



aqua | terra spa

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## massages

		<i>deep tissue</i>
• 25 minutes	\$65	-
• 50 minutes	\$120	\$135
• 80 minutes	\$175	\$190

Massage therapists use an exclusive aromatherapy oil blend to aid in stress-reduction, revitalization and impart a sense of serenity.

Upon request, Aquaterra massages are also available in your guestroom at Surf & Sand Resort for an additional fee of \$35.

### [aquaterra signature massage](#)

A classic massage combining time-honored Swedish techniques with our therapist's personal expression. Ideal for reducing tension, soothing sore muscles and increasing circulation. *50 or 80 minutes*

### [deep tissue](#)

A more intense, deep muscle massage combining different modalities such as acupressure, myofascial release and trigger point therapy to help relieve chronic muscle tension. *50 or 80 minutes*

### [aromatherapy massage](#)

Perfect for a first time massage experience, this variation on our Signature massage features soothing, Swedish style massage strokes enhanced with your choice of aromatherapy oils for a feeling of harmony and balance. *50 or 80 minutes*

### [hot stone massage](#)

A therapeutic massage and energy treatment. Hot basalt stones are placed on various chakras to release blocked energy while the heat penetrates into the muscles to help achieve a state of deeper relaxation. Various deep tissue and effleurage massage strokes are combined to soothe tired and aching muscles. *75 minutes \$180*

### [south pacific hot shell massage](#)

Enjoy 75 minutes of blissful relaxation as warm, polished sea shells deeply soothe your muscles. *75 minutes • \$190*

### [maternity massage – pre or post natal](#)

Our specially educated massage therapist will nurture your body while giving special consideration to the baby. Post-natal massage aids in the healing process of the body during this time of transition. Specialized positioning techniques will ensure maximum comfort during your session. *50 or 80 minutes*

### [back, neck and shoulder massage](#)

A shorter massage which focuses on the areas of the body that accumulate the most stress and tension. *25 minutes*

### [reflexology](#)

Pressure point massage is applied to the feet to release tension, improve circulation and to balance the body both internally and externally. *25 minutes*

### [scalp massage](#)

Designed to relieve stress and tension by concentrating on the scalp's many nerves and pressure points while the scalp and hair are treated with nourishing oil. Dry massage optional. *25 minutes*

# skincare

- 25 Minutes \$65
- 50 Minutes \$120
- 80 Minutes \$175

The fresh, natural glow that imbues one of the world's most beautiful coastlines with its magic inspires Aquaterra's selection of natural beauty and skin care.

Benefits are customized to your skin's needs and treatment results include deep cleansing for problem skin, pigmentation balancing for discolored skin, and age-defying smoothness for skin stressed by sun and other environmental factors.

Aquaterra's facial services include a skin analysis, cleansing, exfoliation, pore extractions as appropriate, masque, toning, facial massage and the application of a moisturizer.

Enhance any Aquaterra service with a nourishing hand and foot paraffin treatment. \$25

## aquaterra signature facial

Experience the deep cleansing and exfoliation of the ultimate holistic aromatherapy facial. The earth's purest botanical essences are combined to restore balance to the skin. Excellent for all skin types, leaving the skin glowing and soft. *50 or 80 minutes*

## moisturizing facial

A concentrated, deeply exfoliating treatment for severely dehydrated skin. This intensely moisturizing facial is rich with minerals to assist in reestablishing the moisture balance required to hydrate and restore all layers of the skin. Excellent for overexposed or mature skin. *50 or 80 minutes*

## organic enzymatic epicurean facial

A deep cleansing and moisturizing facial using a combination of three masques that tighten and rejuvenate the skin. *50 minutes \$135 • 80 minutes \$190*

## vitamin c facial

Vitamin C stimulates collagen production and protects against free radicals common to sun exposure and pollutants. Treatment results include renewed skin elasticity, diminished lines and a healthy glow. *50 or 80 minutes*

## anti-aging facial

Using an ocean elements restructuring masque to stimulate collagen production and increase skin's elasticity, our anti-aging facial will leave your skin with a youthful glow. Excellent for mature and dehydrated skin. *50 or 80 minutes*

## gentlemen's facial

An exfoliating and hydrating facial for skin irritated by shaving, sun exposure or other environmental factors. Our pure botanical and marine elements calm the skin and help to diminish fine lines. Excellent for razor burn. *50 minutes*

## back facial

Focusing on the often-neglected and delicate back area. Your back is deeply cleansed and exfoliated to expose fresh, new skin. Your skilled therapist will then apply a masque suitable for your skin type. A specific moisturizer and finishing products will leave your back with a healthy glow. *50 Minutes*

## timeless facial

A quick pick-me-up to revitalize a tired, lusterless complexion. Pure botanical extracts are used to cleanse, tone and moisturize the skin. *25 minutes*

## body treatments

- 25 minutes \$65
- 50 minutes \$105

Body treatments help promote wellness and soothe the spirit. Our gentle but effective exfoliation treatments are ideal preparations for the nourishing, hydrating properties of our body wraps. Scrubs remove the skin's dry surface layer to promote cell rejuvenation and a healthy looking glow. With our Vichy shower, you will feel tension trickle away as six high effusion showerheads rain lightly over you.

### mediterranean mud body wrap

French clay and crushed grape seeds withdraw toxins and impurities from the skin. We follow this pleasant, skin-softening step with a massaging application of rich, hydrating lotion. Skin is left feeling moisturized and velvet-smooth.

*50 minutes*

### antioxidant scrub

Combining anti-aging detoxifying and exfoliating benefits, this scrub is designed for optimum body rejuvenation and skin therapy by assisting in the regeneration of precious collagen and elastin. Followed with a massaging application of hydrating grape seed lotion.

*50 minutes*

### organic sugar glow

A sweet treat that will leave your skin incredibly soft to the touch. Raw sugar acts as an excellent exfoliate while orange blossom oil moisturizes and tones the skin.

*25 minutes*

### aquaterra signature scrub

Italian olive oil, with its exceptional moisturizing properties, is blended with a sea salt base and fragranced with a lavender-geranium blend to calm and relax.

*25 minutes*

### sand scrub foot therapy

As invigorating as a day spent walking barefoot along Laguna Beach. Your feet will be scrubbed to a smooth glow and then moisturized during a relaxing foot massage, leaving feet soft, refined and energized.

*25 minutes*

## couple's rituals

- 110 minutes \$345
- 140 minutes \$430

*For your convenience an 18% gratuity is added to Couple's Rituals.*

### ocean ritual

Your massage therapists will begin with a seaweed body wrap for you and your partner. Continuing with the healing elements of the ocean, you relax into a special seaweed bubble bath for two and complete this sea ritual with an Aquaterra Signature Massage for each of you.

### earth ritual

A tension-dissolving antioxidant scrub for each of you begins this journey. In a treatment room designed for two, you can escape to a special duet bath to continue this purifying treatment and prepare the skin for the indulgent Aquaterra Signature Massage that follows.

### botanical ritual

A calming indulgence as you each begin with a gentle lavender exfoliation followed by a lavender bubble bath for two. Then melt away into an Aquaterra Signature Massage.

### artistic ritual

This pampering, therapeutic couple's treatment is enhanced by the art of color therapy. You and your partner each begin as the canvas with a white clay mud wrap, followed by a special color bath for two where a colorful palette of muds await your creative touch. Your mind and body will be at peace as you finish your treatment side by side with an Aquaterra Signature Massage.

## in room bath ritual

Resort guests can enjoy an aromatic bath ritual in the privacy of your own room. Select a bath to suit your preference and we will deliver and prepare your in room ritual. The therapeutic effects of aromatherapy will leave you refreshed and revitalized. *All bath rituals are \$45*

### botanical

An uplifting blend of lavender and lemongrass

### earth

Relax with this sandalwood and lavender bath

### ocean

Neroli and lavender calm the senses

### artistic

An invigorating bath scented with rosemary and lavender

*Please allow 30 minutes for the delivery of your bath condiments*

## waxing services

Soft, smooth results from our experienced, professional clinicians.

Chin or Lip	\$20	Brow	\$35	Half Arm	\$30
Full Arm	\$45	Underarm	\$30	Bikini	\$45
Half Leg	\$60	Full Leg	\$80	Back	\$ 70 and up

## nailcare services

### aquaterra signature spa manicure

Experience our classic manicure complete with nail shaping, cuticle clean up, extended hand and arm massage, and fresh polish. *25 minutes \$45\**

### antioxidant manicure

Our Signature Manicure enhanced with an invigorating hand and arm exfoliation. *45 minutes \$60\**

### aquaterra signature spa pedicure

A complete treatment including a relaxing soak, massage, gentle exfoliation, cuticle clean-up and perfectly shaped and polished nails. *45 minutes \$65\**

### pumpkin pedicure

Enjoy our Signature Pedicure with the addition of an exfoliating pumpkin peel. *50 minutes \$80\* Polish change \$20*

*\*Enhance your service with a French polish for an additional \$10*

## spa essentials

Spa Hours 8:30 a.m. - 7:00 p.m. daily

### spa reservations and cancellations

We suggest that spa appointments be made two weeks in advance. Spa services are guaranteed with a credit card. 50% of the value of the treatment will be charged for cancellations or changes received within 24 hours of a scheduled appointment. Cancellations, no shows or changes within 6 hours of the scheduled treatment time are non-cancelable and are charged at full value.

Please notify us at the time of your reservation of any medical condition, including high blood pressure, pregnancy, heat sensitivities or allergies, so that we can recommend the appropriate services. If you are in need of additional assistance while visiting the Spa, please let us know.

### arrival

Allow at least 30 minutes prior to your first appointment to check in, shower, change and begin your relaxing spa experience.

Aquaterra respects our guests' need for timeliness. Should you arrive late, your treatment will be modified to maximize the remaining time.

Aquaterra is intended to be a place of retreat. Please turn off and refrain from using cell phones, laptop computers and/or pagers.

### gratuities

For your convenience, an 18% gratuity will be added to your treatment cost. For groups of 10 or more an 18% service charge will be applied.

### gift cards and products

Aquaterra Spa gift cards are available for purchase at the spa. Many of Aquaterra's signature products are available for purchase in the boutique or via mail order .