

The Spa
AT
PELICAN HILL®

TREATMENT MENU | SUMMER 2022



At The Spa at Pelican Hill, our menu is designed to create a feeling of natural well-being. This curated collection of treatments are the centerpiece of a unique spa experience that begins when you arrive and stays with you long after departing. Our expert therapists, among the most highly trained in the field, will help personalize therapies centered on your needs using only the highest-quality products from family-owned makers, including essential oils, infusions and other therapeutics aligned with the most current ideas in wellness.

We are at your service to guide, nurture and inspire.

Warmly,
The Spa at Pelican Hill



FEATURED

SEASONAL TREATMENTS

CITRUS AROMATHERAPY GLOW & MASSAGE

The ultimate body treatment, the Citrus Aromatherapy Glow and Massage is a delightful way to de-stress. Your treatment begins with a fresh lemon exfoliating sugar polish to smooth away dull skin and stimulate circulation. A therapeutic full body massage soothes muscles and refreshes the senses with notes of local citrus and rosemary. After the massage a luxurious, hydrating application of our citrus inspired body butter nourishes the skin. This transporting treatment concludes with a warm scalp oil ritual.

90 MINUTES...\$420



FEATURED

SIGNATURE BODY TREATMENT

COASTAL RENEWAL

This special treatment blends effective local ingredients from the land and sea to deliver a unique experience that is both relaxing and rejuvenating. Your experience begins with a massage of rosemary olive body oil. Then, a fine powder of pacific grains, coastal herbs and sea algae, are buffed into your skin, imparting key nutrients and stimulating the release of toxins. Afterwards, your body is wrapped in a warm cocoon of blankets and infused linens to encourage detoxification. While wrapped, a refreshing blend of rosemary and lime hair oil is massaged into your scalp and hair, and you will enjoy a mini-facial with cooled Jade rollers. This experience concludes with an application of a hydrating rosemary shea butter.

90 MINUTES...\$420



MASSAGES

THE EXPERIENCE

When it comes to wellness, ingredients are everything. We have selected Body Bliss™ Intentional Aromatherapy oils and body butters for our signature massage treatments. Based in Sedona, Arizona, these small-batch, primarily organic botanicals and ethically wild-harvested essential oils are free from parabens, mineral oil, artificial fragrances, and phthalates, so you receive the purest therapeutic benefits naturally.

All massages can be performed in a couples setting.

Prices are per person.

M A S S A G E T H E R A P Y C O L L E C T I O N

RECOVERY DEEP TISSUE MASSAGE

For fitness enthusiasts, our expert therapists deliver an individualized approach uniquely designed for your active lifestyle. Deep tissue work combines with restorative botanicals including organic clove, peppermint, lavender and arnica to penetrate deep into muscles, relieve soreness and speed repair.

60 MINUTES...\$275

90 MINUTES...\$410

RENEWAL THERAPEUTIC MASSAGE

This massage encourages a feeling of tranquility. With varying pressure and strokes designed to relieve anxiety, your therapist will soothe your mind and muscles. Essential oils of vetiver, clary sage, lavender, sweet orange and sweet marjoram create an experience of peaceful relaxation.

60 MINUTES...\$260

90 MINUTES...\$390

REJUVENATION AROMATHERAPY MASSAGE

This custom massage journey features your choice of three botanical blends: Calm, Energy and Joy. Your therapist will identify the best blend to suit your individual needs and intention. With notes of sweet orange, clary sage and lavender, Calm encourages deep relaxation. Clove, peppermint, arnica and immortelle invigorate muscles with the Energy blend. Joy inspires feelings of love and harmony with notes of amber, bergamot and jasmine.

60 MINUTES...\$265

90 MINUTES...\$395

HIMALAYAN SALT STONE MASSAGE

Warm Himalayan salt stones invoke a deep sense of relaxation in a full-body massage targeting tight, sore or compromised muscle groups. Using medium to deep pressure, tension releases from head to toe for a truly restorative experience.

60 MINUTES...\$275

90 MINUTES...\$410

THE MOSAIC

This one-of-a-kind treatment integrates massage techniques and inhalation therapy for an expertly crafted experience that reduces inflammation and fosters relaxation. Our skilled technicians combine four distinct healing modalities, beginning with shiatsu bodywork to release tension and bring balance to the body. A warm poultice of aromatic herbs facilitates inhalation therapy while eliminating toxins. The treatment concludes with a soothing Swedish massage to relax muscles and refresh your senses. You will feel transported by this unique combination of heartfelt care and technical craftsmanship.

90 MINUTES...\$420

MAMA TO BE MASSAGE

This luxurious prenatal ritual soothes and relaxes expecting mothers. An ultra-gentle application of organic shea butter and coconut oil to the stomach and hips to help reduce the appearance of stretch marks while nourishing and hydrating the skin.

**For mamas in second and third trimester only.*

60 MINUTES...\$260



FACIALS

THE EXPERIENCE

We have selected three lines that nourish your skin with the highest quality ingredients that deliver real results. Our therapists add an expert level of care and technique that elevates each facial into a personalized moment of true well-being.

Natura Bisse, a family-owned company based in Barcelona that specializes in innovative, science-backed ingredients that deliver noticeable results. All Natura Bisse facial treatments provide advanced protection against damaging blue light.

Laurel Skin, based in Petaluma, CA, pioneered slow farmed beauty using 100% whole-plant organic skincare sourced from artisan farms. The quality and purity of their products delivers unparalleled results with formulations that are nourishing to the skin and gentle on the earth.

Naturopatica has been a leader in holistic beauty since its founding in East Hampton in 1995. Focused on sustainably sourced clean ingredients that harness the healing power of nature, Naturopatica seeks to prevent imbalances in the skin to provide lasting health.

Each facial includes a double cleanse, skin analysis, steam, customized exfoliation, mask and serum, face, neck and decollete massage, finishing moisture and homecare recommendations.

F A C I A L T H E R A P Y C O L L E C T I O N

NATURA BISSE FACIALS

BESPOKE MEDITERRANEAN FACIAL

Customized for your skin, this facial harmonizes and hydrates your skin for a lit-from-within glow. Your treatment begins with a gentle, deep cleanse, followed by a hydrating mask and hand-selected treatments that best meet your skin's needs. You will emerge radiant and refreshed.

60 MINUTES...\$260

90 MINUTES (includes neck & shoulder massage)...\$390

DIAMOND RADIANCE FACIAL

This revolutionary treatment provides glowing results for hyper-pigmented skin. Formulated with a powerhouse blend of ingredients like pomegranate and niacinamide, this facial effectively brightens skin, evens tone, and minimizes pores to reveal a glowing complexion after the first treatment. Suitable for all skin types, this ritual is the perfect solution for radiant skin.

90 MINUTES...\$410

LIFT & TONE FACIAL

This results-oriented firming facial will deeply hydrate and nourish your skin through a combination of expert facial massage techniques and high concentrations of natural collagen, elastin, and amino acids. A highly effective repairing treatment, this facial will stimulate the skin and leave it feeling rejuvenated and restored.

60 MINUTES...\$275

NATURA BISSE FACIALS

VITAMIN SEA CITRUS ESSENCE FACIAL

Sun, sand, and sea are an ideal combination for vacation, but can leave skin dry and in need of extra care. This powerful antioxidant facial restores sun-damaged skin and helps reverse signs of premature aging. Infused with a high concentrate of Vitamin C to stimulate collagen production, this treatment prevents free radical damage and renews firmness for nourished and revitalized skin.

60 MINUTES...\$270

HYDRAFACIAL

Experience the ultimate treatment to transform your skin. This facial combines the latest patented technology from HydraFacial with our most innovative facial masks and serums to create an instantly gratifying glow. HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin. Concentrated serums brighten and firm the skin followed by LED light therapy and rich moisturizers to maximize hydration.

60 MINUTES...\$350

F A C I A L T H E R A P Y C O L L E C T I O N

LAUREL CURATED SKIN RITUALS

ORGANIC APOTHECARY FACIAL

Small-batch, herbalist-created formulas with symptom-specific botanicals remedy a wide range of imbalances and provide the skin with everything it needs to remain vibrantly healthy, no matter your age or skin condition. Your aesthetician will evaluate your skin and recommend the optimum ritual to leave you with a lasting glow choosing from: Antioxidant Vibrancy, Plant-Assisted Detox, Strengthen + Hydrate, Sun Goddess Repair, and Restorative Rose Ritual.

60 MINUTES...\$270

MEN'S ORGANIC FACIAL

This facial is a compilation of products that are well suited to addressing common concerns of our male clientele, including environmental sensitivity, uneven skin tone, dehydration, and pore congestion. Herbal oils and nutrient-dense plants like Jojoba, Grapefruit, Sandalwood, and Lemon Balm hydrate, brighten, and nourish, with a focus on aging vibrantly.

60 MINUTES...\$270

NATUROPATHICA FACIAL

ORGANIC GLOW FACIAL

A compelling combination of naturopathic principles, herbalism and pure organic ingredients proven to deliver results, the Organic Glow Facial this treatment is ideal for someone seeking holistic balance in their approach to beauty and wellness. Ingredients like oats, aloe and seed oils remove impurities, nourish the skin, reduce inflammation, and soothe complexion for an effortless radiance.

60 MINUTES...\$270

KNESKO™ GEL MASK ENHANCEMENT

Knesko Skin has created the perfect balance between luxury and science. Our collagen-infused facial treatments are clinically proven to address visible signs of aging such as fine lines and wrinkles, dryness, puffiness and uneven skin.

LIPS...\$25 EYES...\$25 FACE...\$45 NECK & DECOLLETE...\$50



NAIL CARE

T H E E X P E R I E N C E

Every treatment at The Spa at Pelican Hill is a luxury wellness experience.

Great care is taken to ensure a personalized service that delivers results.

The Spa at Pelican Hill uses Dazzle Dry®, a prestige line of clean performance polish that is made in the USA to ensure the quality and purity of ingredients.

Long-lasting and quick-drying, Dazzle Dry® uses a proprietary blend of 11 nourishing essential oils and it is free of harmful, toxic, or reactive ingredients.

NAIL THERAPY COLLECTION

ESSENTIAL MANICURE

Relax and refresh with our most popular nail treatment featuring polish removal, aromatic spearmint and eucalyptus soak, nail shaping, cuticle grooming and conditioning with nutrient-rich oils including avocado, squalane (from olives), orange and rosemary. Manicure is finished with a fortifying lacquer application.

35 MINUTES...\$80

ESSENTIAL PEDICURE

Relax and rejuvenate with our pedicure treatment featuring an aromatic spearmint and eucalyptus soak, nail shaping and cuticle detail. A callus reduction treatment is applied before a moisturizing massage rich in shea butter and essential oils. Pedicure is finished with a fortifying lacquer application.

45 MINUTES...\$100

DELUXE MANICURE

Awaken the senses with a luxurious manicure featuring polish removal, nail shaping, aromatic spearmint and eucalyptus soak, cuticle grooming and conditioning with nutrient-rich oils including avocado, orange and rosemary, gentle smoothing treatment and a massage of moisturizing ceramides including shea butter, and squalane (from olives). Manicure is finished with a fortifying lacquer application.

50 MINUTES...\$100

DELUXE WELLNESS PEDICURE

Indulge in the ultimate pedicure treatment featuring an aromatic spearmint and eucalyptus soak, nail shaping, cuticle detail, and a gentle smoothing treatment to brighten and renew the skin. Legs and feet are massaged with deeply penetrating ceramides including shea butter and avocado oil as well as 11 essential oils to stimulate circulation and relax tired feet. Pedicure is finished with a fortifying lacquer application.

75 MINUTES...\$130

ENHANCE YOUR SERVICE

French Polish

Gel Polish

Polish Change

Gel Polish Removal

20 MINUTES...\$30





FOR APPOINTMENTS
PLEASE CALL 844.253.8078