

A rustic wooden bowl filled with pink Himalayan salt crystals and a small succulent plant with green, rounded leaves. The bowl sits on a weathered wooden surface. The background is softly blurred, showing more of the wooden texture and some greenery.

THE SPA

FASHION ISLAND HOTEL



*change is good.
restoration is better*

Loosen up, restore, and ease into total relaxation—a day spent at The Spa at Fashion Island Hotel is a subtle way to make your soul smile.

Motivated by a passion for pampering, our highly trained therapists will honor your individual needs, customizing each treatment to deliver a luxurious and personalized experience.

Our menu of services features all-natural and paraben-free products designed for health, beauty and rejuvenation.

From our Lomi Lomi healing massage to the Papaya Purée Body Polish, we balance ancient and modern techniques to inspire rest, relaxation, and an undisturbed escape from reality.

So, go ahead, take a breather—then another one.

The Spa can't wait to soothe you.

**BEAUTIFULLY APPOINTED TREATMENT ROOMS | EUCALYPTUS STEAM ROOM
RELAXATION LOUNGE | RESORT-STYLE POOL | STATE-OF-THE-ART FITNESS CENTER
SPA CUISINE | SPA BOUTIQUE | COMPLIMENTARY VALET PARKING | GIFT CARDS**

MASSAGE

CLASSIC RELAXATION

This light to medium pressure Swedish massage uses long strokes toward the heart that increases blood and lymphatic circulation, calms the central nervous system, releases muscle tension and helps increase your body's performance.

60 minutes | 90 minutes | 120 minutes

DEEP TISSUE/SPORTS THERAPEUTIC

Tailored specifically to your preferences, a variety of massage, body work and stretching techniques are used to achieve desired results.

60 minutes | 90 minutes | 120 minutes

HAPAI PREGNANCY

Customized massage to address the delicate needs of the mother-to-be. Vitamin-rich organic Illipe Butter is generously applied to the body to help prevent and reduce stretch marks. This treatment is only for mothers in their second trimester to assist with alleviating aches, pain and fatigue.

60 minutes | 90 minutes

STONE THERAPY

This distinctive massage strategically places heated basalt stones over the entire body, radiating deeply into the muscles and balancing the body's Chi.

90 minutes

SHIATSU THERAPY

Traditional Japanese massage utilizing acupressure and stretching techniques while applying pressure to special points on the body. A holistic treatment, Shiatsu opens energy pathways to relieve stress and chronic pain while restoring physical vitality and emotional well being.

60 minutes

COUPLES ESCAPE

Couples may enjoy a customized massage together in the beautifully appointed couples suite. Choose from our Classic Relaxation or Deep Tissue Massage.

60 minutes | 90 minutes | 120 minutes

Stone Therapy available for an additional charge

BESPOKE IN-ROOM EXPERIENCE

Choose from any of our signature Spa Massages to enjoy from the comfort of your guest room. In-room services are available at an additional charge of \$40 per person during business hours and \$100 per person outside of business hours.

60 minutes | 90 minutes | 120 minutes

Excludes Stone Therapy

Massage Enhancements

REFLEXOLOGY

This treatment relieves tired soles and soothes foot tension. Reflexology stimulates nerve function, boosts circulation and eliminates toxins to jump start the body's energy.

30 minutes | 60 minutes

AROMATHERAPY

A luxurious enhancement to any massage, aromatherapy uses exquisite therapeutic-grade essential oils formulated with natural plant and flower essences. A brief consultation allows for the perfect selection of the most suitable aromatherapy blend based on your needs.

No additional time is needed for this enhancement.

HEAD & SCALP THERAPY

An exhilarating treatment for the head and scalp, a unique blend of Coconut, Noni, and Monoi hair products are used to restore suppleness and softness to the hair.

15 minutes

SIGNATURE ISLAND BACK POLISH

Renew and revitalize an area of the body that is seldom indulged. Add a luxury back exfoliation to complete your spa experience. Choose from an invigorating coffee espresso or the heavenly aroma of Hawaiian jasmine pikake.

30 minutes

Massage Rituals

LOMI LOMI

Hawaiian Lomi Lomi is a unique healing massage derived from early Polynesian settlers. Known as the *Loving Hands* massage, our talented therapists work gently and deeply into the muscle tissue with continuous flowing strokes to nurture the body.

90 minutes

BALINESE ISLAND ESCAPE

Enhanced with herbal preparations and traditional Balinese oil, this stimulating massage offers a rhythmic, relaxing and energizing experience.

60 minutes | 90 minutes

TRAVEL RECOVERY

Specifically designed for the on-the-go traveler, this signature ritual balances the body and revitalizes the mind. A medium-to-firm pressure massage is combined with a sequence of warming oils to sooth aches and pains and cooling oils to harmonize circulation. Eucalyptus and juniper oils diminish tension with a scalp massage.

60 minutes | 90 minutes

ISLAND VOLCANIC THERAPY

This refreshing and uplifting ritual begins with a full-body exfoliation to soften and cleanse the skin. Volcanic clay is then applied to cool and purify the body, and a stimulating foot and full-body massage further balances the mind, body and spirit. This treatment is ideal if you are looking to reenergize or detoxify.

120 minutes

ISLAND 'BOREH' REMEDY

A traditional ancient Indonesian treatment, Boreh is a centuries-old recipe that utilizes herbs and spices such as clove and ginger to aid with aches and pains. This spice blend is applied to the body to increase circulation and relieve tension. This sumptuous two-hour treatment finishes with a traditional Balinese massage.

120 minutes

FACIAL THERAPIES

ISLAND SIGNATURE

Ideal for all skin types, this relaxing facial deeply cleanses, tones and hydrates the skin leaving the complexion purified and boosted.

60 minutes | 90 minutes

ANTI-AGING COLLAGEN

Dramatically improving the overall complexion by minimalizing the appearance of fine lines and wrinkles, this hydrating, age-detoxifying facial uses G.M. Collin® skincare products to restore moisture, leaving the skin hydrated and radiant.

90 minutes | 120 minutes

ORGANIC LIGHTENING

This invigorating, all-organic treatment brightens the complexion and revitalizes the skin's cellular activity for a refreshed and pure all-natural glow.

90 minutes

ACNE DEEP CLEANSING

Designed for breakout-prone skin, this treatment deep cleanses the skin, preventing reoccurring breakouts while maintaining a complete and harmonious balance.

60 minutes | 90 minutes

THE DIAMOND FACIAL

This anti-aging luxury facial uses the latest skincare technology to achieve opulent, flawless-looking skin. Visibly increasing radiance, texture elasticity and firmness, G.M. Collin skincare products leave your face velvety smooth.

60 minutes

GENTLEMEN'S FACIAL

Specifically designed with products tailored for a gentleman's complexion, this facial eliminates impurities and calms irritated skin, restoring vibrancy to areas affected by shaving and free radicals. It is recommended to shave a minimum of 4 hours prior to scheduled service.

60 minutes | 90 minutes

Facial Enhancements

GLYCOLIC PEEL

Ideal for those who want a deeper exfoliation, this enhancement involves a two-step process to reveal a brighter and more youthful complexion.

30 minutes

VITAL EYE TREATMENT

Extra attention is paid to the delicate eye area during exfoliation. A refreshing eye mask is applied, and a special eye massage technique is performed. Utilizing two unique eye serums, aestheticians use a Clarisonic Opal device for galvanic penetration, leaving the eye area infused with antioxidant protection while decreasing puffiness and dark circles.

30 minutes

NECK & DÉCOLLETÉ LIFT THERAPY

Revive and nourish the fragile skin on the neck and décolleté with deep exfoliation, instant firming mask, cooling collagen serum and golden ceramide formula that lifts and tones.

30 minutes

CALMING ALGOMASK

The G.M. Collin Algomask is a hydrating clinical treatment that creates a cooling effect on the skin to revitalize, moisturize and soothe, reducing the visible appearance of redness.

30 minutes

LIP REJUVENATION

A gentle micro-exfoliant restores the lips while collagen and hyaluronic acid soothes and hydrates, leaving lips plump and recharged.

15 minutes

Aesthetic Rituals

PAPAYA PURÉE BODY POLISH

This delicate and effective body polishing treatment unveils superb radiance through and through.

30 minutes

POLYNESIAN NONI & TAHITI MONOI POLISH

This traditional Polynesian preparation of Monoi made from crushed tiare blossoms, raw sugar, ground coconut powder and Noni fruit will regenerate skin and renew the spirit.

30 minutes

REVITALIZING & LIFTING LEG RITUAL

Relieve pain from tired legs and calves with this reviving and draining technique that uses natural active ingredients from the Chinese Pharmacopoeia. Your legs will feel instantly refreshed, light and revitalized.

30 minutes

ANTI-CELLULITE FIRMING BRAZILIAN TREATMENT

Inspired by a Brazilian ritual, this firming and contouring treatment combines caffeine (*known for its powerful slimming properties*) with a unique kneading technique to fight fatty cellulite on the legs, abdomen, hips and arms. This treatment concludes with a firming and purifying body wrap.

60 minutes

DRAINING & DETOXIFYING INDIAN SLIMMING TREATMENT

1,000 years old, this Indian body slimming treatment incorporates drainage techniques to help fight aqueous cellulite on the legs, hips and arms. This treatment begins with a warm body wrap of ginger and Lipcare (*a patented active slimming ingredient*) to maximize detoxification.

60 minutes

We recognize that each guest is unique. All of our treatments can be customized to meet your individual needs and deliver the benefits you seek.

NAIL SERVICES

SUPREME SIGNATURE MANICURE

by Margaret Dabbs of London

Experience a full range of Margaret Dabbs Fabulous Hands products with a dry manicure that finishes with a velvety hand exfoliation, anti-aging hand serum and a lower arm and hand massage.

45 minutes

SUPREME SIGNATURE PEDICURE

by Margaret Dabbs of London

Get long-lasting results with a full range of Margaret Dabbs Fabulous Feet products. This dry pedicure finishes with a superb exfoliation, relaxing foot bath and a hydrating foot massage.

60 minutes

SPORTS PEDICURE

by Margaret Dabbs of London

Proven to achieve long-lasting results, this doctor-approved pedicure treatment targets athletes in need of a refresh. A dry pedicure focuses on the nail bed, nail length and any foot concerns, utilizing an exclusive crystal file for a silky smooth finish. A foot soak, exfoliation and massage complete this treatment.

60 minutes

ISLAND SIGNATURE MANICURE

Our signature manicure includes nail shaping, cuticle care, a relaxing hand massage and expert polish application.

30 minutes

ISLAND SIGNATURE PEDICURE

Our classic pedicure includes buffing, nail shaping, cuticle care, exfoliation, a relaxing foot massage and expert polish application.

45 minutes

NAIL ENHANCEMENTS

French Enhancement Hands
French Enhancement Feet
Gel Manicure
Gel Pedicure
Gel Nail Removal
Paraffin Hand Treatment
Paraffin Feet Treatment
Polish Change Hands
Polish Change Feet



EXPRESS THERAPY

JET LAG QUICK FIX

A rejuvenating and energizing massage to assist your body in adjusting to a new time zone and work out any post-flight kinks.

30 minutes

POWER STRETCH

Reduce stress, and stretch the body to relieve underlying tension and aid in a restful night sleep.

30 minutes

ISLAND EXPRESS FACIAL

This express facial will leave the skin cleansed, exfoliated and moisturized.

30 minutes

HEALING HEAD, NECK, & SHOULDER

Dramatically reduce strain, pain and fatigue with this condensed all-in-one massage designed to loosen tight muscles and instantly ease tension.

30 minutes

We are committed to using products that contain only naturally-derived ingredients and are paraben-free.

WAXING SERVICES

The Spa uses a gentle wax for fast and effective hair removal.

FACIAL WAX

Eyebrow
Eyebrow Shaping
Chin
Ears
Lip

BODY WAX

Full Arms
Half Arms
Basic Bikini
Brazilian Bikini
Full Back
Full Legs
Half Legs
Underarms

TEEN SPA SERVICES

Special menu for guests ages 13 to 17

CLARIFYING TEEN FACIAL

Teens can say goodbye to blackheads and congested skin, and say hello to healthy, even and clearer-looking skin.

30 minutes | 60 minutes

EYEBROW SHAPING

Eyebrow shaping by an experienced aesthetician, utilizing a natural brow design.

30 minutes

COCONUT MANICURE

Delight in the aroma of coconut with this signature manicure.

30 minutes

COCONUT PEDICURE

Pure happiness that treats your feet and leaves your skin feeling soft and hydrated.

30 minutes

PACKAGES & SERIES

ISLAND BLISS PACKAGE

Lomi Lomi Massage
Island Signature Facial, Manicure and Pedicure
240 minutes

ISLAND INDULGENCE PACKAGE

Stone Therapy Massage
Anti-Aging Collagen Facial
180 minutes

URBAN ESCAPE PACKAGE

Deep Tissue Massage
Reflexology
90 minutes

THE WEDDING PACKAGE

Classic Relaxation Couples Massage
Signature Island Back Polish
90 minutes
Includes two complimentary glasses of champagne and chocolate-covered strawberries.

PRE-NATAL SPA EXPERIENCE PACKAGE

Organic Lightening Facial
Supreme Signature Pedicure
150 minutes

BRIDAL PARTY RETREAT PACKAGE

Celebrate before the big day with your friends and family. Choose from one of our luxurious spa services, and receive a complimentary bottle of champagne and an exclusive wedding gift.

Available for a minimum of four guests who spend \$155 or more per person.

We know how important it is to look and feel your best all year long and invite you to indulge with our Spa Series Program. Purchase a massage, facial or nail series, and enjoy a complimentary treatment (or two). Each visit will be recorded as part of your personalized series.

Does not include gratuity, is non-transferable, non-refundable and cannot be combined with any additional discount.

MASSAGE SERIES

Series of 8 | 60 minutes
Two complimentary 60-minute massages

Series of 8 | 90 minutes
Two complimentary 90-minute massages

FACIAL SERIES

Series of 5 | 60 minutes
Two complimentary 60-minute facials

Series of 8 | 90 minutes
Two complimentary 90-minute facials

NAIL SERIES

Series of 4 manicures
One complimentary manicure

Series of 4 pedicures
One complimentary pedicure



*Breathe deeply,
and relax*



*Renew, Refresh,
and Refocus*

SPA INFORMATION

How do I select the right treatment?

Our professional therapists will assist you in determining which treatment best meets your needs to ensure a relaxing experience.

When should I arrive for my treatment?

We recommend you arrive 15 to 30 minutes prior to your appointment. This will allow you time to become familiar with the facility and amenities, and settle into your relaxing spa experience.

What should I wear to the Spa?

A robe and sandals will be provided, along with a locker for you to change. You may wear any comfortable clothes of your choosing.

What should I wear for my treatment?

Most spa treatments are enjoyed without clothing, however you may wear whatever is comfortable for you. Our professional therapists are trained to discreetly protect your privacy at all times.

What about jewelry?

We advise you to remove all your jewelry prior to arriving at the Spa.

Should I leave a gratuity?

For your convenience, a 20% service charge will be automatically applied to all treatment prices. Should you wish to increase or reduce this amount based on your service satisfaction, please notify the spa ambassador. Envelopes are available at the Spa front desk for a cash gratuity.

Should I shave before spa services?

Shaving is not recommended prior to any waxing or facial services. Gentlemen receiving facial services are requested to shave a minimum of four hours prior to service start time.

What if I am late for my service?

Late arrival will limit the time allocated for your treatment. Appointments will end on time so the next guest will not be delayed. Full value will apply.

How much is parking if I am visiting for the day?

Complimentary valet parking is provided for all day spa guests not staying at the hotel.

Do I have access to the Spa facilities?

Yes. Spa guests receive complimentary access to facility amenities including the Eucalyptus Steam Room, Relaxation Lounge, resort-style Pool and state-of-the-art Fitness Center.

Quiet Consideration

Our environment is one of tranquility and relaxation. To respect the privacy of other guests, we request that all cell phones be turned off in the Spa.

Treatment Health Considerations

We ask that you notify your reservationist of any of the following health considerations when reserving appointments due to contraindications: pregnancy, pacemakers, medications, cancer (*chemo/radiation*), depressed immune system, diabetes, high blood pressure, burns, or any metal plating in the body.

SPA HOURS 8AM – 8PM

SPA APPOINTMENTS 949.760.4992



*delight all
your senses*



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