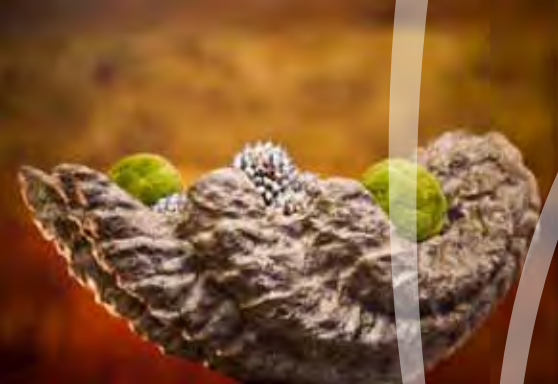




The Spa

PEBBLE BEACH





Spa Services

We invite you to relax, rejuvenate and revitalize your body and spirit. Our staff is trained to help you select appropriate services and to provide impeccable personalized service for an experience that exceeds expectations.



Signature Treatments

THE PEBBLE MASSAGE *70 minutes*

Our Signature Massage incorporates tension-releasing LaStone massage techniques with warm sculpted stones. The deep, penetrating heat of the stones allows your therapist to effectively work your muscles and balance your energy.

LASAPA LELIMA *100 minutes* PURIFICATION TREATMENT

Lasapa Lelima, a Native American-based cleansing or bathing ceremony, is inspired by Big Sur's indigenous Esselen tribe. Featuring locally grown coastal and white sage, elderberry and blue corn meal, this combination scrub, wrap and massage creates an environment for healing to occur naturally.

RED FLOWER RITUAL *75 minutes*

This ritual-based treatment combines therapeutic properties of flower oils and fruit essences with rich minerals from the earth and sea. Be purified and scrubbed with ginger and bamboo, polished with cherry blossom and rice and hydrated with rose, camelia and plum. Finish with a massage using wild lime silk oil to energize and restore the whole body.

THE PALMERO *75 minutes*

Tropical relaxation begins with our luscious papaya-pineapple enzyme scrub to buff and soften your skin. Then, while wrapped in a nourishing, hydrating propolis wrap, warm kukui coconut oil is massaged deeply into your scalp. An application of kukui coconut moisturizer completes your total relaxation.

DELUXE SILK PEEL *80 minutes*

A five-star service that leaves you red carpet ready, this treatment provides all benefits of the Silk Peel plus extractions, collagen moisture mask and Silk Peel on your hands.





Day Packages

Make the most of your spa experience with these day packages.

DAY OF BEAUTY *3½ hours*

Treat yourself to an 80-minute Customized Facial, a Spa Manicure and a Spa Pedicure.

A WALK IN THE FOREST *3½ hours*

This revitalizing combination of services derived from the forest softens your skin with the Citrus Seagrass Scrub, loosens your muscles with The Pebble Massage and treats your skin to a 50-minute Customized Facial.

THE STRESS RELIEVER *3 hours*

Ease tension with a Golfer's Foot Renewal, a Sea-Salt Scrub and an 80-minute Classic Massage.

ROMANTIC GETAWAY *2 hours*

Relax with a loved one in a blissful Swiss Crème Wrap in the Flotation Wrap Suite followed by a 50-minute Couples Massage in our Massage Suite.

SLIMMING *2 hours*

The combination of our Slimming Wrap and a 50-minute Lymphatic Massage assists with reducing fluid retention and the appearance of cellulite.

PARADISE AT PEBBLE BEACH *2½ hours*

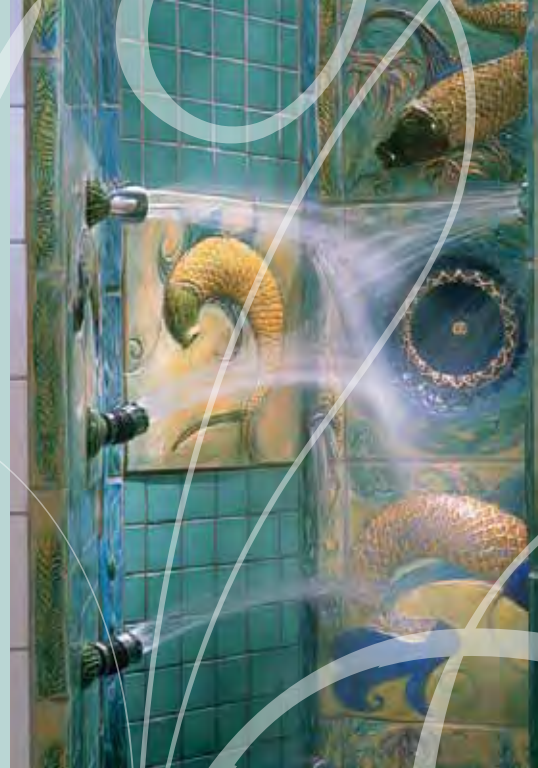
Treat your senses and escape to an oasis of relaxation. This journey begins with the Water Experience, followed by a 45-minute Papaya Pineapple Body Scrub and a 50-minute facial that infuses your skin with coconut, mango and pineapple extracts.

Spa Feature

WOMEN'S WATER EXPERIENCE

25 minutes

Based upon ancient traditions of relaxation and rejuvenation, the Pebble Beach water ritual offers respite and repose. Immerse yourself in our private soak tub, then step into the steam, sauna or inhalation rooms for a few moments of quiet time. Finally, invigorate your body with a symphony of water in the Pebble Beach Signature Shower. This is an excellent way to start your day at The Spa!





Massage

SPA MASSAGES *50, 80 or 105 minutes*

IN-ROOM MASSAGES *50 or 80 minutes*

CLASSIC MASSAGE

Customized for your needs, this therapeutic massage increases circulation and relaxes tight, tense muscles.

COUPLES MASSAGE *50 or 80 minutes*

Perfect for couples or friends who want to enjoy the benefits of massage together.

SCALP, HANDS AND FEET MASSAGE

Relax your mind while freeing your hands and feet of tension.

LYMPHATIC TREATMENT

This gentle technique can help reduce fluid retention, enhance the removal of toxins from the body tissues, regulate digestion and support the immune system.

MATERNITY MASSAGE

With this special massage our therapists ease the effects of your growing body using our specially designed maternity pillows. A soothing combination of essential oils provides serenity.

SHIATSU, REIKI, REFLEXOLOGY, THAI, FOUR HANDS MASSAGE

Available upon request.

TARGETED MASSAGE WITH BACK REVITALIZER

80 minutes

Focusing primarily on the back muscles to bring deep relaxation and comfort, this massage includes a warm, detoxifying seaweed pack to relieve strain and built-up tension.

THAI HERBAL COMPRESS MASSAGE

75 minutes

Herbal compresses, heated and applied directly to your skin, relieve muscle soreness and inflammation in the joints. This massage also incorporates Thai stretching techniques and acupressure points to increase the body's natural energy flow.



Body Treatments

Our body treatments exfoliate, hydrate and soften your skin.

PAPAYA PINEAPPLE SCRUB 45 minutes

Invigorate and exfoliate with natural papaya and pineapple enzymes and finely crushed grape seeds to gently smooth your skin. Conclude with the application of a luxurious hydrating moisturizer.

ESPRESSO LIMÓN SLIMMING TREATMENT 75 minutes

This detoxifying, firming treatment begins with body brushing to stimulate lymphatic drainage. Enjoy a relaxing foot and scalp massage while wrapped in a blend of South American coffee oil, Italian lemons and Madagascan cinnamon.



BROWN SUGAR VANILLA SCRUB 45 minutes

A delight for the senses! Exfoliate and polish the skin with cinnamon brown sugar and complete the treatment with an all-natural vanilla lotion.

NATURE 75 minutes

Gentle exfoliation with a blend of bioactive berries and white peat produces warming enzymes and provides a radiant glow. Rare and precious cloudberry in a divinely light-textured cream regenerates cells to leave skin replenished and as soft as a cloud.

THE BODY BRONZER 45 minutes

Enjoy the results of the sun without its harmful effects. After a cleansing scrub, an application of self-tanner brings out your natural color. Please wear dark, loose-fitting clothing.

SEA-SALT BODY SCRUB 45 minutes

Our most invigorating scrub is ideal for both men and women. Mineral-rich sea salts combined with aromatherapy oils deeply cleanse, exfoliate and soften the skin.

Flotation Wraps

Couples, friends or family can enjoy these services together. Our dry flotation beds allow the body to float freely in heated bliss. Perfect before a massage or after a scrub. 45 minutes. Add a 25-minute restorative nap.

SWISS CRÉME WRAP

This wrap is heaven-on-earth for your skin—a seemingly magical formula that infuses your skin with moisture.

BLUEBERRY SLIMMING WRAP

Stimulate blood circulation to smooth and slim your targeted areas with this firming wrap.

HYDRATING LAVENDER WRAP

Luxuriate and hydrate with California grown lavender and olive oil balm.

RESTORATIVE NAP

After a 45-minute floatation wrap, remain in your deeply relaxed state for a 25-minute restorative nap. Awaken refreshed and renewed.

Balancing

ACUPUNCTURE 80 minutes

Acupuncture redirects energy from areas of blockage or pain to bring the flow of energy back into balance. Treatment can relieve pain, strengthen the immune system, reduce stress, and bring balance and integration.

CRANIO-SACRAL THERAPY 50 minutes

A subtle, yet powerful, session encourages the body to release stress. This gentle hands-on technique offers deep relaxation to the brain and central nervous system, melting tensions and restoring balance.

CHAKRA BALANCING 75 minutes

Chakras are energy centers that affect our immune and endocrine systems; negative information can adversely affect the body and spirit. This energy balancing treatment uses gemstones to help clear the chakras, calm the mind and improve your body's ability to self heal.





Gentleman's Favorites

GOLFER'S HOLE-IN-ONE PACKAGE

2 hours

For tired, tense muscles, enjoy an 80-minute Sports Bodywork Massage and a 25-minute Golfer's Foot Renewal.

SPORTS BODYWORK

80 minutes

A form of deep-tissue massage, sports bodywork realigns and stretches muscles, helps work out knots and improves range of motion. Therapeutic techniques, isolated stretching and deep, firm pressure are used throughout this massage.

MEN'S FACIAL

50 or 80 minutes

This facial hydrates and purifies the skin. Alleviate stress and tension as you receive a mini-massage of the neck, face and hands.

ACUPUNCTURE

80 minutes

Many golfers use acupuncture as a way to relieve back and shoulder pain and improve their game. Treatment also helps to reduce stress and to bring the body back to balance.

SPORTS PEDICURE

50 minutes

Enjoy an ice-cold beer while your feet are buffed and scrubbed to perfection. After sports or a hard day at the office, your feet will thank you.

SEA-SALT BODY SCRUB

45 minutes

Our most invigorating scrub is ideal for men. Mineral-rich sea salts combine with oil to deeply cleanse, exfoliate and soften the skin.

MEN'S SIGNATURE SHOWER

Invigorate your body with a symphony of water in the Pebble Beach Signature Shower.

Fore the Golfer

PRE-GOLF WARM-UP

25 or 50 minutes

Specially designed golf stretches and soft-tissue releases give you an edge on the course. Wear comfortable clothes.

GOLFER'S FOOT RENEWAL

25 minutes

Enjoy an application of cooling relief gel and a massage of the feet and lower legs. Add this relaxing treatment to any massage.

POST-GOLF THERAPY

50 minutes

This perfect ending to a round assists in recovery by focusing on tired forearms, neck, lower back and hips. Especially beneficial if you plan to play the next day.



SPORTS BODYWORK

80 minutes

A form of deep-tissue massage, sports bodywork realigns and stretches muscles, helps work out knots and improves range of motion.



Facials

All facial services include pore cleansing, extractions, mask and massage of the décolleté and face.

CUSTOMIZED FACIAL *50 or 80 minutes*

Following a personalized skin-care analysis, your professional esthetician assists you in determining which innovative products best suit your skin-care needs. This facial cleanses, nourishes and firms skin to give a healthy and vibrant appearance.

THE UNWRINKLE TREATMENT *80 minutes*

Using a powerful patent-pending “unwrinkle” serum that mimics botox, this combination facial and peel promotes cellular regeneration, boosts collagen and reduces the appearance of deep lines and wrinkles. This treatment offers significant results.

SILK PEEL *Skin resurfacing in under an hour!*

Silk Peel retexturizing treatment is superior to micro-dermabrasion alone. Newly exfoliated skin is infused with physician-strength solutions targeted for specific skin-care concerns such as hyperpigmentation, acne, wrinkles and other signs of aging. Results are visible immediately and, best of all, there’s no downtime.

DELUXE SILK PEEL *80 minutes*

A five-star service that leaves you red carpet ready, this treatment provides all benefits of the Silk Peel plus extractions, collagen moisture mask and Silk Peel on your hands.

INTENSIVE HYDRATING TREATMENT *80 minutes*

This exceptional treatment plumps fine lines and freshens skin instantly. Using hyaluronic acid and collagen, the treatment renews and restores your skin to its natural moisture balance.

RADIANCE FACIAL *80 minutes*

Using powerful antioxidants, your skin is exfoliated with a Vitamin C peel and infused with oxygen, immediately brightening your skin to a radiant glow.

PICK-ME-UP TREATMENT *25 minutes*

When time is of the essence, this treatment gives your skin a visible glow with cleansing, exfoliating and moisturizing (does not include extractions).



BACK FACIAL

Available on request.

BEAUTY ENHANCEMENTS

Any of the following services can be added on to your facial for enhanced results.

- COLLAGEN MOISTURE BOOST
- EYE REFRESH
- PERFECT POUT
- GLYCOLIC PEEL
- YOUTHFUL HANDS
- DÉCOLLETÉ MASQUE

WAXING & TINTING SERVICES

- | | |
|-------------|--------------|
| LIP | HALF LEG |
| BROW DESIGN | FULL LEG |
| BROW DUO | BACK |
| FACE | EYELASH TINT |
| UNDERARM | EYEBROW TINT |
| BIKINI | |



The Salon

Our full services Salon provides experienced, professional staff and exceptional products to address all of your hair, nail and makeup needs.

Hair Care

CUT AND STYLE

MEN'S HAIRCUT

UP-DO STYLE

SHAMPOO & BLOW DRY

FULL COLOR

FULL HIGHLIGHT

PARTIAL HIGHLIGHT

HAIR AND SCALP

REJUVENATOR *65 minutes*

Restore balance and renew body and shine with our deep-conditioning treatment recommended for all hair types. Includes styling and blow dry.

Nail Care

SPA MANICURE *50 minutes*

Our full-service manicure includes a shea butter treatment, hand and arm massage and polish application.

SPA PEDICURE *50 minutes*

EXPRESS MANICURE *25 minutes*

EXPRESS PEDICURE *25 minutes*

SMOOTH AS SILK PEDICURE *80 minutes*

An anti-callous treatment helps smooth rough skin, and moisturizing cream and shea butter treatment leave your feet smooth as silk.

LAVENDER PEDICURE *80 minutes*

Transport yourself to the garden with the sweet scent of lavender, an herb used for centuries to refresh and cleanse. Our pedicure applies this

time-tested herb to gently remove dry skin. Then a lavender-olive oil balm and a lavender shea butter treatment hydrate and nourish the skin, followed by perfect polish.

REFINE AND RENEW *50 or 80 minutes*

This multi-action treatment uses the exfoliating power of glycolic acid to deliver vitamin-rich nutrients while stimulating production of new healthy skin for a brighter, more youthful appearance. Replenish with the penetrating effects of shea butter, olive oil and fig extracts. The final touch of perfect polish leaves your hands or feet radiant.

FULL SET GEL NAILS *100 minutes*

GEL FILL *80 minutes*

NAIL REPAIR *15 minutes*

SHELLAC *Add on*

Wedding Parties

Our Spa wedding coordinator would be happy to plan your day at The Spa. Please ask for more information.

HAIR SERVICES

WEDDING CONSULTATION

BRIDAL UP-DO

MAKEUP SERVICES

Our professional makeup artists offer makeup application and instruction for that special event in your life or for everyday wear. Let us show you how to enhance your natural beauty every day and stay current with color and style trends.

WEDDING CONSULTATION

WEDDING-DAY APPLICATION

Includes lash application.

MAKEUP APPLICATION

MAKEUP INSTRUCTION

Includes an application.

LASH APPLICATION

Available on request



Spa Information

Your comfort, well-being and enjoyment are our priority during your visit to The Spa. Please read these pages of information and contact us with any additional questions you may have.



HOURS OF OPERATION

FACILITIES: 8:30 a.m.–7:30 p.m.

SPA SERVICES: 9 a.m.–7 p.m.

LOCATION

The Spa is located adjacent to Casa Palmero, near The Lodge at Pebble Beach and on the first fairway of Pebble Beach Golf Links.

SPA FACILITIES

25 TREATMENT ROOMS

FLOTATION-WRAP SUITE

Ideal for friends and duet travelers

WOMEN'S AND MEN'S LOCKER ROOMS

Each has a whirlpool spa, sauna, steam and inhalation rooms

CONSERVATORY AND SANCTUARY

For rest and relaxation

FULL-SERVICE SALON

RESERVATIONS

It is strongly recommended that you schedule spa services at least two weeks in advance to secure the most convenient time for you.

To speak with a spa reservation agent, please call (831) 649-7615 or (888) 565-7615.

Spa reservation agents also book massages at The Spanish Bay Club for guests at The Inn at Spanish Bay.

Spa service rates are subject to change without notice. Please call to confirm current rates.

CANCELLATION

If you need to cancel or change your appointment, please call at least 24 hours prior to the appointment time. If an appointment is canceled or changed within 24 hours of the scheduled service, we charge 50% of the service price. (For groups, we have a minimum 14-day cancellation policy.) A “no-show” appointment is charged the full service rate.

GRATUITY

For your convenience, a 20% service charge will be added to the published price. An additional gratuity may be left in appreciation for exceptional service.

AGE REQUIREMENTS

The minimum age for spa services is 18, and the minimum age for salon services is 14.

FITNESS FACILITIES

The Spa does not have a fitness facility.

All resort guests have access to two world-class fitness centers: The Beach & Tennis Club for guests who stay at The Lodge and Casa Palmero, (831) 625-8536; and The Spanish Bay Club for guests who stay at The Inn at Spanish Bay, (831) 647-7461. The Spa also offers limited spa services at The Spanish Bay Club; please call The Spa for a list of services available.



How to Spa

To help make your visit to The Spa as relaxing as possible, we have anticipated the following questions.

Where do I check in for my spa appointments?

Please check in at The Spa front desk. You will be escorted to the locker room where you can enjoy steam, whirlpool spa, sauna and inhalation rooms before your treatment. For spa services at The Spanish Bay Club, please check in at their fitness desk.

How early should I arrive for my spa appointment?

Please arrive a minimum of 20 minutes before your appointment. To enjoy spa facilities prior, we suggest at least 45 minutes.

ELECTRONIC DEVICES

To preserve the relaxing environment of The Spa, we request that you refrain from using cell phones, laptops and other electronic devices during your visit.

PARKING

Parking is available in the garage adjacent to The Spa, directly across the street from the tennis courts of The Beach & Tennis Club.

What if I am running late?

Please note that your late arrival will determine the length of your treatment. Your service will end on time so that the next guest is not delayed.

Can I cancel at any time?

If you need to cancel your appointment completely, please call at least 24 hours prior to the appointment. If it is within 24 hours, we charge 50% of the service price. A “no show” is charged the full rate. For group guests, please contact your group coordinator for cancellation policies.

What do I need to bring?

Bathing suits are required for the Signature Shower. When you check in, you will receive slippers, a robe and a locker for your personal belongings. Please do not bring valuables to The Spa. (For your convenience, safe-deposit boxes are available.)

Do I disrobe entirely for my spa treatment?

That is your choice; however, it is customary to do so. Our staff is required to appropriately drape you with towels or sheets at all times during the service to protect your privacy.

May I ask my therapist to make adjustments for my comfort?

Absolutely. This is your treatment, and we want you to enjoy the experience. If you would like the room temperature adjusted or a change in the amount of pressure during your massage, for example, please let your therapist know.

Should I alert someone if I have any physical ailments or allergies?

Yes. Please notify our reservation agent when scheduling your spa service. If you require special assistance, please let us know so that we may assure you a pleasant experience.

The Spa Boutique

Take your Spa experience home and share your experience with friends and family, by shopping at The Spa Boutique. The shop offers all of the skin-care lines featured in our exceptional facial and body treatments. Our gift selection features active and casual fashions along with ambience-enhancing home accessories. All of our Signature retail products are available by mail order. Please call The Spa Boutique with your product request, (831) 622-6446, and your order will be shipped to you immediately.

GIFT CARDS

Spa Gift Cards are available at The Spa Boutique or by calling (888) 565-7615.





The Spa

PEBBLE BEACH

1518 Cypress Drive, Pebble Beach, California 93953

SPA RESERVATIONS: 800-654-9300

RESORT RESERVATIONS: 800-654-9300 or www.pebblebeach.com
The Lodge at Pebble Beach, Casa Palmero or The Inn at Spanish Bay



THE LODGE AT PEBBLE BEACH



CASA PALMERO



THE INN AT SPANISH BAY