

s e a

wellness spa
SANTA MONICA, CALIFORNIA



RELAX

YOU KNOW WHAT THEY SAY ABOUT ALL WORK
AND NO PLAY. OUR SPA'S PAMPERING TREATMENTS WILL
HELP YOU LOOK AND FEEL YOUR BEST.





SKINCARE

DIAMOND EXPERIENCE MULTI-SENSORIAL LIFTING 90 MINUTES

A genuine multisensory cosmetic lift. The first concept in the beauty world developed to regenerate and energize the skin. The union of sophisticated ingredients with anti-aging properties penetrate to the deepest layers, bringing the necessary firmness to help the skin regenerate itself. **Diamond Experience Multisensorial Lifting** reinforces the natural system of defense of the skin. It maintains a long lasting hydration and improves the elasticity and the cutaneous tone. It has an anti-stress action and it gives back the natural brightness to the skin. It acts more in the surface for a lifting effect.

LA ALTERNATIVA 90 MINUTES

The non-invasive wrinkle relaxing solution. **La Alternativa** treatment uses **Natura Bissé's** exclusive **Inhibit Collection**. Due to targeted ingredients, this line dramatically reduces expression lines and wrinkles, leaving the face smooth and rejuvenated. **Inhibit** is the first antiwrinkle treatment formulated with **Natura Bissé's** own Octamioxyl ingredient, which is the most effective inhibitor of facial contractions, and a Lipofiller complex to fill existing deep wrinkles and expression lines.

The art of healing
comes from nature.
Experience how the
best science can
release nature's most
powerful resources for
your benefit and still
protect the Earth.

THE CURE THERAPY 60 MINUTES

Enzymatic Detoxifying Cure with Extractions. A thoroughly cleansing protocol based on a cutting-edge thermoactive enzymatic detoxification: enzymatic heat that opens and softens the pores while the refreshing botanical elements included in the formula close and purify them. Extractions are expertly performed through a nearly imperceptible Extraction Technique while the nano-stimulating mask with a deliciously foamy texture efficiently releases its moisturizing, soothing and revitalizing effects on the skin. The final touch is a tinted hydrating veil that provides a radiant and luminous appearance.

GENTS FACIAL 60 MINUTES

Time for men skincare. This stimulating treatment was specifically designed for male skin to counteract the effects of under-eye circles, lack of time, stress and daily shaving which results in dull, lifeless skin. This exclusive combination of highly effective products adapt to the needs of each skin type while the comforting massages for the scalp, neck and shoulders will transport you to a state of profound relaxation. This facial was inspired by the techniques used by



traditional barbers who comforted the skin during the shaving process with steaming towels, and is followed by a stimulating face massage that will provide your skin with a clean, youthful and revitalized appearance.

CITRUS-A-PEEL 60 MINUTES

Do something good for your sun-drenched skin. Give it a boost of energy with 100% pure Vitamin C. This antioxidant treatment relieves sun-damaged skin and helps fight the signs of premature aging. A reparative serum, containing a high concentration of Vitamin C, is formulated to improve appearance and stimulate collagen production to renew skin's firmness.

Citrus-a-peel provides an extraordinary experience for your skin by drenching it with essential vitamins and nutrients. Skin will emerge nourished and revitalized.

AGE-DEFYING FACE 60 MINUTES

Switch the gears on the aging process. Sagging skin, fine lines and a dull tone are often tied to maturing skin. The **age-defying face** is all about active ingredients to zero-in on these stubborn skin's of aging. This facial is a structure repair treatment that addresses the underlying problems of aging at the skins cellular level. Targeted ingredients such as key amino acids, A-E-C Vitamins and Isoflavones work deep within the skin to compensate for the visible effects of hormonal deficiencies.

Age-defying face hits reverse on the aging process by reactivating healthy cell functions and nourishing your skin's cells with their most basic needs. The result is instantly firmer, glowing skin.

Due to targeted ingredients, this line dramatically reduces expression lines and wrinkles, leaving the face smooth and rejuvenated.

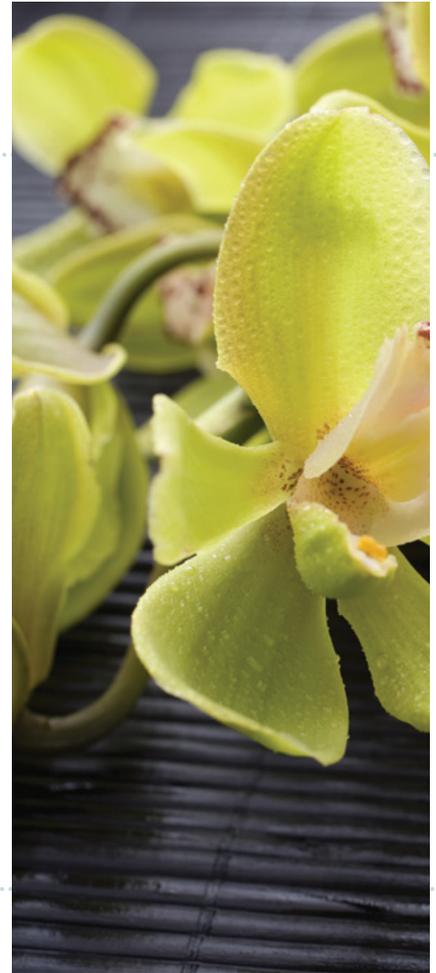
AGE-DEFYING LIP & EYE 30 MINUTES

Erase the signs of aging from these delicate areas. Are your eyes trying to tell you something? It's time to pay more attention to the area of your face that ages first. **Age-defying lip & eye** is an intensive repair treatment formulated to restore firmness around the delicate eye and lip areas. This anti-wrinkle treatment infuses powerful restructuring ingredients, such as amino acids originating from collagen and elastin, directly into the skin. The result is a visible reduction of fine lines and wrinkles, and restored moisture and elasticity. This treatment can be added to any facial for optimal results.



HYDRAFACIAL 25/60 MINUTES

The HydraFacial resurfacing procedure thoroughly cares for your skin by providing cleansing, exfoliation, extraction, and hydration all while nourishing with antioxidants, peptides and Hyaluronic acid. The Hydrafacial is a revolutionary non-invasive and non-surgical procedure that delivers instant results with no discomfort or downtime. It is an unparalleled therapy that immediately and effectively soothes and moisturizes the skin.



MUSCLECARE

CLASSIC MASSAGE 30/60/90 MINUTES

Our full-body Swedish or Deep Tissue massage techniques are customized to suit your needs. A superior massage therapy to reduce tension, soothe sore muscles and increase circulation to promote total relaxation.

DEEP MASSAGE 30/60/90 MINUTES

Using various therapeutic techniques applied with deep, direct pressure, this massage works to decrease pain, restore function and release taut muscles. A great massage for releasing chronic muscle tension.





MUSCLECARE

THAI RITUAL 70/90 MINUTES

Relax and enjoy a warm foot bath followed by stretching of the body and gentle pressure to stimulate the body's energy pathways. Increase flexibility, and relieve muscular and joint tension while bringing the body back into balance. This treatment is performed on a traditional Thai mat, while fully clothed (loose-fitting clothing required).

COUPLE'S MASSAGE 60/90 MINUTES

This luxurious massage for two uses various therapeutic techniques. Your choice of Swedish or deep tissue modalities are available.

FEEL THE OCEAN BREEZE 60/90 MINUTES

Enjoy a relaxing massage above the ocean in one of our poolside cabanas.

NEURO-AROMA MASSAGE 60/90 MINUTES

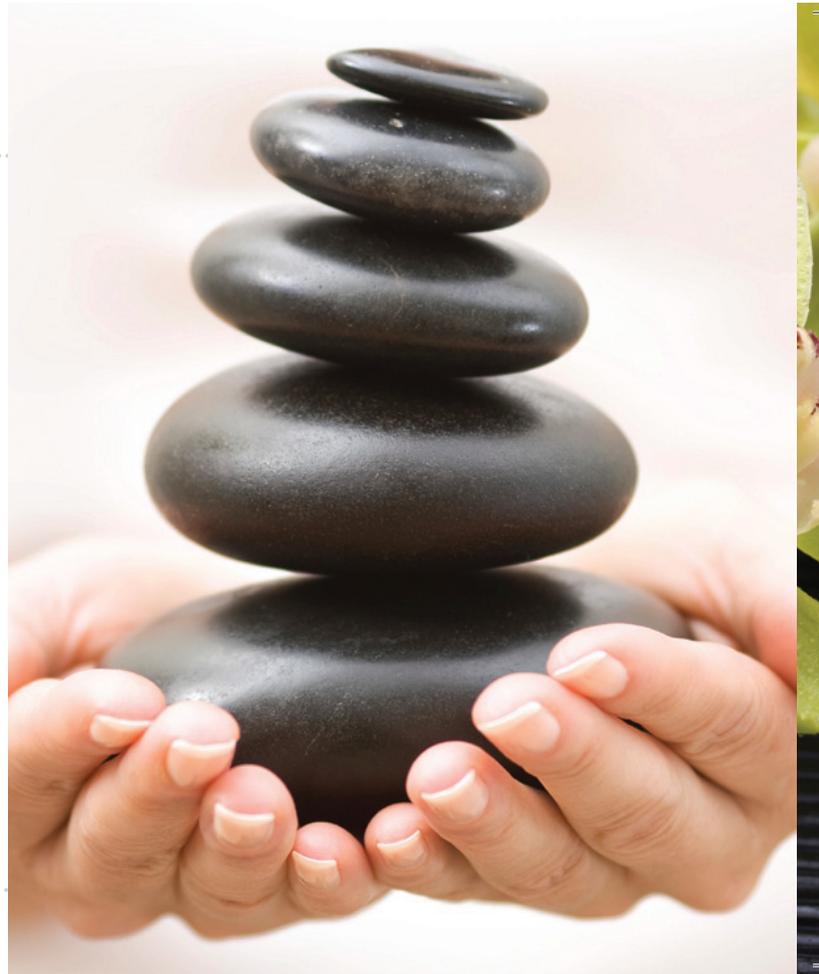
A journey of sensations. Let stress be a thing of the past with this spectacular massage that deliciously stimulates the senses. An exquisite collection of 4 different aromatic nectars are drizzled along the spinal column as a prelude to the sumptuous massage performed with amaranth repairing oil or mango nourishing balm.



MUSCLECARE

HOT STONE MASSAGE 90 MINUTES

This unique treatment involves the application and movement of heated basalt stones. The contrast of temperature assists to induce deep relaxation and enhanced well-being, while reducing inflammation and restoring balance to the body.





BODY TREATMENT

DIAMOND MAGNETIC BODY RITUAL 90 MINUTES

Magically innovative. An incomparable and luxurious experience that purifies body and mind, helping eliminate the effects of the electromagnetic pollution or the stress caused by our daily life. The treatment begins with a balancing of chakras with gems and it follows by applying a luminous mud with diamond dust combined with a massage using the magnetic tools. This beauty ritual amplifies the energy and unloads the tension and stress gained day after day. A multisensorial experience that fights the skin's signs of aging and brings a maximum well-being in a luxurious and private environment.

CITRUS DRENCH 60 MINUTES

Drench your skin with energizing nutrients. An ideal body treatment for skin that has

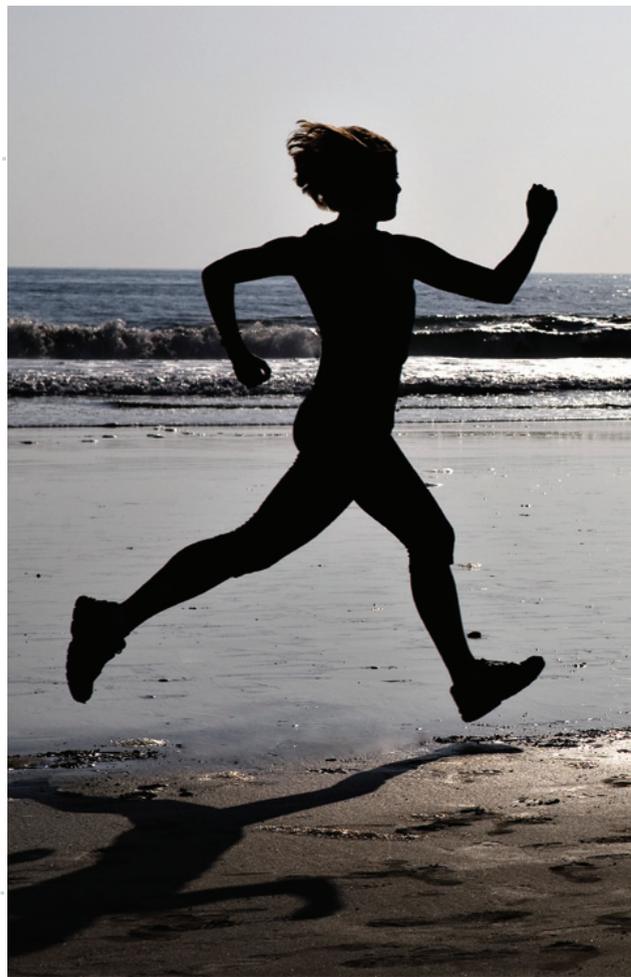
been damaged by the sun or by free radicals in our environment. This body wrap restores elasticity to the skin and provides an intense, deep hydration. Natural ingredients, such as Crystallized Honey, Shea Butter, Ascorbic Acid, and Orange Juice protect the skin from dryness and premature aging, providing rejuvenating, antioxidant and firming results from the very first session.



Sea Wellness Spa
is a sanctuary where
one can relax and
renew through a
restorative and
healing experience.

MOVE

WITH THE PACIFIC OCEAN AS YOUR INSPIRATION,
EXERCISE YOUR BODY WITH OUR INDOOR
AND OUTDOOR WORKOUTS.





COMPLIMENTARY FITNESS OFFERINGS

10,000 STEPS

Take 10,000 steps and explore the beauty of Santa Monica. Casa del Mar has created the ultimate beach-walking map to guide you to the Santa Monica Canyon and back (with some optional Third Street Promenade shopping along the way, in case you don't want to return empty-handed). This complimentary map is located in your room.

WALK WELL

Good health requires good posture. Healthy exercise requires perfect gait. Our Master Pilates Instructor and Gait Specialist, Mary Harris, guides you step-by-perfect-step on how to walk well. iPod Shuffles pre-loaded with Mary's tips are available for loan through the front desk.

We invite you to Live Well Again with one of our daily activities designed to stimulate your creativity, pique your curiosity, and infuse you with a contagious sense of optimism. Our Live Well Again activities will engage your senses and leave you feeling energized and inspired.

PRIVATE SESSIONS



WORK OUT TO RELAX

Stimulate the mind and body with a rejuvenating full-body workout and massage. A skilled trainer will guide you through a personalized workout combining resistance, balance and functional training followed by an assisted stretch to prepare your body (and mind) for a therapeutic massage.

ONE ON ONE

A world-class personal trainer will take you through a challenging and energizing full-body workout, helping you to achieve your individual fitness goals.

FITNESS AL FRESCO

Become one with the ocean breeze! Let our trainer lead you through a personalized, fun and invigorating training session on the beautiful Santa Monica Beach, just outside your door.

PRIVATE SESSION 50/80 MINUTES
COUPLE SESSION 50/80 MINUTES

SCENIC RUN

Join our trainer for a tour of Santa Monica's beautiful oceanfront trails. Utilizing beachside training equipment that's popular with the locals, we will design a program to suit your needs, whether you desire a strong physical challenge or a simple scenic run.

PRIVATE YOGA SESSION

You'll improve flexibility, balance and overall strength during a personalized yoga session with a highly qualified instructor that incorporates breathing exercises and poses.

YOGA ON THE BEACH

Take your private yoga session outdoors to stretch in the sun and gaze at the waves.





CASA DEL MAR

WWW.HOTELCASADELMAR.COM

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etc
HOTELS


THE LEADING HOTELS
OF THE WORLD®