

SAN DIEGO'S ONLY  
BEACH FRONT SPA

*The  
Palamaran Spa*

RELAX

REVITALIZE

REFRESH

REJUVENATE

RESTORE BALANCE

## WELCOME TO THE CATAMARAN SPA

Located in the Catamaran Resort Hotel and Spa

*A Truly Unique Spa Experience* — from its gorgeous waterfront location to its innovative treatments that can't be found anywhere else.

Inspired by South Pacific and Asian healing traditions, treatments feature marine and botanical-based products. The Catamaran Spa offers a complete line of massages, facials, body wraps, Vichy shower, and hydrotherapy treatments. We also offer nail treatments, hair care, styling, makeup application, and bridal hair and makeup in our salon.

The Spa's outdoor whirlpool offers breathtaking views of Mission Bay, while the fitness center has an outdoor patio overlooking the water with cardio and strength training equipment. Guests can also enjoy seasonal yoga outside on the lawn or relax in the hotel's beach cabanas or pool area.

*The  
Catalamaran Spa*



## 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 | 80 MINUTES

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

25 MINUTES – Target Massage | 50 MINUTES | 80 MINUTES

**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 – Target Massage | 50 MINUTES | 80 MINUTES

**MUSCLE & JOINT MASSAGE** Enjoy this advanced massage using Chinese herbs to increase circulation and relieve soreness. Gua Sha, a gentle scraping of congested muscles using a jade stone, detoxifies and replenishes the whole body.

50 MINUTES | 80 MINUTES

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

50 MINUTES | 80 MINUTES

**PRENATAL MASSAGE** Prenatal massage encourages relaxation and focuses on reducing the stresses your body encounters during pregnancy. *(Last 2 trimesters only)*

50 MINUTES



## MASSAGE

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

25 MINUTES (FEET ONLY) | 50 MINUTES (HEAD, HANDS, FEET)

**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 | 80 MINUTES

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

80 MINUTES

**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

**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

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

25 MINUTES

## SKIN CARE THERAPIES

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

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

50 MINUTES | 80 MINUTES

**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

**ANTI GRAVITY FACIAL** Micro-current technology lifts, firms and contours your jawline, cheeks and eye areas. Notice a visible difference after just one treatment with the FDA-cleared hand held device for facial toning and stimulation.

80 MINUTES

**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 | 80 MINUTES

## SKIN CARE THERAPIES

**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

**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

**REFRESHER FACIAL** For those on the go or who want an introduction to our skin care treatments. This facial includes cleansing, mask, toning, and moisturizing.

25 MINUTES

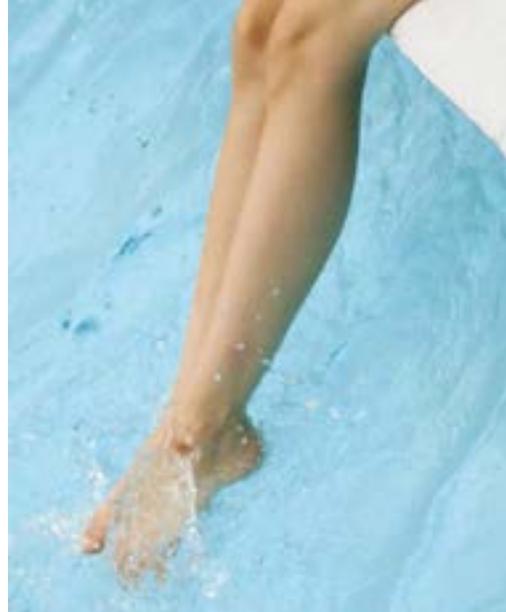
**SUNLESS SPRAY TANNING** The perfect way to have an excellent tan all year long without damaging your skin. Our tanning solution is delivered through an airbrush system, which allows for a customized tan.

25 MINUTES

### WAXING SERVICES

Brow | Chin | Cheek | Lip  
Face (Brow, Cheek, Chin, & Lip)  
Half Arm | Full Arm  
Underarm

Bikini | Brazilian  
Half Leg | Full Leg  
Chest | Back



## BODY WRAPS

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

**MILK & 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 antioxidants and a bounty of nutrients to revitalize, moisturize, and balance the skin. Finish with a nourishing body butter application for soft and replenished skin.

50 MINUTES

**GINGER DETOX WRAP** Gentle massage with a warm herbal poultice, which contains dilo leaf, noni, ylang ylang, ginger root and rosemary leaf to start the detox process. Next, impurities and dead skin cells are gently lifted from the skin during a wrap using dilo nut exfoliant and ginger root masque mixture. Enjoy a Fijian scalp treatment as you drift away to islands unknown. After an exhilarating Swiss shower, melt away the tension with an herbal fusion body oil application.

80 MINUTES

**DILO RESCUE WRAP** Rescue sun-parched and irritated skin with this moisturizing and replenishing wrap, which uses a cooling, soothing dilo gel containing dilo, virgin coconut oil, aloe vera, lavender and vitamin E. Following the wrap, enjoy a Swiss shower and a dilo rescue body butter application.

50 MINUTES

**BOTANICAL VITALITY WRAP** This botanical blend will leave the mind and body in perfect harmony. Your skin will be renewed with our exfoliant and then energized as you are enveloped in a full-body mask that includes a cocktail of several fruit acids and salicylic acid. Finish with a full-body orange blossom lotion application, leaving the skin silky smooth, and hydrated.

80 MINUTES

## 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 the mind and body.

**MILK BATH** Enjoy the soothing and cleansing effects of this luxurious milk bath.

25 MINUTES | 50 MINUTES (INCLUDES 25-MINUTE MASSAGE)

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

25 MINUTES | 50 MINUTES (INCLUDES 25-MINUTE MASSAGE)

**DETOX SOAK** Using powerful Chinese herbs including burdock, ginseng, and dandelion roots, this soak detoxifies and relaxes the body.

25 MINUTES | 50 MINUTES (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 lime and salt body polish.

**MANGO SUGAR SCRUB** Pure coconut oil helps heal and protect the skin, as the use of organic sugarcane and mango polishes the skin. Hydrate with a mango body lotion application.

50 MINUTES

**MILK & 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 sugar cane. Finish with a coconut milk and honey lotion application to nourish, protect, and hydrate your skin.

50 MINUTES

**STARFRUIT SUGAR SCRUB** This Fijian treatment begins with a natural loofah cleanse. Feel the sensation of five showerheads streaming warm water head to toe as a starfruit and raw sugar cane exfoliation is applied. Finish with a luxurious starfruit lotion application.

50 MINUTES

**LIME & SALT BODY POLISH** 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

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## RITUALS

These rituals have been specifically designed using the most beneficial, healing and natural ingredients available, providing you with a euphoric spa experience.

**ANCIENT OCEANS RITUAL** Beginning with an exfoliation and Swiss shower 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 with remineralizing, detoxifying seawater. The experience is completed with a blissful massage.

140 MINUTES

**GUAVA ANTI-AGING RITUAL** The amazing guava fruit is rich in essential vitamins and anti-oxidants. Begin with a guava and coconut oil sugar scrub followed by an invigorating Swiss shower. The body is then enveloped in a cocktail of fruit and salicylic acids which leaves the skin fresh and revitalized. Slip into a luxurious guava milk bath to relax. Finish the experience with a blissful massage using guava oil to lock in the moisture for perfectly hydrated and nourished skin. *(Not recommended for nursing mothers or guests with high blood pressure.)*

140 MINUTES

**TROPICAL CATAMARAN RITUAL** Inspired by the natural beauty of Fiji, a head-to-toe milk and honey exfoliating scrub...An invigorating Swiss shower prepares the skin for a soothing milk and honey wrap. Then, step into a coconut milk bath and soak away all your stress and tension. Finish with a milk and honey massage for the ultimate in hydration and relaxation.

140 MINUTES

## NAIL CARE THERAPIES

**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

**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

**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

**ADD SHELLAC TO A MANICURE**

25 MINUTES

**SHELLAC REMOVAL**

25 MINUTES

## HAIR CARE & MAKEUP

Women's Haircut and Style

Shampoo and Style

Men's Haircut and Style

Updo | Bridal Style

### COLOR TREATMENTS (all include style)

Color

Partial Highlights

Full Highlights

Corrective Color (requires consultation)

**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.

**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.

### ADD STYLE & BLOW-DRY TO ANY TREATMENT

### MAKE-UP APPLICATION | BRIDAL MAKE-UP APPLICATION

*Please call for individual pricing*



## 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 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.

## HOW TO SPA AT THE CATAMARAN SPA

**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 receptionists 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 representative 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.

## WHAT MAKES OUR SPA SPECIAL?



### SPA PACKAGES & PROMOTIONS

Stay connected with us on Facebook for seasonal specials and promotions.

### CLUB 95 GYM MEMBERSHIP

Locals can enjoy full spa access all year around with the Club 95 Membership. The fitness center provides exquisite men's and women's locker rooms with water, towels, saunas, steam rooms, showers, personal lockers and vanity stations. Other amenities include a relaxation room with infused water, tea and fruit; use of bay view whirlpool, hotel pool and beach cabanas. The Spa is also just steps away from the boardwalks along Mission Bay and the Pacific Ocean.

### SPA BOUTIQUE

Our boutique features all spa products used in our treatments so you can experience the same quality at home. We also have our own signature line of bath products and other unique gifts such as jewelry, clothes, candles and books.

### RESORT WATERSPORTS ACTIVITIES

Take your Spa Day to the Bay with one of our many activities offered at the resort. Seasonal Spa Packages include a stand-up paddleboard or beach cruiser rental. We also offer paddleboard yoga classes on the bay to complete a full day of wellness and renewal.





CATAMARAN  
RESORT HOTEL  
*and Spa*

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