



THE SPA AT
LA COSTA™



THE ART OF REST AND RELAXATION



EXPERIENCE YOU IN A WHOLE NEW LIGHT.

The Spa at La Costa offers a unique opportunity to experience yourself from a relaxed perspective.

MASSAGE

LA COSTA CUSTOM

Achieve your treatment goals with this truly customizable experience, offering light to firm pressure in any areas of concern. Aromatherapy is inclusive if you choose.

ACTIVE LIFE

Support physical activity before and after through stretching, acupressure, warm towel compresses and Oceanic Transdermal Magnesium Gel to ease muscle tension.

LOMI LOMI

Encourage innate energy movement and alignment through continuous flowing and nurturing massage techniques.

COASTAL STONE

Ease muscle tension and instill a sense of comfort with warm basalt stones and the aromatic tranquility of bergamot essential oil, known for their clearing and cleansing properties.

RELAXATION

Attain an enhanced sense of wellbeing with this light to medium pressure massage providing flowing gentle movements and relaxation techniques.

CITRUS RAIN

Receive organic citrus essential oils like drops of rain along the back. Oils are gently brushed up the spine and lightly massaged with nerve-soothing patterns and warm towel compresses.

PRENATAL

Soothe mother and baby with this customized aromatherapy massage.

TOGETHER

Delight in the individual experience together. Warm coconut oil sourced from an aromatic candle is utilized as a distinctive touch during your massage.





MASSAGE ENHANCEMENTS

FOCUSED BODY WORK

Focused attention to specific muscle groups or area of concern.

REFLEXOLOGY

Applied gentle pressure to acupressure points on the hands or feet promote energy movement and renewal.

DRY BRUSH EXFOLIATION

Exfoliation using a natural bristle body brush promotes healthy lymphatic flow and efficient skin elimination.

CRANIAL SACRAL

Support energy movement and spinal alignment with techniques that gently cradle the neck and sacral area for relief of full-body tension.

AROMATHERAPY

Enhance your treatment with one of these custom blends: Uplifting, Muscle Ease or Relax.

BODY TREATMENTS

AMBER LEMON CLEANSE

Recharge with this gentle sugar exfoliation and soothing massage application of nourishing jojoba butter. Lemon and amber oils offer radiant energy and renewal to your experience.

DETOXIFYING CHAI VANILLA

Encourage oxygenation with a gentle dry brush exfoliation. Assist detoxification, improve skin elasticity and moisturize with Chai Vanilla Body Butter application and special attention to soften your heels with Honey Heal Glaze.

RESTORING TURQUOISE SAGE

Smooth and refine with organic white sage and spearmint salt scrub as it joins a cleansing Turquoise Sage Clay Mask. Warm stones lull neck and shoulders as the clay tightens and tones when surrounded by a light linen wrap. Turquoise Body Butter softens and renews.

MUSCLE EASE

Invite your skin to breathe with a dry brush exfoliation and refreshing cucumber misting. A gentle linen wrap of Transdermal Magnesium Gel offers ease from muscle tension and inflammation. Relief is found with a foot massage of cooling peppermint and arnica.



SKINCARE

OCEAN ALCHEMY

Quench and soothe with Kypris’ icy blue Cerulean mask delivering over 32 active ingredients. Designed to drive oxygenation and quench free radicals while delivering nature inspired facial massage techniques to increase lymphatic and blood circulation. Ease fine lines, lift, tone and glow.

OSEA ANTI-AGING WELLNESS

Innovative active formulations made with organic bioavailable seaweed and cold pressed essential oils deliver powerful anti-aging solutions. Rich in vitamins, minerals and antioxidants, OSEA’s wild Patagonian seaweed contains elements that transform your complexion and reduce the appearance of fine lines and redness. Targets multiple skin concerns and supports all skin types.

VITAMIN D TONE & FIRM

Tone and firm with Skin Authority’s dynamic health-inspired facial. The wonders of topical vitamin D and active brightening infusions join transformational superfoods like spirulina, turmeric and quinoa for naturally flawless beauty.

KYPRIS BEAUTY

Transform your complexion with treasures from the forest, earth and sea while soothing the nervous system. Bioidentical antioxidants, plant stem cells and biomimetic peptides repair the appearance of sun damage, tone and brighten your overall complexion.

BRIGHTENING STONE CROP

Restore, lighten, firm and balance skin tone with this calming facial. This succulent, sourced from Hungary, includes green tea antioxidants to help protect from cell damage. Formulated for all skin types to assist in firming stressed skin and reducing signs of aging.

KNESKO GOLD

This dynamic and results-oriented facial provides deep cleansing and exfoliation before the application of a cooling mask. Nanogold intensely nourishes even the most dehydrated skin, fusing the active ingredients of Nanogold, marine collagen, elastin, hyaluronic acid and aloe vera. Calming properties of rose essential oil alleviates stress to soothe your inner wellbeing.

ENHANCEMENTS

KNESKO NANOGOLD MASK

May be used for eyes or face.

NUFACE

Lift, contour and firm facial muscles using gentle micro-current technology to activate and increase collagen and elastin fibers.

EXTENDED EXPERIENCE

Extend any 50-minute facial into an 80-minute service customized by your esthetician to further accomplish your treatment goals.



SALON • NAILS

SLOW BEAUTY MANICURE OR PEDICURE

Settle into a warm mineral rich salt soak. The calming Chinese jasmine sugar scrub and lotion exfoliates and hydrates. Detailed nail care and your choice of lacquer color prepare you for any occasion.

REFRESH MANICURE OR PEDICURE

Green tea anti-aging mineral soak, refreshing mint scrub and a unique blend of geranium-sage delivers antioxidant properties and hydration. Enjoy the best in detailed nail care.

LUX PEDICURE

Indulge with a unique ginger volcanic sand exfoliation and red clay detoxifying mask. Moisturizing shea butter lotion joins warm basalt stones in a tension-relieving massage.

ADDITIONAL SERVICES

- Shellac Manicure (with removal)
- Shellac Manicure
- Shellac Removal
- Polish Change
- Children's Manicure or Pedicure

ENHANCEMENTS

- Apple Stem Cell Hand Treatment
- Warm Coastal Stones
- French Polish or Mattify
- Shellac Application





HAIR & MAKEUP

DAVINES HAIR CARE

- Blow-out, Shampoo & Finish
- Women’s Cut & Finish
- Gentlemen’s Cut
- Beard Trim
- Up-Do & Event Styling
- Children’s cut ages 10 and younger

ENHANCEMENTS

- NaturalTech Deep Conditioning Treatment
- Renewing Aromatherapy Scalp Massage
- Texturizing – Curl or Straightening

COLOR

- Partial Highlights
- Full Highlights
- Full Color
- Root Touch Up
- Flamboyage
- Artistic Hair Color Techniques
- Available upon consultation

LA BELLA DONNA MAKEUP ARTISTRY

- Makeup Lesson Available for groups
- Makeup Application
- Eyelash Application

BRIDAL HAIR & MAKEUP

- Trial Makeup
- Trial Hair
- Bridal Day Makeup
- Bridal Day Hair



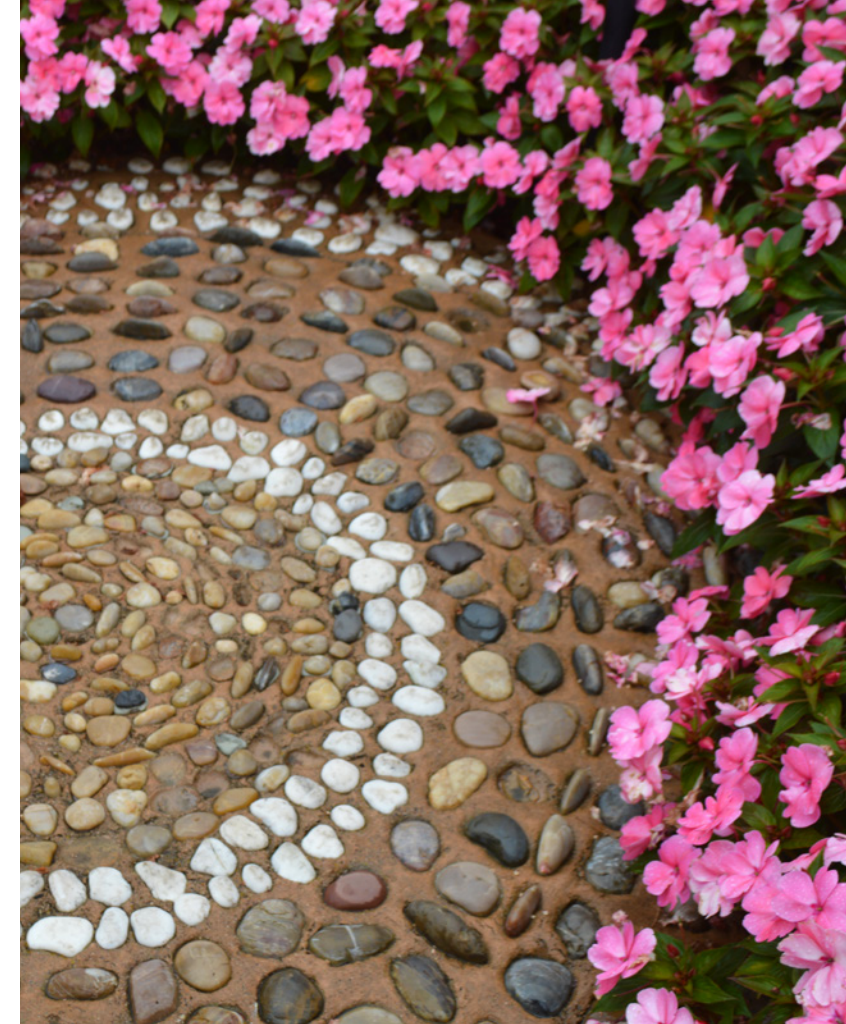
SPA DAY EXPERIENCES

SPA DAY • JUST FOR YOU

Allow us to assist in creating your perfect spa day with services totaling 180 minutes or more to receive a 15% discount.

INSPIRE

Your spa experience will include a Relaxation Massage, OSEA Anti-Aging Wellness Facial and Spa Café lunch.



DETAILS

THE SPA EXPERIENCE

Upon arrival you will be provided with a robe and slippers and escorted to our guest locker rooms. Experience a variety of amenities including: dry sauna, indoor whirlpool, steam room, relaxation room and co-ed lounge.

The Spa Courtyard offers a serene environment for spa guests to enjoy a private pool, whirlpool and Roman showers. Spa amenities are accessible on the day of your scheduled spa treatment.

RESERVATIONS

Advance reservations are recommended and may be arranged by calling 866-669-6051. Should you choose to change your treatment or cancel your reservation, please provide a 6-hour notice to avoid 50% cancellation fee. The Spa and amenities are reserved for guests ages 18 and over. Please notify us of any medical concerns at the time of scheduling. All prices and services are subject to change.

THE SPA & SALON BOUTIQUE

Take your spa experience home with skincare lines including: Skin Authority, Kypris, OSEA, Eminence, Knesko, SpaRitual and Davines. The boutique also features jewelry and fashion attire from Splendid, Beyond Yoga and more.

GIFT CARDS

Spa gift cards make an ideal year-round gift for any celebration or occasion and can be purchased online, over the phone or in-person at The Spa.

SPA CAFÉ

Discover tranquility when dining alfresco at the casual Spa Café. Our garden courtyard eatery offers an appealing array of satisfying and nutritious culinary delights prepared by skillful resort chefs. Receive the cool coastal breeze as you relish in a selection of smoothies, light entrées, desserts, bellinis or glass of wine.



