



## Island Breeze

Spa at the Sheraton San Diego

### HOW TO GET THE MOST OUT OF YOUR VISIT AT ISLAND BREEZE SPA

#### reservations

Schedule your appointments in advance to ensure your preferred treatment and therapist are available. Day-of and walk-ins are always welcome, based on availability. All reservations must be secured with a major credit card and telephone number.

#### take time

Give yourself plenty of time to enjoy the sauna or outdoor whirlpool prior to your services. This will relax and warm the muscles which will aid in the therapeutic benefits of all your treatments and services. We suggest arriving 30 minutes prior to your first service. Out of courtesy to our other guests, we ask that you please silence your communication devices prior to entering the spa, locker rooms, fitness and treatment areas.

#### shower

A quick shower just before your massage or treatment is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatment products.

#### cancellation policy

24-hour notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment, with full charges applied.

**ISLAND BREEZE SPA AT THE  
SHERATON SAN DIEGO HOTEL & MARINA**  
1380 Harbor Island Drive  
San Diego, California 92101

schedule an appointment — 619 692 2288

[IslandBreezeSpaAndFitness.com](http://IslandBreezeSpaAndFitness.com)

#### Other On-Site Activities

With so many on-site activities at The Sheraton San Diego Hotel & Marina, once you arrive, you won't want to leave. Activities include: a basketball court, tennis lessons, spa, jet skis, paddle boats, kayaks, sailboat rentals, charter fishing, whale watching, health club, three outdoor pools, jogging trails, bicycle rentals, and five restaurants to choose from.

#### Expedia Local Expert

Let our knowledgeable Expedia Local Expert™ team assist you with recommendations, dinner reservations, activities, and many other services. Just stop the Expedia Local Expert™ desk located in the lobby.

ext. 2216





SPORTS on



saving face



body language

## MASSAGE THERAPY

\*Hot stone treatment with massage has a \$10 additional fee

### swedish body massage\*

60 minutes \$95

Enjoy a relaxing and soothing massage while improving your blood circulation and muscle tone.

30 or 90 minutes \$55 | \$135

### sports massage\*

60 minutes \$105

Isolates specific muscle groups to release tension and over-worked muscles with intense deep tissue massage.

30 or 90 minutes \$60 | \$155

### shiatsu massage\*

60 minutes \$105

Direct pressure is applied to certain stress points and energy pathways to calm and reduce stress levels.

30 or 90 minutes \$60 | 155

### reflexology

30 or 60 minutes \$60 | \$105

Foot massage that targets the reflex areas that correspond to all of the body's organs and glands.

### aromatherapy massage\*

60 or 90 minutes \$105 | \$155

Combines massage with the use of essential oils and herbs that are applied to the skin for a calming and cleansing effect.

### ultimate deluxe massage\*

60 or 90 minutes \$115 | \$165

Allows you to incorporate different styles and techniques within your massage experience. Combine any number of our massages.

### waxing services

Lip, Chin, or Brow \$15	Full Leg \$70	Back \$55
Underarm \$25	Bikini \$40	
Half Leg \$40	Brazilian \$65	

Seasonal Poolside Chair Massages: \$20 for 15 minutes

Our facilities and services touch on every aspect of a comprehensive conditioning program. This includes massages, facials and rejuvenating, stress-reducing body treatments. Toning and sculpting options are available with state-of-the-art cardiovascular equipment and body machines.

## FACIALS

### classic european facial

60 minutes \$95

Professional products are chosen according to your skin type. Includes complete cleanse, exfoliation, steam, a relaxing face, neck, and shoulder massage and a customized mask that will leave your skin refreshed with a vibrant glow.

### classic european facial with ampoule

60 minutes \$110

A facial is performed (as above) plus a specific professional ampoule for your skin type to firm, smooth fine lines, soothe, and hydrate skin.

### marine instant beauty treatment

60 minutes \$125

A full classic facial is performed followed by an ampoule rich in vitamins and a peel mask. Skin is left youthful with a healthy glow.

### a la cart (with facial)

\$18

"For Your Eyes Only". An ampoule containing 100% marine collagen is applied around the eye contour that visibly diminishes fine lines.

### lip contour smoothing

\$18

Using the latest in high tech ingredients, a lip mask is applied to smooth and beautify the lip contour.

## BODY TREATMENTS

Wrap yourself in a world of well-being with a selection of full body treatments that include gentle skin exfoliation, immersion wraps, massage and moisturizing skin protection.

### rejuvenating body glow

60 minutes \$105

An aromatic exfoliating treatment for all skin types to help remove accumulation of impurities and to improve circulation while leaving the skin clean, soft and revitalized. A luxurious application of body milk is applied to nourish and hydrate the skin. An ideal treatment by itself or prior to massage or body treatment.

### marine detox wrap

60 minutes \$115

A rich seaweed is applied to problematic areas to improve skin's elasticity and to smooth and tone the skin. You will be wrapped in warm blankets while your skin soaks up all the beneficial algae, minerals and enzymes from the mask. As a final touch, an application of hydrating body milk is applied. Includes a relaxing neck massage.

### therapeutic mud wrap

60 minutes \$115

Relief for tired muscles and aching pains is found in this exquisite blend of organic black mud that is applied on problematic areas. The mud contains powerful anti-inflammatory extracts that are an excellent source of ingredients to also combat fatigue, relieve pain and fight jet-lag. Includes an anti-stress neck massage.

### apres soleil; after sun soothing wrap

60 minutes \$95

A solution for sunburned, damaged and dehydrated skin. A thick layer of soothing gel is applied all over the body, rich in organic green tea, aloe vera and water lily extracts to nourish and repair sun exposed skin. Includes a relaxing neck massage.