa features 21,000 square feet of old-world elegance and 11 expansive treatment rooms – including a romantic couple's suite – for massage, cleansing facials and hydrotherapy body treatments. Separate Men's and Women's Lounges offer lavishly appointed relaxation rooms with stone fireplaces, showers, steam and sauna areas, and indoor whirlpools. A shared outdoor whirlpool and Relaxation Pool adjacent to The Spa are also available.

HAIM SALON AT THE GRAND DEL MAR

From manicures and pedicures, to hair styling and makeup for a special day, Haim Salon offers a broad array of services to make you look as radiant as you feel.

Reservations: 858.314.2732

FITNESS CENTER/MOVEMENT STUDIO

Located adjacent to The Spa, the Fitness Center features state-of-the-art equipment, including a variety of cardio and weight machines, and free weights. Our fitness center is complimentary to all resort guests age 16 and over. Personal training (reservations required) and fitness classes in the Movement Studio are also available. For your safety, proper close-toed fitness shoes and clothing are required in the Fitness Center and for fitness classes. Please contact The Spa for more information, class schedules and personal training rates and reservations.

CANCELLATION/RESCHEDULING POLICY

We request cancellation/rescheduling notification by 4 pm the day prior to a scheduled appointment. 50% of the value of the service will be charged for rescheduling or cancellations made after 4 pm. No-show appointments will be charged the full value of the service, plus the gratuity and service fee.

GRATUITY & SERVICE FEE

For your convenience, a 20% service charge will be automatically added to all services and packages. This service fee is allocated to the spa staff members who serve you during your visit at The Spa. Please feel free to make an adjustment based on the service that you experienced.

LOCATION/PARKING

The Spa at The Grand Del Mar is located at the west end of the resort. For your convenience, valet parking is complimentary for our spa guests.

The Spa at The Grand Del Mar continued

ARRIVAL

We invite you to check in 30 minutes prior to your scheduled spa service so that you can relax in our vitality mineral whirlpool, steam, sauna and showers, and prepare for your treatment. To ensure that all guests receive their full treatment, late arrivals will end at the scheduled time.

SPA ATTIRE

Complimentary use of spa robes, slippers and lockers is provided for all spa guests. Most of our guests prefer to fully undress for treatments, since our staff is professionally trained in proper draping designed to ensure modesty and comfort throughout the treatments. If you prefer, you may wear undergarments for your treatment, and disposable undergarments are also available upon request. A bathing suit is recommended for our whirlpool, sauna and steam treatments. The Spa also provides a luxurious array of personal care products for your complimentary use.

CONSIDERATIONS/ VALUABLES

To preserve our tranquil environment, The Spa is a cellular-phone-free, pager-free, alcohol-free and smoke-free environment. Please avoid bringing jewelry or other valuables to The Spa. If you are a guest of the resort, we ask you to leave your valuables in your in-room safe. We are not responsible for valuables that are lost or left at The Spa.

GIFT CERTIFICATES & THE SPA BOUTIQUE

Gift certificates for spa, salon and fitness services, as well as items at The Spa Boutique, make ideal gifts for any special occasion. The Spa Boutique carries our exclusive handmade and organic skincare line, as well as stylish yoga wear, robes and slippers, candles and other soothing gifts.

Reservations: 858.314.2020



Touch Therapies

RENAISSANCE

This nourishing and replenishing, signature body ritual begins with a warm body wrap of mineral-rich mud and aromatic oils while resting in a relaxing free-floating bed. An invigorating rosemary-infused Swiss shower follows, along with a tension-relieving touch therapy applied with rhythmic rocking motions, bringing gentle movement into the joints and encouraging flexibility.

{ 90 minutes: \$310 weekdays, \$320 weekend }

CORE ELEMENTS

Ideal for athletes or lower back soreness, this service balances and strengthens the body's core. A relaxing lower back, hips and abdominal massage precedes a nutrient-rich mud wrap along the same areas. The extended 90-minute treatment also includes the neck, shoulders and upper back.

{ 60 minutes: \$175 weekdays, \$185 weekend / 90 minutes: \$270 weekdays, \$280 weekend }

STONY SILENCE

Subtle, penetrating heat from this warm stone massage addresses muscular aches and pain as it soothes the body and mind. This ritualistic treatment helps improve circulation and melt away stress, anxiety and tension.

{ 90 minutes: \$270 weekdays, \$280 weekend }

BETWEEN TWO WORLDS

Perfect for reducing anxiety, this light touch therapy with aromatic oils targets nerve pathways to inspire a deep, soulful relaxation. A sweet-grass compress follows to awaken the senses and reconnect you with the earth.

{ 75 minutes: \$225 weekdays, \$235 weekend }

REFINED

This exhilarating Vichy shower experience begins with a full body exfoliation with a nutrient-rich body scrub. A relaxing massage using a hydrating body lotion follows, leaving the skin soft and glowing.

{ 60 minutes: \$175 weekdays, \$185 weekend }

TRADITION

From soothing Swedish to tension-releasing deep tissue, the Tradition massage is personalized to your specific pressure preference and areas of tension, pain or chronic issues. Release tightness, reduce muscle pain, increase circulation and simply relax.

{ 60 minutes: \$185 weekdays, \$195 weekend / 90 minutes: \$270 weekdays, \$280 weekend }

ATHLETIC ENCOUNTER

Designed to focus on specific areas of concern, this therapeutic sports massage addresses the restrictions and impairments of strained and repetitively stressed muscles. Rhythmic strokes realign and stretch the muscles to help improve flexibility and flush metabolic waste from the tissues.

{ 60 minutes: \$185 weekdays, \$195 weekend / 90 minutes: \$270 weekdays, \$280 weekend }

BEGINNINGS

This relaxing maternity massage promotes circulation in feet and legs, soothes aches and reduces tension. Extra care and pillows enhance comfort and support while lying down.

{ 60 minutes: \$185 weekdays, \$195 weekend }

Touch Therapies continued

HERBAL SALT SCRUB

The indigenous, aromatic herbs of rosemary and sage work in synergy with a stimulating, cascading Vichy shower to deliver an experience of exhilarating, restorative wellness.

{ 30 minutes: \$100 weekdays, \$110 weekend }

HERBAL REFLEXOLOGY

Rosemary and rose petals infuse an aromatic, warm saltwater footbath, followed by a hand and foot reflexology massage to clear energy pathways and stimulate total wellness by addressing the body's organs.

{ 60 minutes: \$175 weekdays, \$185 weekend }

Triads of The Grand Del Mar

Good things come in threes. These multi-tiered treatment trios are designed to fully rejuvenate the body and spirit.

DECOMPRESSION

An invigorating body scrub of organic rosemary is followed by a hydrating body wrap of goat butter while lying on a warm, free-floating bed, encouraging the ultimate in relaxation. A customized body massage culminates this soothing, luxurious treatment.

{ Scrub, Hydrating Body Wrap and Massage / 120 minutes: \$360 weekdays, \$370 weekend }

EXPRESSION

The tiered ritual begins with the massage of warm, soothing stones, followed by an invigorating body scrub and Vichy shower. A brisk tonic massage finish stimulates circulation and creates a surge of energy from head to toe.

{ Stone, Scrub and Tonic Massage / 120 minutes: \$360 weekdays, \$370 weekend }

EXTREMITIES

Promoting relaxation and a sense of well-being, this treatment begins with a therapeutic herbal footbath followed by a healing reflexology massage on the hands and feet, stimulating energy pathways. A soothing scalp, neck and shoulder massage using warmed, aromatic oils prolongs the relaxation.

{ Footbath, Reflexology and Upper Body Massage / 90 minutes: \$270 weekdays, \$280 weekend }

SCULPTED BEAUTY

Ideal for improving the skin's appearance, this treatment includes a contouring body massage to encourage the elimination of excess fluid followed by a mineralizing seaweed clay wrap. An indulgent Swiss shower ensues before the skin is hydrated with a sunflower and mango-infused goat butter tightening cream.

{ Massage, Thermal Wrap and Swiss Shower / 120 minutes: \$360 weekdays, \$370 weekend }

Reservations: 858.314.2020

The Grand Wraps

Three nourishing wrap experiences begin with a dry body brushing to gently exfoliate skin and are followed by choice of either a mini-Portrait facial or a mini-Tradition massage.
{ 60 minutes: \$175 weekdays, \$185 weekend }

RECOVER

Using a blend of Roman chamomile and lavender essential oils, this wrap calms and nourishes irritated skin. Great for sunburned skin.

REPAIR

A detoxifying blend of seaweed and minerals helps purify the body.

REPLENISH

This deeply moisturizing wrap of sweet orange-honey-almond milk is ideal for dry skin.

Packages & Additions

PORTRAIT OF TRADITION

The full body Tradition massage and the personalized Portrait facial create a classic combination ideal for those with limited time, yet wanting to decompress and renew the body and skin.
{ Massage and Facial / 120 minutes: \$340 weekdays, \$360 weekend }

COUPLE'S CLASSIC

Perfect for a duet, this service includes a relaxing, mineral-rich bath, followed by a moisture-intensive wrap as your head and feet are massaged into a state of bliss. A 60-minute massage completes this blissful relaxation for you and your partner.
{ Bath, Wrap and Massage / 120 minutes: \$620 weekdays, \$640 weekend }

WORK OF ART

The 90-minute Core Elements treatment strengthens and soothes the body's core through massage and an enriching wrap, before our exquisite Art for Art's Sake facial.
{ Core-Specific Massage/Wrap and Facial / 180 minutes: \$495 weekdays, \$515 weekend }

ANTI-AGING HAND TREATMENT

Facial grade, anti-aging serums and creams are applied to the hands before a warm paraffin treatment. This exquisite add-on moisturizes hands, lightens and brightens age spots, and reduces muscle and joint soreness.
{ Add to any facial therapy, \$30 }

MOISTURIZING FOOT TREATMENT

This gently exfoliating and deeply hydrating treatment uses luxurious goat butter and warm paraffin to penetrate the skin and soothe achy feet.
{ Add to any facial therapy, \$30 }

WAXING

The Spa offers a full complement of facial and body waxing services. This quick and effective hair removal method also offers long-lasting results.
{ Call for pricing, 858.314.2020 }

Weekday pricing is available Monday – Thursday. Weekend pricing is valid Friday – Sunday



Facial Therapies

PORTRAIT

Following a brief consultation, our spa experts customize this toning and refreshing facial to your individual skin type, using a handmade, organic skincare line designed exclusively for The Spa. Perfect for sensitive skin.
{ 60 minutes: \$185 weekdays, \$195 weekend }

ART FOR ART'S SAKE

This signature facial begins with a regimen of exfoliation, warm aromatic cloths and a nourishing clay mask rich in essential fatty acids and antioxidants, giving the skin a healthy radiant glow. Next, warm oils enhance a neck, shoulders, décolleté, face, scalp and foot massage. Specific products are selected for gender and skin types.
{ 90 minutes: \$270 weekdays, \$280 weekend }

LUMINOUS

A slow pressure point massage incorporates botanical elements, enzyme exfoliants and nutrient-rich clay to heighten relaxation and induce a deep sleep-like state. The dramatic, regenerative results will leave your complexion bright and illuminated. Recommended for all skin types.
{ 60 minutes: \$185 weekdays, \$195 weekend / 90 minutes: \$270 weekdays, \$280 weekend }

CLASSIC REVIVAL

Promoting vibrant, younger-looking skin, this facial includes a nutrient-rich, all-natural exfoliation featuring a blend of green tea, wheatgrass, cypress, lemon and lactic acid. Sun-damaged and problem skin benefit most from the deep exfoliation and resulting smooth appearance and radiant glow.
{ 60 minutes: \$185 weekdays, \$195 weekend / 90 minutes: \$270 weekdays, \$280 weekend }

RENEWAL

An exquisite massage application of mineral-rich pomegranate peel extract joined with essential oils of lemon verbena, orange blossom and rosemary, followed by a pumpkin enzyme exfoliation and organic lactic hydrating peel. This restorative and anti-aging facial provides the skin with balance, tone and a pearl-like lustre.
{ 60 minutes: \$220 weekdays, \$230 weekend / 90 minutes: \$310 weekdays, \$320 weekend }

MANUAL LYMPH DRAINAGE (MLD)

Focusing on the face and neck, this light, rhythmic massage technique improves the overall functioning of the immune system and induces the deepest state of relaxation. Benefits include alleviating facial congestion and sinusitis, improving skin conditions, treating puffy eyes and dark circles, and accelerating facial surgery recovery.
{ 30 minutes: \$100 weekdays, \$110 weekend }

BACK TO NATURE

An individually customized, facial-grade blend of botanical and aromatic oils enhances this deep cleansing and moisturizing treatment for the often neglected back.
{ 60 minutes: \$175 weekdays, \$185 weekend }

Reservations: 858.314.2020

Haim Salon at The Grand Del Mar

SPA MANICURE

The Grand Del Mar's signature herbal manicure leaves hands beautiful and sensuously soft – artfully groomed to perfection.

{ Manicure, \$65 / French Manicure, \$85 }

SPA PEDICURE

An herbal extract footbath, exfoliation and a warm, sweet herb oil massage includes aromatic compresses applied to the neck and shoulders to help ease stress.

{ Pedicure, \$100 / French Pedicure, \$115 }

ANTI-AGING MANICURE

A gentle hand exfoliation and massage with pure collagen is followed by a hydrating paraffin treatment.

{ Manicure, \$95 / French Manicure, \$110 }

PURIFYING PEDICURE

Relax in a warm footbath enhanced with vitamins and minerals to promote detoxification. A gentle exfoliate and soothing clay mask invigorate the skin, leaving it supple and soft, and a relaxing massage and Soyaffin treatment on your hands and feet complete the experience.

{ Pedicure, \$135 / French Pedicure, \$150 }

STONE MANICURE & PEDICURE

Soothing warmed stones used to massage the hands or feet with our signature Spa Manicure or Spa Pedicure.

{ Manicure, \$100 / French Manicure, \$115 }

{ Pedicure, \$125 / French Pedicure, \$140 }

NAIL POLISHING, FINISHING & SOYAFFIN

Polish Change

Hands.....\$30

Feet.....\$40

French Polish Change

Hands.....\$40

Feet.....\$50

Shellac Finishing

Hands.....\$50

Feet.....\$65

French Shellac Finishing

Hands.....\$60

Feet.....\$75

Soyaffin Treatment

Hands.....\$30

Feet.....\$40

NAIL TREATMENTS FOR MEN & CHILDREN

Gentlemen's Treatments

Spa Manicure.....\$55

Spa Pedicure.....\$75

Children's Treatments

Manicure.....\$30

Pedicure.....\$30

Haim Salon at The Grand Del Mar continued

HAIR CUTTING, STYLING & MORE

Women's Haircutfrom \$100
Men's Haircut.....from \$65
Shampoo/Blow Dry..... from \$95
Thermal Styling Add-On
(Curling or Flat Iron)... from \$35

Updo..... from \$115*
Body Wave.....from \$150/hour
Chemical
Relaxerfrom \$150/hour

Deep Conditioning
Treatment..... from \$55
Scalp Treatment from \$55

HAIR COLOR SERVICES

Partial Highlight.....from \$160
Full Highlight..... from \$200
Color Glosser..... from \$75

Base or Base Liftfrom \$100
with Partial Highlight..from \$220
with Full Highlight.....from \$275

Color Change or Corrective
Colorfrom \$150/hour

MAKEUP & EYELASH SERVICES

Eyelash Application
Strips.....\$40
Individual.....\$35

Makeup Application.....\$100
Makeup Lesson\$125

FACIAL WAXING & TINTING

Brow Shape.....\$45
Lip.....\$25
Chin.....\$25

Full Face
(excluding Brows).....\$70

Eyelash Tint.....\$50
Eyebrow Tint.....\$45

**Group rates are available for parties of six or more.*

Bride-to-be Services

Hair Styling Consultation
and Trial.....from \$110
Wedding Day
Hair Styling.....from \$135

Makeup Consultation
and Trial.....from \$100
Wedding Day
Makeupfrom \$140

Appointments: 858.314.2732