

SPA ESTANCIA

AROMA FUSION JOURNEYS

REVITALIZING JOURNEY

50 minutes / 80 minutes

A body massage and re-balancing with hand and foot acupressure. A sustained pressure with the fingertips on specific zones of the hands and feet remove energy blockages, relieve stress and provide relaxation.

PRE-POST NATAL MASSAGE

50 minutes

Relax in the comfort of a body massage that safely targets areas prone to stress and tension. The massage aims to alleviate muscular aches and pains and leave you feeling calm.

PERFORMANCE SPORTS MASSAGE

50 minutes / 80 minutes

A massage designed with the athlete in mind. Recover with nourishing minerals, warming ginger oil and cooling menthol to work together to ease soreness and tension in muscles and joints. Includes LED light treatment to accelerate muscle recovery.

TENSION TAMER

50 Minutes

A specialized techniques help re-align the deeper layers of muscle to release tightness and alleviate common areas of discomfort such as a stiff neck, painful lower back and sore, tense shoulders.

FREE FLOWING MASSAGE

50 minutes / 80 minutes

Customized to your needs, this service promotes intuitive healing and relaxation. A trained therapist utilizes premium, odorless CBD infused oil . The anti-inflammatory, and pain-relieving agents of CBD decrease inflammation within muscles and joints allowing for a more effective and relaxing treatment.

*This massage has been identified safe for guest currently undergoing cancer treatment or in remission

For your convenience, an additional 20% service charge will apply to all treatments. Pool and whirlpool access available for Spa guests Monday - Thursday only.



SPA ESTANCIA

SKIN TREATMENTS

SKINVAGE TAILORED FACIAL

50 minutes

Synergistically formulated with advanced age prevention ingredients, including highly active concentrates applied with specific massages. This advanced treatment is designed to stimulate the anti-aging mechanism to prevent visible signs of aging. The skin is left refreshed, radiant and younger-looking.

HSR

50 minutes/ 100 minutes

The anti-wrinkle expert: our High Skin Refiner treatment will smooth, plump and lift every type of wrinkle while firming and toning the skin. The result is a more youthful, well contoured face.

Spa Estancia Glow Facial

100 minutes

Experience the facial fit for Hollywood

A-listers to resurface, lift & firm the skin to a whole new level of complexion perfection. Our skin experts use three types of technology: micro-current, transdermal infusion and LED light therapy combined with a cutting-edge cocktail of products to leave you smooth, toned and radiant.

PCA Sensi Peel Treatment

50 minutes

Sensi Peel® is a blended TCA peel formulated for all clients, including those with highly sensitive and ethnic skin. This gentle formulation will improve surface texture and brighten the skin while helping to promote an even skin tone. This multi-faceted treatment also provides an anti-inflammatory, anti-acne, and antibacterial action, making it an excellent choice to calm rosacea as redness and inflammation can subside substantially after a series of treatment.

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SKIN TREATMENTS

PCA JESSNER PEEL TREATMENT

50 minutes

This innovative and proven light-to-medium depth formula softens the appearance of surface lines around the eyes and nasolabial folds, helps control acne, smooth skin texture, and evens skin tone, especially in oily skin. This peel is an excellent choice to address uneven skin tone from sun damage, hormonal changes (melasma), and post-inflammatory hyperpigmentation. Best results are found from booking a series of 3 or more treatments.

ANDA THE VITAL FACIAL

50 Minutes

Multi-function organic products rich in apoptogenic vital nutrients visibly revitalizes the skin. A massage cleanse, paired masques and custom ANDA product blend are enhanced with specialized Gua Sha techniques and dynamic structured water elixir to provide proven results that improve skin wellness.

HYDRAFACIAL

25 minutes

This soothing, immediately effective treatment delivers long-term skin health and can be tailored to meet your skin care needs. Offering noticeable results with no downtime or irritation, the Hydrafacial Refresh removes dead skin cells and extracts impurities while simultaneously bathing your new skin with cleansing, hydrating and moisturizing serums.

PACKAGES

Escape the Day Couples

80 minutes / 100 minutes

Get away for a few hours and let us take care of you and your loved one. Estancia's private patio is available to create the most serene experience. This package allows for massages to be done side by side in our luscious outdoor patio. Enjoy our outdoor rain shower, hot tub and bubbly for two.



SPA ESTANCIA

MINI SERVICES & ENHANCEMENTS

Restorative Foot Repair

A rich and luxurious reparative coconut oil balm infused Citrus Oils is massaged into feet, then cocooned in warm towels to penetrate and repair rough, dry or callused skin. Softens skin and stimulates cell repair with omega fatty acids, minerals, antioxidants and skin-soothing peptides.

SanDiego
MAGAZINE

Recognized as one of Southern California's top resort spas and just named "Best Spa" by San Diego Magazine, our 7,000-square-foot sanctuary near Torrey Pines provides complete relaxation in a garden setting.

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