



THE SPA  
AT TERRANEA



Dear Guest,

At the edge of the Pacific Ocean and the Palos Verdes coastline, The Spa at Terranea embraces the natural beauty and energy of its Southern California oceanfront setting.

Designed to promote wellness and restorative therapy, this serene oasis spans 50,000 square feet of indoor and outdoor oceanfront relaxation areas. Featuring 25 treatment rooms, the award-winning spa takes a unique approach to wellness by encouraging you to take the time to pause, to allow your mind and body to reconnect, and to appreciate the sounds of the ocean waves and dolphins dancing in the endless blue ocean.

Overlooking the ebb and flow of the serene tides of the Pacific, The Spa at Terranea embraces the energy of its oceanfront setting with an invitation to discover your personal well-being.

The Spa Team





## Membership

The Membership Program extends individuals and couples an opportunity to become annual members of The Spa at Terranea which offers full use of the Spa facilities and amenities including the Spa Pool, Fitness & Wellness Center, Spa and Salon services and treatments, as well as many discounts and privileges throughout Terranea Resort.

CONTACT THE SPA AT  
TERRANEA FOR MORE DETAILS  
AND TO BECOME A MEMBER.

## Day Pass

Find serenity with a day at The Spa - including use of spa amenities, Fitness Center, and Spa Pool.

AVAILABLE MONDAY -  
THURSDAY, BASED ON  
AVAILABILITY.

# Terranea Signature Journeys

## **CRIMSON REVIVAL: A HOLISTIC SAUNA RETREAT**

Immerse yourself in the ultimate Wellness Journey where the practice of contrast therapy revitalizes your circulation and enlivens your senses and experience the renowned Natura Bissé skincare line.

Indulge in a tranquil scalp massage while receiving a detoxifying body wrap before stepping into our lavish Swiss shower, followed by a soothing Aloe Gel mask. Retreat to your private in-suite sauna and continue with a gentle yet invigorating massage using warm bamboo and detoxifying oils. Your voyage culminates as you are pampered with our exquisite cooling gel, followed by a gentle, heated towel compress.

120 MINUTES

## **SOUND & SILENCE**

*OTO Balance CBD Journey with a Balneo Soak*

Before your Balance Massage, enjoy a 30-minute Balneo soak.

Take a breath, inhale and reset. Pause life for a moment to ensure you bring your whole self to this grounding experience. The beauty of balance is the aim of this full-body massage. Enjoy the combination of sound therapy with slow rhythmic movements to invite balance and harmony to the body. Combining ancient bodywork techniques with the healing properties of CBD & Rose Quartz Crystal. This will transport you on an ultimate sensory journey leaving you grounded and balanced.

90 MINUTES

## **DISCOVER**

*Ocean's Renewal with a Balneo Soak and Scalp Massage*

Before your Ocean's Renewal Massage, enjoy a 30-minute Balneo soak.

Relax into the soothing pleasures of a warm, long-stroke oil massage. Enjoy the healing benefits of the ocean with this rhythmic massage using a mineral-rich Laminaria Seaweed Oil. A finishing revitalizing leg treatment along with foot specialty cream leaves you feeling refreshed and renewed.

Continue the relaxation with a nourishing scalp massage.

90 MINUTES



# Body Rituals

## **SOUND SLEEP**

The perfect Wellness treatment designed to mimic the body's circadian rhythm, relieve stress for those unable to relax, are challenged sleeping well or recovering from travel. Sound Sleep integrates the senses of touch, smell and hearing with a specialized light touch massage to promote a sense of deep relaxation and rest.

60 MINUTES

## **OCEAN'S PRELUDE**

With the sound of the ocean's waves crashing below from our signature suite, harness its nutrients to replenish yourself and reconnect. Begin with a dry body brushing and replenishing seaweed wrap, rich in vital nutrients, before slipping into a relaxing saltwater bath for the ultimate full-body detox. Your wellness journey concludes with a warm, rhythmic, laminaria oil massage.

120 MINUTES

## **HONEY BODY BLISS**

Enjoy a special brown sugar scrub and massage combination. Raw honey has active phytonutrients, antioxidants and enzymes to enhance the moisturizing and healing benefits. Organic coconut oil helps the skin retain moisture, while softening and protecting the skin. Emerge relaxed and nourished.

60 MINUTES



# Massages & Bodywork

## **RELAXING CLASSICAL MASSAGE**

Terranea's classic massage is rhythmic and thorough using Swedish techniques. It is tailored to the individual in order to address muscular aches and pains to soothe both body and mind.

60 & 90 MINUTES

## **TERRANEA THERAPEUTICS MASSAGE**

Our skilled therapist determines the most appropriate massage modalities, including deep tissue techniques, in addressing injuries, chronic aches, fluid retention, and other conditions.

60 & 90 MINUTES

## **HARMONIC AURA AWAKENING**

Himalayan singing bowls are expertly placed on and around the body to awaken the chakra points. This sacred sound therapy is followed by a deeply restorative marma point body and face massage. This experience leaves you in a state of profound relaxation and balance.

60 MINUTES

# Massages & Bodywork

## **TRANQUILITY**

A cocoon wrap of tranquility to nourish, calm, and harmonize the body. A neck, scalp, and face massage is incorporated for complete bliss. You are left feeling silky and balanced.

60 MINUTES

## **OCEAN'S RENEWAL**

Relax into the soothing pleasures of a warm, long-stroke oil massage. Enjoy the healing benefits of the ocean with this rhythmic massage using a mineral-rich Laminaria Seaweed Oil. A finishing revitalizing leg treatment along with foot specialty cream leaves you feeling refreshed and renewed.

60 MINUTES

## **REVITALIZING MARINE MASSAGE**

Relax while Mediterranean algae help stimulate and detoxify the body. After a brief dry brushing to prepare the skin, the algae is applied during a purifying full body massage. This stimulating treatment helps relieve heat and the feeling of heaviness in the body; the benefits of a body treatment and a massage, all in one.

60 MINUTES

# Massages & Bodywork

## **SEA MINERAL BALANCE SCRUB**

Enjoy a special blend of Dead Sea Salt and Himalayan salts rich in minerals such as magnesium and calcium, which are great for re-balancing and re-mineralizing the body in this gentle exfoliation treatment that renews and revitalizes. The scrub is followed by a full body massage.

**60 MINUTES**

## **REFLEXOLOGY**

The technique uses pressure points on the feet that correspond to organs and systems of the body to bring balance, relaxation, and healing.

**60 MINUTES**

# Massages & Bodywork

## **STONE THERAPY**

A traditional, therapeutic hot stone massage is used to melt away stress and tension using the heat from warm basalt stones to gently penetrate deep into the muscle while inducing a sense of calm and reconnection.

60 & 90 MINUTES

## **MOMMY-TO-BE MESSAGE**

Providing comfort and care during this special time, the gentle touch of massage coupled with careful stretching during pregnancy benefits both mother and baby. Available after the first trimester, beginning in the fourteenth week of pregnancy, to ensure the safety and well-being of both mother and child.

60 MINUTES

## ENHANCEMENTS

*Aromatherapy*

*CBD*

*All massages can be performed in a VIP Suite with an additional 30 minutes and includes a fruit plate and bubbles at an additional cost.*

## COUPLES PACKAGES

Reconnect and unwind together in one of our beautiful signature suites. The following treatments are offered as a couples package:

*Relaxing Classical Massage*

*Terranea Therapeutics Massage*

*Mommy-to-be Massage*

*Stone Therapy*

*Ocean's Prelude*

*Ocean's Renewal*

*Tranquility*



# OTO

## Wellness Journeys

*CBD has many therapeutic properties in a massage, achieving muscular relaxation quickly, with the aim to balance homeostasis and ensure the body's response to stress is managed well.*

### **OTO CBD FOCUS MASSAGE**

Clear the mind and cleanse the spirit. This full-body massage will revive your senses to bring you back to the “present.” A unique blend of CBD, ginger, and peppermint oils are combined to sharpen the mind while maintaining a sense of calm. Your massage includes a scalp & foot focus to help melt away your daily stress and center you for the moments to come.

60 MINUTES

### **OTO CBD BALANCE MASSAGE**

Take a breath, inhale and reset. Pause life for a moment to ensure you bring your whole self to this grounding experience. The beauty of balance is the aim of this full-body massage. Enjoy the combination of sound therapy with slow rhythmic movements to invite balance and harmony to the body. Combining ancient bodywork techniques with the healing properties of CBD & Rose Quartz Crystal. This will transport you on an ultimate sensory journey leaving you grounded and balanced.

60 MINUTES

### **OTO CBD AMPLIFY MASSAGE**

Designed to clarify, fortify, and invigorate. This massage uses techniques to bring deep muscular release and to amplify your ability for relaxation. The soothing properties of CBD, combined with gentle stretching & the use of a bamboo roller, all assist in this journey to deeper muscular relief. The infusion of citrus oils & Red Jasper stones are used throughout to bring a sensation of being grounded, promoting an overall well-being that will amplify your daily moments.

60 MINUTES



## Skincare

### **HYDRAFACIAL DELUXE**

This treatment deeply cleanses, extracts, and hydrates and will bring you to the next level by utilizing boosters and light therapy.

60 MINUTES

### **HYDRAFACIAL PLATINUM**

The ultimate Hydrafacial experience using lymphatic treatment, specialty boosters and Light Stim Elipsa Therapy. This treatment improves the skin tone, texture and firmness.

60 MINUTES

# Skincare

## **SKIN SPECIFICS FACIAL**

Your Terranea esthetician will determine the appropriate treatment and products to effectively address the specific needs of your skin. Selected from a pharmacopeia of skincare agents, treatment includes deep cleansing, exfoliation, extractions as needed, mask, and face & neck massage to leave your skin revitalized, hydrated, and balanced.

60 MINUTES

## **BOTANICAL BRIGHTENING FACIAL**

This corrective treatment begins with an herbal enzyme peel to remove dull, devitalized skin and is followed by a botanical skin brightener with a potent Vitamin C complex to treat sun damage and even out skin tone. This facial is coupled with a relaxing hand massage.

60 MINUTES

## **NATURE'S TRANSFORMATION**

An anti-aging treatment that combines ultrasonic exfoliation with a Plant Stem Cell Serum to plump and firm wrinkles, even out skin tone, and provide a more vibrant complexion. This treatment includes an ultra-hydrating hyaluronic cream to reduce fine lines.

60 MINUTES

## **FACIAL ENHANCEMENTS**

*Paraffin, Luminous Lip Treatment, Revitalizing Eye Contour, Intensive Moisture Mask*

# Skincare

## **GENTLEMEN'S FACIAL**

A facial designed to address the needs of any man's face. Products and treatments are tailored to cleanse, exfoliate, treat, and increase circulation. The face is left feeling refined and hydrated. The skilled esthetician will also address any shaving and ingrown hair concerns.

60 MINUTES

## **ESPRESSO LIMÓN TONING**

Indulge in this detoxifying and toning treatment, guaranteed to leave your body looking smooth and hydrated. Beginning with dry body brushing to stimulate lymphatic drainage and detoxification, your body will then be covered in a European-inspired Espresso Limón slimming oil formulated to purify and tone the body.

60 MINUTES

## **ARNICA BLISS BACK TREATMENT**

Combines the therapeutic benefits of arnica with the rejuvenating effects of a facial for the back. Beginning with a gentle cleanse and exfoliation, an arnica-infused massage cream known for its anti-inflammatory properties and a volcanic clay mask are then applied for circulation and exfoliation.

60 MINUTES

**NATURA BISSÉ  
CITRUS GLOW FACIAL**

Infused with vitamins to nourish, boost collagen and restore firmness, this refreshing facial treatment protects the skin from free radicals and prevents premature aging, providing the ultimate, renewed glow.

60 MINUTES

**NATURA BISSÉ DIAMOND  
LUMINOUS FACIAL**

A deeply revitalizing anti-aging treatment, this facial uses sophisticated ingredients for long-lasting hydration. Diamond essence reinforces the skin's natural defense system, improving elasticity and luminosity while simultaneously soothing and calming the skin.

60 MINUTES

**NATURA BISSÉ DIAMOND  
EXTREME FACE-LIFT FACIAL**

Youthful, smooth skin without the syringe! This lifting treatment diminishes expression lines, firms, and hydrates, providing an ultimate refresh.

90 MINUTES



# Salon Offerings

## **NATIVE ESSENCE MANICURE & PEDICURE**

Bursting with natural goodness, elements of honey and prickly pear are at the heart of this treatment. A sugar scrub is followed by a mask of raw honey and coconut oil, to deeply hydrate and protect the skin from environmental elements.

**MANICURES: 45 MINUTES**  
**PEDICURES: 60 MINUTES**

## **PACIFIC BLUE MANICURE & PEDICURE**

Feel your stress and worry float away, with the deeply relaxing combination of lavender and blue chamomile. Begin with a mineral replenishing salt scrub, a hydrating aloe mask, and a nourishing finish, leaving your skin silky smooth. To complete: a perfect polish finish.

**MANICURES: 45 MINUTES**  
**PEDICURES: 60 MINUTES**

## **POLISH CHANGE**

Refresh your polish while your nails are groomed to perfection.

**20 MINUTES**

## **ENHANCEMENT**

Paraffin

## **HAIR SERVICES**

Please call for details on our hair service offerings.

## Movement Classes | Mind & Body

*The panoramic views from the 5,000-square-foot Fitness & Wellness Center and adjoining Movement Studio bring nature indoors to inspire and motivate.*

AQUA ZUMBA

SOUND BATH

AQUATIC CONDITIONING

SPIN-SCULPT FUSION

BARRE FUSION

SUNRISE STRETCH & FLEX

CIRCUIT TRAINING

SWIM WORKOUT

GOOD MORNING STRETCH

TERRANEA TOTAL BODY

GUIDED MEDITATION

TERRANEA TRIO

PILATES

YO-CHI

SEASIDE CYCLE

PRIVATE PERSONAL & GROUP  
TRAINING

SEASIDE YOGA

# Sound Bath Therapy

## **SERENITY SOUNDSCAPE**

Experience deep relaxation and renewal with our Serenity Soundscape healing session. This unique journey blends ancient Sound Healing—featuring Tibetan bowls, chimes, and ocean sounds—with guided breathwork and meditation.

We'll begin with gentle breathwork to release tension, followed by a calming guided meditation to ground your senses. Then, let the soothing vibrations of sound wash over you, melting away stress and restoring balance.

**60 MINUTES**

## **MEDITATIVE SOUND BATH**

Experience the transformative power of sound with sound bath therapy. Beyond mere relaxation, immerse yourself in the healing frequencies of each singing bowl as they penetrate deep into your cells, restoring balance to your energetic body. By soothing thought patterns with the use of guided meditation and breathwork, and aligning with healing vibrations, sound baths initiate a profound healing process, leaving you with a sense of deep relaxation that is difficult to attain alone. Discover the magic that unfolds when your mind and body truly relax with this sound healing journey.

**60 MINUTES**



# Spa Policies

## AGE REQUIREMENT

Spa Facilities, including Men's and Women's Locker Rooms and Spa Pool are accessible exclusively to our guests 18 years of age or older. Select Spa Treatments are available to our guests 16 years of age and older with parental supervision. Please inquire with the Spa for restrictions.

## SPA CANCELLATION POLICY

If you wish to reschedule or cancel any spa appointments, please notify the spa at least 24 hours in advance. Canceled and missed appointments without proper notice are subject to a 100% charge for reserved services.

## SERVICE CHARGE

A service charge of 20% is added for your convenience for every service.

## ARRIVAL AND ETIQUETTE

We ask that you arrive 30 minutes prior to your appointment to allow yourself time to enjoy the facilities and ensure your treatment starts as scheduled. Late arrivals may result in a reduction of your treatment experience.

## ATTIRE AND EXPERIENCE

Upon your arrival, you will be escorted to our Spa lounges and assigned a locker, sandals and Spa robe. You are invited to change and await your provider in our lounge areas. Once the treatment has begun, it is customary for guests to disrobe completely when receiving a service; however, it is your choice to undress to your desired level of comfort. Our therapists are trained in proper draping techniques to ensure only the appropriate area of treatment is exposed. If requested, undergarments may be provided to be worn during treatments; you are also welcome to wear your own swimsuit or undergarments. We encourage you to leave any jewelry or valuables at home.

## PERSONAL

Please inform us of any health concerns, allergies, medical conditions, pregnancies, recent injuries, surgeries or anything else we need to be aware of at the time of booking.

## Terranea Signature Journeys

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### CRIMSON REVIVAL: A HOLISTIC SAUNA RETREAT

120 min- Mon-Thurs: \$606 | Fri-Sun: \$642

### SOUND & SILENCE

*OTO Balance CBD Journey with a Balneo Soak*

90 min- Mon-Thurs: \$456 | Fri-Sun: \$474

### DISCOVER

*Ocean Renewal with a Balneo Soak and Scalp Massage*

90 min- Mon-Thurs: \$456 | Fri-Sun: \$474

## Massages & Bodywork

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### RELAXING CLASSICAL MASSAGE

60 min- Mon-Thurs: \$282 | Fri-Sun: \$300

90 min- Mon-Thurs: \$423 | Fri-Sun: \$450

### TERRANEA THERAPEUTICS MASSAGE

60 min- Mon-Thurs: \$294 | Fri-Sun: \$312

90 min- Mon-Thurs: \$441 | Fri-Sun: \$468

### STONE THERAPY

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

90 min- Mon-Thurs: \$459 | Fri-Sun: \$486

### REFLEXOLOGY

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### MOMMY-TO-BE MASSAGE

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

90 min- Mon-Thurs: \$459 | Fri-Sun: \$486

### HARMONIC AURA AWAKENING

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

## Body Rituals

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### SOUND SLEEP

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### OCEAN'S PRELUDE

120 min- Mon-Thurs: \$606 | Fri-Sun: \$642

### HONEY BODY BLISS

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### TRANQUILITY

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### OCEAN'S RENEWAL

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### REVITALIZING MARINE MASSAGE

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### SEA MINERAL BALANCE SCRUB

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### OTO AMPLIFY CBD MASSAGE

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### OTO FOCUS CBD MASSAGE

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### OTO BALANCE CBD MASSAGE

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

## Skincare

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### HYDRAFACIAL DELUXE

60 min- Mon-Thurs: \$366 | Fri-Sun: \$384

### HYDRAFACIAL PLATINUM

60 min- Mon-Thurs: \$378 | Fri-Sun: \$396

### SKIN SPECIFICS FACIAL

60 min- Mon-Thurs: \$282 | Fri-Sun: \$300

### BOTANICAL BRIGHTENING FACIAL

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### NATURE'S TRANSFORMATION

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### GENTLEMEN'S FACIAL

60 min- Mon-Thurs: \$294 | Fri-Sun: \$312

### ESPRESSO LIMÓN TONING

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### ARNICA BLISS BACK TREATMENT

60 min- Mon-Thurs: \$306 | Fri-Sun: \$324

### NATURA BISSÉ CITRUS GLOW FACIAL

60 min- Mon-Thurs: \$318 | Fri-Sun: \$336

### NATURA BISSÉ DIAMOND LUMINOUS FACIAL

60 min- Mon-Thurs: \$336 | Fri-Sun: \$348

### NATURA BISSÉ DIAMOND EXTREME

#### FACE-LIFT FACIAL

60 min- Mon-Thurs: \$336 | Fri-Sun: \$360

90 min- Mon-Thurs: \$513 | Fri-Sun: \$540

## Sound Bath Therapy

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### SERENITY SOUNDSCAPE

60 min- \$342

### MEDITATIVE SOUND BATH

60 min- \$318

## Salon Offerings

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### NATIVE ESSENCE MANICURE & PEDICURE

45 min- Manicure: \$126

60 min- Pedicure: \$150

### PACIFIC BLUE MANICURE & PEDICURE

45 min- Manicure: \$126

60 min- Pedicure: \$150

### POLISH CHANGE

20 min- \$66

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### MASSAGE ENHANCEMENTS

Aromatherapy: \$48

CBD (available for select treatments): \$60

### FACIAL ENHANCEMENTS

Luminous Lip Treatment: \$48

Revitalizing Eye Contour: \$60

Intensive Moisture Mask: \$60

Paraffin: \$36

VIP Suite: \$312

Day Pass: \$95 (Resort Guests) | \$200 (Locals)

*Service charge included in pricing.*



THE SPA  
AT TERRANEA

877.647.3290 | [TERRANEA.COM/SPA](https://www.terranea.com/spa)

100 TERRANEA WAY, RANCHO PALOS VERDES, CA 90275

