PREPARE FOR YOUR VISIT

RESERVATIONS
Schedule your appointments in advance to ensure your preferred treatment and therapist are available. Day-of and walk-ins are always welcome, based on availability. All reservations must be secured with a major credit card and telephone number. Gift Certificates are available for services and products.

RELAX
Give yourself plenty of time to enjoy the sauna or outdoor whirlpool prior to your services. This will relax and warm the muscles which will aid in the therapeutic benefits of all your treatments and services. We suggest arriving 15 minutes prior to your first treatment. Out of courtesy to our other guests, we ask that you please silence your communication devices prior to entering the spa, locker rooms, fitness, and treatment areas.

CANCELLATION POLICY
24-hour notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment with full charges applied. Cancellations within the 24-hour policy will be billed at full service charge.

OPEN DAILY
7:00 AM TO 7:00 PM
CLOSED
THANKSGIVING & CHRISTMAS

RESERVATIONS & INFORMATION
619 692 2288
HOTEL GUESTS DIAL 2288

BOOK ONLINE
ISLANDBREEZESPASANDIEGO.COM

SHERATON SAN DIEGO HOTEL & MARINA
1380 HARBOR ISLAND DRIVE
SAN DIEGO, CA 92101
**MASSAGE THERAPY**

**SWEDISH MASSAGE**
A relaxing full-body massage that incorporates light to medium pressure and is exceptionally beneficial for increasing the level of oxygen in the blood and improving the circulation.

60 minutes: $130  |  90 minutes: $180

**REFLEXOLOGY MASSAGE**
A deeply relaxing and therapeutic treatment that focuses on the hands and feet to relieve pain and decrease stress and anxiety in the entire body.

60 minutes: $135

**DEEP TISSUE/SPORTS MASSAGE**
Find relief from over-used muscles with a deep pressure massage designed to target chronic muscle tension.

60 minutes: $135  |  90 minutes: $190

**AROMATHERAPY MASSAGE**
Hydrating, fragrant oils are hand-blended to naturally elevate your treatment to a deeply relaxing state, creating a unique, calming, and cleansing effect.

60 minutes: $135  |  90 minutes: $190

**MOTHER-TO-BE MASSAGE**
Focusing on the mother-to-be, our therapist will take extra care to provide a soothing and relaxing massage to promote overall wellness.

60 minutes: $135  |  90 minutes: $190

**ULTIMATE MASSAGE**
A customized treatment designed by your therapist to fit your body’s personal needs and smooth away every last knot.

60 minutes: $155  |  90 minutes: $200

**HOT STONE MASSAGE**
A deeply grounding massage experience; hot stones and oils are applied to the body to heat muscles, priming it to receive a deep massage and melt away your stress.

90 minutes: $210

**FACIALS**

**SEASIDE FACIAL**
This classic facial treatment combines all the skin-specific solutions of a European facial and much more. A highly concentrated mask, selected especially for your skin type, targets the improvement of the skin’s functions, producing exceptional results. No matter the skin type, an awakened complexion with a dewy radiance is the result.

60 minutes: $130

**SKIN ESCAPE FOR MEN**
(Facial Treatments for Men)
Enter a world dedicated to men. Choose a moisturizing, youth, soothing, or pollution-targeting treatment adapted to the specificities of male skin.

60 minutes: $130

**ACNIPUR BLEMISH FACIAL**
This cleansing and mattifying facial treatment, with proven efficacy against blemishes, leaves your skin visibly healthier and clearer. Skin flaws are diminished, clogged pores are unblocked, and excess sebum is regulated.

60 minutes: $140

**HYDRABLE PLUMPING MOISTURIZING FACIAL**
Give your skin a moisturizing soak with record efficacy. This treatment perfectly balances effective moisturizing and intense relaxation. It combines signature products with ultra-sensory textures and a very relaxing massage to moisturize and comfort the skin, which instantly reveals its natural freshness.

60 minutes: $145

**CITYLIFE**
(Anti-Pollution Skin Freshness Treatment)
Making the skin of city-dwelling women completely healthy with a personalized treatment for tired skin and uneven complexion. The skin is intensely hydrated, signs of fatigue are erased, the complexion is more even, and the skin regains its freshness.

60 minutes: $155

**EXTENDED YOUTH**
(Wrinkle Correction Firming Treatment)
Three key steps in an ultra-effective treatment to resurface skin, fill wrinkles, and restructure the face. In a single treatment, your wrinkles are visibly corrected, leaving your skin firm.

60 minutes: $180  |  90 minutes: $225

**BODY TREATMENTS**

**BODY FIRMING**
(Firming Body Wrap)
A highly active gel wrap is applied and then massaged in order to firm the skin, tighten tissues, and combat skin slackening. Your body is firmed and toned.

60 minutes: $150

**MORPHO DESIGNER**
(Perfect Contour Treatment)
This innovative body treatment offers an integral beauty experience by combining three major esthetic actions in a single protocol; contouring, firmness, and skin quality. After a smoothing multiexfoliation, a reshaping and refining massage sculpts “dream contours” for perfect-looking skin.

60 minutes: $160

**OLIGOMER® SPA**
(Replenishing Holistic Treatment)
Deeply relaxing and re-energizing, this signature body treatment combines a full exfoliation with a totally encompassing massage from head to toe. Every part of your body gradually loosens up under the hands of the therapist for a feeling of exceptional well-being.

90 minutes: $185

**DETOX BACK TREATMENT**
(Add-On Treatment Available)
An ultra-relaxing spine treatment utilizes reflexology for a detox of the entire body. Warm and bubbling mud encourages absorption of active ingredients while relieving tension and deeply relaxing muscles. Incorporate into your monthly facial or massage.

30 minutes: $30

We are proud to exclusively utilize Phytomer® products for all Facials and Body Treatments.