

The Spa
AT
PELICAN HILL®

TREATMENT MENU | WINTER 2023



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 TREATMENT

ULTIMATE DETOX GLOW & MASSAGE

The Ultimate Detox Glow and Massage is a delightful way to address dull, dry skin. This treatment uses the Diamond Well-Living Experience Detox Oil and Scrub by Natura Bissé, which is infused with vitamins, mineral salts, and trace elements, to simultaneously exfoliate and replenish the skin. The scrub is followed with a therapeutic full body massage to soothe muscles and relax the mind. Following the massage a luxurious application of rich body butter leaves skin deeply hydrated. This transporting treatment concludes with a warm scalp oil ritual and a refreshing green juice post-treatment.

90 MINUTES...\$420



F E A T U R E D

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



M A S S A G E E N H A N C E M E N T S

KNESKO™ SKINCARE GEM-STONE INFUSED MASKS

These collagen-infused facial treatments can be added to any massage for an enhanced experience and are clinically proven to address visible signs of aging such as fine lines and wrinkles, dryness, puffiness and uneven skin tone.

EYES...\$25 FACE...\$60

WARM SCALP OIL TREATMENT

Warm oils are gently applied to the scalp and hair followed by a relaxing head and neck massage. The hair is then wrapped in a towel to allow the oil to further penetrate into the hair and scalp.

ADDITIONAL 15 MINUTES...\$65



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 décolleté 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

NATUROPATHICA FACIAL

ORGANIC GLOW FACIAL

A compelling combination of naturopathic principles, herbalism and pure organic ingredients proven to deliver results, the Organic Glow Facial 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. The combination of a hydrating antioxidant mask and enzyme peel increases cell turnover and leaves your skin radiant.

60 MINUTES...\$270

KNESKO™ SKINCARE

GEMSTONE-INFUSED FACIAL

The perfect balance between science and holistic skincare, the Knesko Gemstone-Infused Facial is as effective as it is luxurious. Skin will be deeply cleansed and gently exfoliated before the application of a gemstone serum that will brighten and tone the skin. A collagen mask is applied over the serum and gently massaged with a gemstone roller with the proprietary maskage technique. This deluxe treatment addresses visible signs of aging such as fine lines and wrinkles, dryness, puffiness and uneven skin tones while helping to re-balance the visage. Our trained estheticians will choose the appropriate Knesko mask.

60 MINUTES...\$295

90 MINUTES (includes Gua Sha, neck & décolleté)...\$450



F A C I A L E N H A N C E M E N T S

KNESKO™ GEM-STONE INFUSED MASKS

The collagen-infused facial treatments can be added to any facial for enhanced experience and are clinically proven to address visible signs of aging such as fine lines and wrinkles, dryness, puffiness and uneven skin tone.

LIPS...\$25 EYES...\$25 FACE...\$60 NECK & DÉCOLLETÉ...\$75

WARM SCALP OIL TREATMENT

Warm oils are gently applied to the scalp and hair followed by a relaxing head and neck massage. The hair is then wrapped in a towel to allow the oil to further penetrate into the hair and scalp.

ADDITIONAL 15 MINUTES...\$65



HAIR & NAIL CARE

THE SALON EXPERIENCE

Every treatment at The Salon at Pelican Hill is a luxury wellness experience. Great care is taken to ensure a personalized service that delivers results. Nail services use Dazzle Dry®, a prestige line of clean performance polish that is made in the USA to ensure the quality and purity of ingredients. Hair and barbering services use Kevin Murphy, a premium collection of high-performance products that use the finest natural 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

ADD-ON HYDRATING WARM PARAFFIN TREATMENT

Hands or feet are deeply hydrated with rich shea butter and 11 essential oils before a warm layer of paraffin wax is applied. This treatment will help increase circulation and relieve joint and muscle pain, leaving you feeling relaxed and renewed.

Allow 15 minutes when added to nail services.

15 MINUTES...\$35

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

BARBERING

MEN'S CUT...\$65

SHAVE...\$65

CUT & SHAVE...\$120

BLOWOUT & STYLING

SHAMPOO, BLOWOUT & STYLE – SHORT / MEDIUM HAIR

Experience our signature blowout after a personalized wash tailored to your hair type and a relaxing scalp massage.

45 MINUTES...\$85

SHAMPOO, BLOWOUT & STYLE – THICK / LONG HAIR OR EXTENSIONS

Experience our signature blowout after a personalized wash tailored to your hair type and a relaxing scalp massage.

60 MINUTES...\$110

KERATIN COMPLEX – HAIR SMOOTHING TREATMENT

Repairs and strengthens the bonds of your hair by replenishing lost keratin. Reduces frizz, improves integrity and adds shine.

Service includes clarifying treatment, smoothing serum and style.

120 MINUTES...\$370

BLOWOUT & STYLING ENHANCEMENTS

ADD-ON HYDRATING MASK

Vitamin charged treatment helps repair, reconstruct and strengthen. Ideal for damaged hair and/or distressed hair. Service includes shampoo, scalp massage and mask.

**Does not include blowout. Can be added to any salon service.*

30 MINUTES...\$50

ADD-ON SCALP SPA

Balances moisture levels to nurture your scalp back to health with key ingredient celery seed extract. Ideal for oily, dry and/or itchy scalp. Service includes scalp scrub, scalp wash and scalp serum.

**Does not include blowout. Can be added to any salon service.*

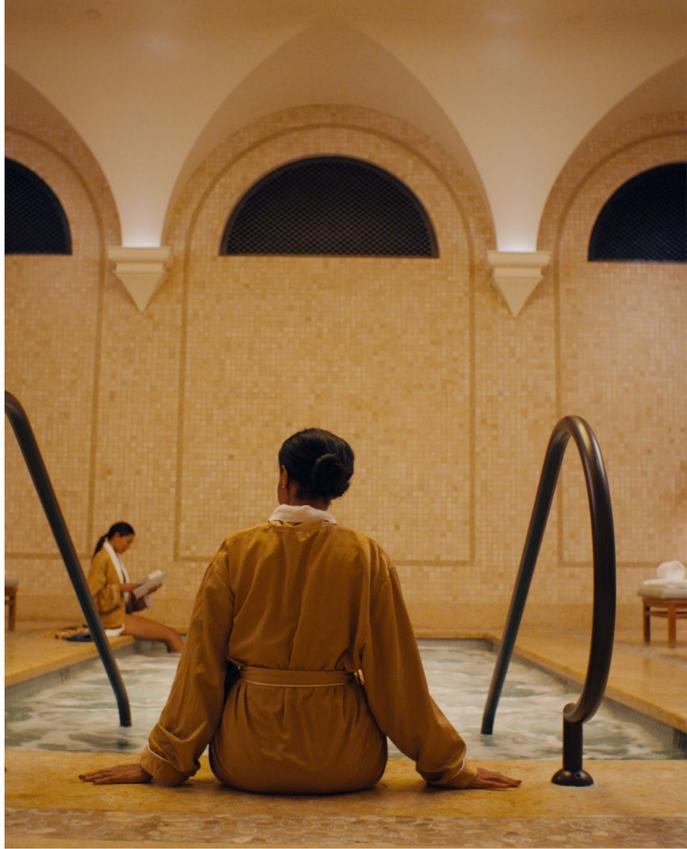
30 MINUTES...\$50

UPDO & SPECIAL OCCASION

CLASSIC UPDO OR MODERN TWIST

Please arrive with dry hair ready for styling. Does not include shampoo or blow out.

60-90 MINUTES...\$150



SPECIAL PACKAGES

Love Local

SPA DAY PASS

LOVE LOCAL

The Love Local package consists of any combination of treatments totaling a minimum spend of \$350* and includes use of the fitness center and/or daily fitness classes, as well as access to the Coliseum Pool on the day of your appointments. To take advantage of the Love Local package, please contact The Spa and mention “Love Local” at the time of booking.

**\$350 same-day minimum spend before tax and gratuity. Love Local benefits are non-transferable and apply to the individual Spa guest only, on the day of their appointments. Valid now Monday-Thursday excluding holidays and based on availability at time of booking. Changes or cancellations made within 24 hours will be charged in full. For full terms and conditions, please visit www.pelicanhill.com/spa/.*





FOR APPOINTMENTS
PLEASE CALL 844.253.8078