



Pacific Terrace
HOTEL

MASSAGE THERAPY SERVICES

SWEDISH Long, gliding Swedish-style strokes improve circulation, rejuvenate stressed muscles and leave the body deeply relaxed. 50 min \$95 // 80 min \$135

DEEP TISSUE Personalized massage using deep pressure to release knots, ease tension and correct posture. Perfect for the sports enthusiast to rebalance the body. 50 min \$105 // 80 min \$145

PRENATAL For the mother-to-be this massage is sure to bring comfort and reduce physical stress on the spine and baby. Must be past first trimester of pregnancy. 50 min \$105 // 80 min \$145

REFLEXOLOGY Targeting pressure points throughout the body to align energy, improve circulation and encourage overall healing. 50 min \$105

AROMATHERAPY The use of essential oils are used to enhance physiological and physical well-being. Essential oil aromas are used to balance moods, elevate spirit, stimulate regeneration of tissue and stimulate nerves. 50 min \$105 // 80 min \$145

HOT LAVA SHELLS This unique treatment uses natural tiger clam shells recycled from the South Pacific. The combination of deep, nurturing, penetrating heat and Swedish-style massage strokes melts tension and helps you experience a deeper state of relaxation. 50 min \$115 // 80 min \$155

COUPLES MASSAGE This massage service for two includes your choice of our Classic Swedish or Therapeutic Deep Tissue enjoyed together.

Classic Swedish 50 min \$190 // 80 min \$270

Deep Tissue 50 min \$210 // 80 min \$290

Please dial in-house ext. 411 or call 858.356.2SPA for spa reservations.



610 Diamond Street, San Diego CA 92109

RESERVATIONS are required and advance reservations are highly recommended. Please dial in-house ext. 411 or call 858.356.2SPA for spa reservations.

CANCELLATION POLICY To avoid charges, please honor our four hour advance notice cancellation policy for all treatments.

No-shows or cancellations without a four hour cancellation are subject to payment in full.

GRATUITY As a courtesy to your Body Care Specialist, an 18% gratuity will be added to all services unless a higher amount is given at your discretion.

HOURS OF OPERATION Our Body Care Specialists are on-call from 9:00 am to 7:00 pm daily by appointment only.