



TREATMENTS

AT THE CATAMARAN RESORT HOTEL AND SPA
3999 MISSION BOULEVARD • SAN DIEGO, CALIFORNIA 92109
858.539.8820 • CATAMARANSPA.COM



WELCOME TO THE CATAMARAN SPA!

Our spa is unique in every way — from its gorgeous waterfront location to its innovative treatments that can't be found anywhere else.

Our spa experiences ease our guests away from the stresses of daily life and bring them to serenity. Inspired by South Pacific and Asian healing traditions, they feature marine- and botanical-based products.

The Catamaran Spa offers a complete line of therapeutic and meditative massages, facials, body wraps, Vichy shower, and hydrotherapy treatments. We also offer nail therapies and hair care in our salon overlooking our botanical garden. The Spa's outdoor whirlpool offers a breathtaking view of Mission Bay.

The health club offers cardio and strength training equipment indoors and on our outdoor patio overlooking the bay. Guests enjoy fitness classes on a secluded lawn that adjoins one of the most beautiful beaches in the area.



MASSAGE

Massage employs various methods of manipulation to relieve stress, muscle tension, and fatigue. It improves circulation and promotes relaxation.

🌿 **AROMATHERAPY** Personalize your massage with our customized blends of aromatherapy oils, taking your senses to a new serenity.

50 MINUTES \$95 80 MINUTES \$149

🌿 **SWEDISH** A traditional Western technique that uses long, soothing strokes to increase circulation, stimulate the nervous system, and induce natural relaxation.

25 MINUTES (BACK, NECK, SHOULDERS) \$59

50 MINUTES \$95 80 MINUTES \$149

🌿 **THERAPEUTIC** A deep-tissue massage targeting specific areas of muscle tension by releasing tightness and reducing pain. Not recommended for first-time visitors.

25 MINUTES (BACK, NECK, SHOULDERS) \$59

50 MINUTES \$95 80 MINUTES \$149

🌿 **COUPLES MASSAGE** Share ultimate relaxation with a close friend, family member, or significant other while two therapists perform simultaneous massages in the same room.

50 MINUTES \$115 EACH 80 MINUTES \$170 EACH

🌿 **PRENATAL MASSAGE** Prenatal massage encourages relaxation and focuses on reducing the many stresses your body encounters during pregnancy. This treatment is offered in the last two trimesters only.

50 MINUTES \$95



🌿 **REFLEXOLOGY** An ancient healing tradition, reflexology stimulates pressure points on the head, hands, and feet to relieve tension and restore energy flow.

25 MINUTES (FEET ONLY) \$80 50 MINUTES (HEAD, HANDS, FEET) \$115

🌿 **SHIATSU/ACUPRESSURE** This treatment combines Japanese Shiatsu and Chinese acupressure methods, stimulating the body's energy channels, encouraging the release of blocked energy, and restoring well-being.

50 MINUTES \$115 80 MINUTES \$170

🌿 **ISLAND STONE MASSAGE** Smooth, warm stones are used to enhance deep relaxation and physical renewal.

80 MINUTES \$175

🌿 **LOMI LOMI MASSAGE** This Hawaiian healing massage uses a combination of long strokes and rhythmic massage movements to bring relaxation and a sense of overall well-being.

80 MINUTES \$185

🌿 **TABLE THAI MASSAGE** A traditional massage from Thailand performed on the massage table, combining pressure point techniques with a wide variety of stretching movements. Please wear comfortable, loose clothing.

80 MINUTES \$175

🌿 **TRAVELER'S FOOT REFRESHER** Enjoy a revitalizing foot scrub, followed by a hot towel wrap and stimulating foot massage.

25 MINUTES \$59



SKIN CARE THERAPIES

Our facials are customized to personally address your skin care needs and achieve vibrant, healthy skin. All 80-minute treatments include hand and foot treatment. All 50-minute treatments include a hand treatment.

🌿 **ANTI-AGING FACIAL** This facial improves circulation, increases oxygenation, and promotes cell renewal while diminishing fine lines and leaving your skin with a radiant glow.

80 MINUTES \$170



🌿 **CATAMARAN PERSONALIZED AROMA FACIAL** A personalized consultation with your aesthetician will guide you to an aromatherapy facial that is perfect for your skin and mood.

50 MINUTES \$95 80 MINUTES \$149

🌿 **DEEP-CLEANSING SEA MUD FACIAL** A two-mask oxygenating facial, great for skin that is in need of a general detoxification. In addition to thorough skin and pore cleansing, the sea mud helps to balance the pH level in your skin.

80 MINUTES \$170

🌿 **CLASSIC CLEANSING FACIAL** A marvelous way to experience skin care for the first time. This European-style deep-cleansing, purifying, and relaxing facial replenishes and brings balance to the skin.

50 MINUTES \$95

🌿 **MEN'S FACIAL** A facial tailored specifically for a man's skin care needs. This facial soothes razor burn and addresses sensitivity, leaving his face healthy, toned, and invigorated.

50 MINUTES \$95 80 MINUTES \$149

🌿 **REVEAL PEEL** Our lactic acid peel improves skin texture and evens out skin tone, instantly brightening and revealing smooth, radiant skin. (For best results, a series of six is recommended.)

25 MINUTES \$80 50 MINUTES \$115

SERIES OF SIX, 25 MINUTES EACH \$420

🌿 **DEEP-CLEANSING BACK TREATMENT** Known as a "facial for the back," this treatment involves deep-pore cleansing and steam to lift out impurities, followed by a detoxifying mask, gentle extractions, and then hydration with a moisturizer, leaving your back revitalized, renewed, and glowing.

50 MINUTES \$115

🌿 **OPIO FACIAL (AGES 14-17)** Rejuvenation begins with a deep cleansing, gentle extractions, and a healing mask followed by the application of an appropriate serum and/or moisturizer. At-home skin care education and recommendations will help prevent recurring problems and give any teen a head start on skin care.

50 MINUTES \$95

🌿 **REFRESHER FACIAL** For those who are on the go or who want an introduction to our skin care treatments. This facial includes cleansing, mask, toning, and moisturizing (no extractions).

25 MINUTES \$59

🌿 **SUNLESS SPRAY TANNING** The perfect way to have an excellent tan all year long without damaging your skin, our tanning solution is delivered through an airbrush system, which allows for a customized tan.

25 MINUTES \$50

Please ask about our seasonal facials

🌿 **WAXING SERVICES**

Brow	\$20	Chin	\$20
Cheek	\$20	Lip	\$20
Face (Brow, Cheek, Chin, Lip)	\$70		
Half Leg	\$50	Full Leg	\$80
Chest	\$65	Back	\$80
Half Arm	\$35	Full Arm	\$50
Bikini	\$40	Brazilian	\$65
Underarm	\$30		



BODY WRAPS

Body wraps help your body balance itself by relieving muscle tension and promoting natural detoxification and hydration.

🌿 **MILK AND HONEY BODY WRAP** A gentle dry brush exfoliation will prep your skin for a full-body application of this hydrating body wrap that contains an exotic blend of coconut milk, raw honey and exotic nut extracts containing a rich source of natural anti-oxidants and a bounty of nutrients to revitalize, moisturize, and balance the skin. Finish with a nourishing body butter body application for soft and replenished skin.

50 MINUTES \$115

🌿 **OCEANIC WRAP** Eliminates impurities from the skin by beginning with a dry brush exfoliation, followed by a wrap, finished with a full-body application of lotion, leaving skin blissfully soft.

50 MINUTES \$115

🌿 **FOAMING SEAWEED BODY WRAP** Begin with an exfoliation, then have your body enveloped in a self-heating seaweed mud that provides instant relaxation for tired, fatigued muscles. This treatment is finished with a full-body lotion application.

80 MINUTES \$170

🌿 **BOTANICAL VITALITY WRAP** This botanical blend will leave the mind and body in perfect harmony. Your skin will be renewed with our body peel using salicylic beads and flower extracts, then energized as you are enveloped in a full-body mask that includes vegetable and herbal extracts to moisturize and reduce inflammation. Finish with a full-body application of an anti-aging body cream, leaving the skin silky and smooth.

80 MINUTES \$170



WATER THERAPIES

Hydrotherapy is a European tradition of “taking of the waters.” Underwater hydro jets work in conjunction with the physical properties of temperature and pressure. Therapeutic and relaxing for mind and body.

🌿 **BABASSU MILK BATH** Enjoy the soothing and cleansing effects of this luxurious buttermilk bath.

25 MINUTES \$80 50 MINUTES \$115 (INCLUDES 25-MINUTE MASSAGE)

🌿 **BALNEOTHERAPY** This seawater bath soothes muscles and enhances relaxation for your body and spirit.

25 MINUTES \$80 50 MINUTES \$115 (INCLUDES 25-MINUTE MASSAGE)

🌿 **CALIFORNIA GRAPE-SEED TEA BATH** Renew your body and soul while you soak in this healing antioxidant grape-seed bath.

25 MINUTES \$80 50 MINUTES \$115 (INCLUDES 25-MINUTE MASSAGE)

BODY EXFOLIATING TREATMENTS

A Vichy shower is a wet treatment using multiple showerheads to allow water to cascade above the treatment table onto the client to induce relaxation. A Swiss shower is used with the Lime and Salt Body Refresher.

🌿 **GRAPE-SEED SCRUB** This effective anti-aging scrub begins with a full-body cleansing using a fragrant shower gel, followed by a grape-seed full-body polish. Finish with a grape-seed oil and/or lotion application.

50 MINUTES \$115

🌿 **MANGO GINGER SUGAR POLISH** Pure ginger oil helps stimulate and warm the skin, as the use of organic sugarcane, mango, and seaweed extract polish the skin. Hydrate with a mango body butter application.

50 MINUTES \$115

🌿 **MILK AND HONEY SUGAR SCRUB** Restore that fresh healthy glow with this extraordinary treatment that uses coconut milk and Fijian dark honey. Rich in antioxidants, honey helps regenerate damaged tissue and improves skin tone and elasticity. Enjoy a gentle exfoliation with coconut milk and raw cane sugar. Finish with a coconut milk and honey body butter application to nourish, protect and hydrate your skin.

50 MINUTES \$115

🌿 **TAHITIAN BODY SCRUB** This Tahitian treatment begins with a natural loofah cleanse. Feel the sensation of five showerheads streaming warm water head to toe as a natural and earthy exfoliation is applied. Finish with a luxurious application of our nourishing body butter.

50 MINUTES \$115

🌿 **LIME AND SALT BODY REFRESHER** Refresh your body and mind with this vigorous body scrub. The combination of coarse sea salt infused with lime and vanilla extract leaves your skin with a healthy glow. Finished with a Swiss shower rinse.

25 MINUTES \$80



RITUALS

These rituals have been specifically designed for you using the most beneficial, healing, and natural ingredients available, providing you with a euphoric spa experience. An 18% gratuity is automatically added to each Ritual service.

🌿 **ANCIENT OCEANS RITUAL** Beginning with an exfoliation to prepare you for this cleansing experience, the body is then enveloped with a warm, aromatic body gel that combines trace minerals from seawater with essential oils such as lavender, ylang ylang, sandalwood, basil, and sage. Then, relax in our hydrotherapy tub, remineralized with our seawater bath. The experience is completed with a blissful massage.

140 MINUTES \$275

🌿 **INARA RITUAL** A completely organic body experience that employs ingredients from the Southeast Amazon, featuring oil from fruit kernels of the babassu palm, beginning with a sugar rub that melts into the skin, leaving it deeply moisturized, followed by a fragrant babassu buttermilk bath. After the bath, you are wrapped in a body mask infused with babassu body crème, and receive a scalp massage. An invigorating Swiss shower removes the body mask, ending with a full-body massage using the babassu body oil.

140 MINUTES \$275

🌿 **EGYPTIAN GOLDEN RITUAL** Inspired by Egyptian rituals, each phase immerses you in the delicate combination of golden mineral dust and Egyptian chamomile, beginning with a gentle exfoliation, followed by an invigorating Swiss shower. Next, a warm cocoon moisturizes and remineralizes every inch of your skin as your scalp and feet are massaged. Then relax in a sparkling bath. When you emerge, gold-flecked body oil is massaged into your skin and you are lightly feather-dusted with a luminous golden powder.

140 MINUTES \$275

🌿 **TROPICAL CATAMARAN RITUAL** Inspired by the natural beauty of Southeast Asia, a head-to-toe exfoliating scrub sheds impurities and prepares you for a blissful soak in a coconut milk bath. Our botanical antioxidant body wrap is followed with a rinse in our 13-head Swiss shower, releasing all your stresses and tension, and finished with a full body massage, leaving you replenished and relaxed.

140 MINUTES \$275

NAIL CARE THERAPIES

☛ **REJUVENATING CITRUS MANICURE** An exfoliation and paraffin mask rejuvenate, deeply hydrate, and help restore skin. Finished with an essential-oil-infused hand and arm massage, then a perfect polish of the nails.

50 MINUTES \$65

☛ **CALMING SEA PEDICURE** An exfoliation process using beach sand, quartz crystals, and sea salt is followed by a rejuvenating marine-algae foot mask and a pampering foot and calf massage. Finished with cucumber heel therapy to relieve dry, cracked heels and a perfect polish of the nails.

50 MINUTES \$75

☛ **CLASSIC SPA MANICURE** The classic manicure for clients on the go. A 25-minute manicure to reshape the nails, nurture the cuticles, and massage moisture into the hands. Finished with a fresh coat of enamel.

25 MINUTES \$45



HAIR CARE AND MAKE-UP

☛ Women's Haircut and Style

☛ Men's Haircut and Style

☛ Shampoo and Style

☛ Updo

☛ Bridal Style

☛ Color Treatments (all include style)

☛ Color

☛ Full Highlights

☛ Partial Highlights

☛ Corrective Color (requires consultation)

Please call for individual pricing

☛ **RESTORATIVE TREATMENT** Instantly hydrate and improve the condition of damaged, color-treated, or processed hair without weighing it down. Fortifying, rebuilding, and nourishing, this treatment leaves hair shiny, silky, and manageable.

TREATMENT \$50 ADD STYLE AND BLOW-DRY \$80

☛ **AROMABEAUTY TREATMENT** This treatment invigorates the hair and scalp with a shampoo that exfoliates and oxygenates. An application of a customized conditioner and a choice of an aromatherapy essential oil is applied all over to moisturize, strengthen, and protect the hair all at once.

TREATMENT \$50 ADD STYLE AND BLOW-DRY \$80

☛ **MAKE-UP APPLICATION** \$50

☛ **BRIDAL APPLICATION** \$75



HOW TO SPA AT THE CATAMARAN SPA

🌿 APPOINTMENT SCHEDULING

In order to ensure the widest selection of services and times, we highly recommend that you schedule all spa appointments a minimum of two weeks in advance for weekday bookings, and two to four weeks in advance for weekend or holiday bookings.

🌿 APPOINTMENT CANCELLATION

If you cannot keep your appointment, a 24-hour change or cancellation notice is required to avoid being charged. All no-show appointments will be charged in full. Group reservations are subject to contractual agreement.

🌿 ARRIVING LATE

Arriving late will limit the time of your treatment, thus lessening its effects, and your pleasure. Your treatment will end on time so the next guest will not be delayed. The full value of your treatment will be applied.

🌿 GIFT CARDS

You may purchase Gift Cards for a dollar amount. They can be used at the Spa for services or retail, at The Atoll, or for overnight accommodations at the Catamaran Resort Hotel and Spa.

🌿 WHAT TO BRING

We provide you with a locker room full of vanity amenities including a robe and sandals. For the treatments, you disrobe to your comfort level. Bathing suits are required for all hydrotherapy treatments.

🌿 WHAT TO LEAVE AT HOME

We ask that you do not bring cell phones or pagers into the Spa. Alcohol is not permitted in the Spa and is not recommended before or after a treatment. We also recommend that you do not bring jewelry or valuables to the Spa. A locker is provided for your clothing and other personal items.

🌿 GRATUITIES

Gratuities are a matter of personal discretion; they should reflect your level of satisfaction with our services. An 18% gratuity is automatically added to Rituals and Packages.

🌿 WHAT TIME TO ARRIVE

We invite you to use the facilities, including herbal infused steam room, sauna, and fitness facility, before and after your spa treatments. We will have a relaxation lounge for you to enjoy. We ask that you arrive at least 30 minutes prior to your first treatment time; this will allow you ample time to check in, shower, and prepare for your treatment.

🌿 COMFORT LEVEL DURING THE TREATMENTS

During all treatments, the only area of the body that is not completely draped is the area being worked on. If at any time during your treatment you are not completely comfortable, whether it is the pressure of the massage or the volume of the music, simply let the service providers know. This is your time and the service providers are here to make sure your experience is everything that you want it to be.



All prices, services, and hours of operation are subject to change without notification. Our reservationists are here to assist you in planning the spa experience that best suits your individual needs. Please call to confirm current rates, services, and hours of operation.

Pregnancy: If you are pregnant, you may want to avoid treatments using deep pressure as well as hydrotherapy and treatments involving heat. Also, please notify our spa reservationists of your pregnancy when booking your treatment.

All guests 16 years and over enjoying treatments will have complimentary use of all spa facilities during their spa day and enjoy full, unlimited access to our fitness facility, private lockers, spa robe and sandals, and vanity amenities. During your spa day, you also have use of the steam room, sauna, and resting area with complimentary fruit, water, and tea.