

ESTANCIA 
LA JOLLA®
HOTEL & SPA

HEALTH & WELLNESS





RESTORATIVE

\$225 PER HOUR UP TO 10 PEOPLE

Reinvent registration, reception and break time with customized express spa services. Our licensed spa therapists will visit your function to provide relaxing back, shoulder and hand reflexology massages as well as mini facials to ease that tension and improve body circulation. It's a moment to refocus and give yourself that SoCal glow for the rest of the day.

02 FOCUS

\$75 PER 15-MINUTE SESSION



Give your team the gift of mediation. Experience the life changing benefits of a meditation practice that can include deep relaxation, increased concentration, memory retention, and reduced muscle tension and lower stress. Join us for a 15-minute soothing guided session that will utilize breath and visualization leaving you centered, relaxed and refreshed.

04 MINDFUL BEAUTY

\$65 PER PERSON

SpaRitual will offer you new ways to think conscientiously about your skincare routine and the importance of using high-quality beauty products that are good for you and honor the earth. You will have the chance to sample and take home some of their all-natural, vegan products to get you started. This unique ritual is here to calm you down!

03 RECOVERY

\$300 PER SESSION PER 20 PEOPLE



Breathe, stretch and let your mind flow with our yoga class. Start or end the day with a restorative yoga session led by one of our experienced instructors and held by the pool or in our garden oasis. You will cool down post session with a chilled towel and thirst-quenching smoothie with your favorite carrot-ginger, kale and mixed berry blends. A second instructor must be contracted after 20 people.

**All spa services will have added a 20% gratuity*

CRAFTY CONNECTIONS



01

ORGANIC ELEMENTS SUCCULENTS CREATIONS

\$75 PER PERSON

At Estancia La Jolla, you'll find yourself surrounded by over 75 different botanical plants. Fully immerse yourself in our lush green hotel grounds by creating your own succulent. Sip champagne while instructors from Organic Elements get you started with everything you need to create a beautiful succulent garden perfect for brightening up your office, and or home. You'll be able to take a piece of Estancia with you back home!



02

AROMATHERAPY WORKSHOP

\$95 PER PERSON

Essential oil therapy is a key ingredient in today's wellness routine and Estancia La Jolla has curated this special experience just for you! Sip Cucumber Mint and or Orange Blossom botanical cocktails while our experts guide you through the science and process of aromatherapy. You'll feel calm for days after learning about the relaxing effects of lavender and fresh rosemary and the uplifting sensations of Neroli. You'll also be able to take home whatever you create- whether it's a hand-made scrub, oil or spritzer!

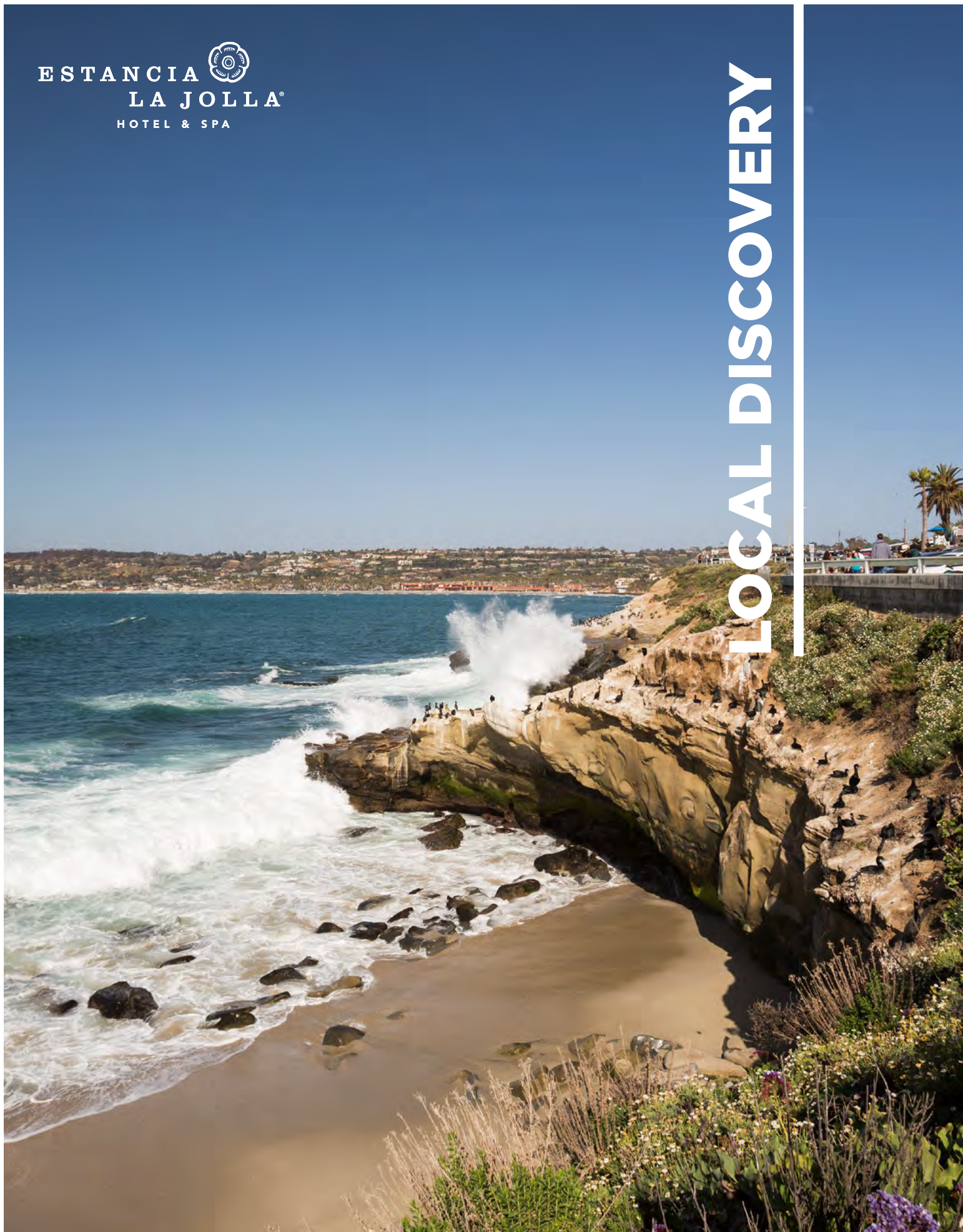
03

WINE & DESIGN

\$75 PER PERSON

Sip Wine. Savor Memories. Nothing brings people together quite like a little wine and a little painting does. The beauty around Estancia La Jolla is inspirational so put a paint brush in one hand and a glass of Trinitas wine in the other and get ready to let your creative juices flow.





01

GLIDERPORT

\$225 PER PERSON

Take your team building to new heights when you book a group experience at the Torrey Pines Gliderport. Not only is Torrey Pines Gliderport the largest tandem operation in the world but you enjoy either tandem paragliding or tandem hang gliding from the cliffs of Torrey Pines. Get ready to see views of La Jolla like you've never seen before! Group Discount 5-10 people an additional \$10 off per person. Group Discount 10+ people an additional \$20 off per person.



02

UCSD EXPLORATION

\$55 PER PERSON

Take advantage of all the activities just across the street at the University of California San Diego. One option is their Challenge Course which provides customized adventure-based team building programs from up to 45 feet off the ground which is in the eucalyptus forest on the beautiful UCSD campus. It's a convenient, outdoor cultural experience with a taste of campus life.

03

SALK TOUR

\$150 PER 14 PEOPLE

Complete your itinerary with a Salk Institute tour. Revered around the world for its highly-important mission and extraordinary architecture, Salk offers a variety of tours (depending on the day and time) including private, guided architecture tours led by trained and knowledgeable docents, a "Meet-A-Scientist" opportunity and educational chats with Salk researchers about their scientific discoveries and endeavors. It is \$300 for groups up to 29 and \$450 for groups up to 44.





04

NATURE HIKE

\$250 FOR UP TO 15 PEOPLE

Minutes down the road from Estancia is the renowned Blacks Beach. For some outdoor fitness and to feel the fresh ocean breeze on your face, let us organize one of our guided hikes for you. There is a trail for every hiking adventurer with stunning views and beach access for a jump in the ocean. Option to add on a granola station to keep your team energized for their hike for \$18 per person.

06 VISIT MEXICO

\$70 PER PERSON



05 SEA CAVE KAYAK

\$45 PER PERSON

Get in the ocean, cleanse the body and mind and take in the San Diego coastline from an entirely different perspective. The sea cave kayak is a guided tour around La Jolla shores that will take you inside unique caves and have you exploring our extraordinary marine life above and below the surface. Working with local experts, we will help plan your excursion based on your level of comfort and experience.



Surprise your team with a day trip to Mexico! Did you know that Tijuana is just a 25-minute drive from Estancia La Jolla? Spend the day shopping for bargains and sightseeing south of the border during this 5-hour day trip to Tijuana from San Diego. Check out some of the city's top sights, including its Old Bullring, Plaza Rio, Avenue of the Heroes and Tijuana Cultural Center. Then enjoy a Mexican taco snack and bargain for some souvenirs along Revolution Avenue (Avenida Revolución). Your Tijuana trip also includes round-trip air-conditioned transport from your San Diego hotel, guide and a snack.

* Prices are subject to change.

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TEAM BUILDING FOODIE STYLE





01 HAPPY HOUR + LAWN GAMES

\$120 PER PERSON

What better way to bond with your work circle than over a game of corn hole and bocce ball. Chill out for an afternoon on our Hacienda Lawn for some fun in the sun and a friendly tournament of human-sized Connect4, croquet, bocce ball and more. Enjoy a 2-hour happy hour on the lawn including wine and beer plus a taco station with chocolate covered churros for dessert!

02 FIESTA CHALLENGE

\$150 PER PERSON



Can your team handle the heat? Divide into small groups to see who can make the best salsa & margarita from scratch and win over the taste buds of the judges. Teams will select their preferred ingredients from a vegetable market and spice table, and concoct a secret recipe at their own cooking station furnished with utensils and equipment. Once the dish is complete, teams must work creatively to name their salsa and develop a pitch or jingle to present to the judges. Prizes will be awarded on creativity, presentation and taste. The entire challenge takes about 90 minutes. Option to add on a photo-booth at an extra cost.



03 LET THEM EAT CAKE

\$175 PER PERSON

It's time for a cake war! Divide into groups and let your inner baker shine when trying to decorate the best cake possible. Watch your teams battle it out to create, sculpt, and theme a 3-dimensional cake that best represents your pre-determined theme. This team building class begins with delicious sheet cakes already baked to perfection, it's all about decoration and presentation. Naturally, we provide all cakes and a wild assortment of decorating supplies. Themed aprons provided as well as San Diego craft beer and champagne cocktails.

**All Foodie Team Building Events will last for 2-hours.*

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SPECIALITY TASTINGS & PAIRINGS



01 WHISKEY

\$125 PER PERSON

Explore the four varieties of whiskey: American, Canadian, Iris and Scotch while our team walks you through each flavor, the distilling processes and the significance of barrel-aging. You will also enjoy dynamic demonstrations on the art of making cocktails. Whiskey tastings are be paired with smoked pork belly and goji berry and chili chocolate bark.



03 WINE

\$125 PER PERSON

Explore five varietals of wine, learning about the microclimate differences of major vinicultural areas, the range and classification of varietals, grape harvesting, winemaking styles such as blending and the art of matching wine with food. Enjoy tastings as our sommelier shares the history and production of each. Wine tastings are paired with artisanal California cheese, honey, dried fruit, nuts and a variety of flatbreads.

The Estancia La Jolla culinary team travels over 10,000 miles annually in search of finding the perfect drink. Experience their hand-picked 2018 selections and be immersed in the culture and craft of barrel aging when you select a specialty tasting. Not only will you be able to sip the perfect drink, but our renowned chef has paired each drink with the culinary delight.

02 TEQUILA

\$125 PER PERSON

Explore four varieties of tequila: Silver, Anejo, Reposado and Estancia La Jolla's exclusive double-barrel Reposado Herradura. Learn how farming, flavor profiles and distilling techniques differ by region and enjoy samples to truly understand and savor each unique flavor. Tequila tastings are be paired with our signature Baja Tacos featuring Fresh Fish, Chicken, and Steak and churros.



04 BEER

\$125 PER PERSON

Explore the world of lagers and ales, learning the history of brewing, the process of fermentation and the major difference between the two classifications of beer. Have fun tasting a range of beers, including San Diego's award-winning craft beers. Beer tastings are paired with Sliders, Wings and Bavarian Pretzels.



GIVING BACK



Rally your team
to help those in need!

We will provide a variety

of supplies to help

your team create

the awesome care

packages that will

make a difference

for a variety of

charitable causes.

Brainstorm together

what your signature

care package should

include based on your

selected choice of

charitable cause.

Choose one cause or all!



01 CLEAN THE WORLD

We partner with non-profit Clean the World to provide essential toiletries to community members who are less fortunate. Your team will help assemble hygiene kits with recycled soap, repurposed bath amenity bottles, a washcloth, toothbrush, toothpaste, razor and a personal note. You can also donate your kits to your benefactor of choice or let us match you with a local organization that compliments your company's values. For more information, please visit: www.cleantheworld.org



02 FURRY FRIENDS

With campuses in San Diego, Escondido and Oceanside, San Diego Humane Society takes care of almost 2,000 homeless animals daily and provides services to enhance the human-animal bond in the community. There are many ways to volunteer from Social Hours where groups are invited to help socialize rabbits and guinea pigs to Team Building Mission Search & Share scavenger hunts, the San Diego Humane Society has many ways to get involved! For more information, please visit: www.sdhumane.org/what-we-do/programs/group-service.

03 HOMELESS COMMUNITY

According to Feeding San Diego, one in eight San Diegans face hunger and food insecurity. A meaningful, memorable way to show you care is to rally your team and volunteer at the San Diego Food Bank. Each shift lasts about three hours and involves a variety of projects. Volunteer projects may include care packaging for distribution, organizing food donations and or assembling food packages for one of their many programs. For more information, please visit: www.sandiegofoodbank.org.



04 TORREY PINES NATURAL RESERVE

Torrey Pines State Natural Reserve remains one of the wildest stretches of land on our Southern California coast! Because of the efforts and foresight of the people in this area, 1,500 acres of land are as they were before San Diego was developed — including the maritime chaparral, the rare Torrey pine, miles of unspoiled beaches, and a lagoon that is vital to migrating seabirds. Different options for volunteering can include, maintenance related to trail and general repair of non-native, invasive plants, beach cleanup and reserve cleanup. For more information, please visit: www.torreypine.org/volunteering.

05 VETERANS/ U.S.TROOPS

Our heroes are oftentimes faced with lifelong challenges after transitioning from active duty such as homelessness, joblessness, or inability to access treatment for physical and mental health issues. Help provide support to our veterans by putting together thoughtful letters and care packages to our veterans in retirement facilities and other homes. For more information on their volunteer opportunities please visit, www.vvsd.net

