



THE SPA
AT THE SPORTING CLUB



SPA PACKAGES

just for you

Imagine a brief retreat, just for you. Breathe new life into your being and rejuvenate your soul with our exceptional spa treatment packages.

Rejuvenation

1.5 hrs. \$155 member/ \$170 non-member

- 25 minute Custom Calming Facial
- 25 minute Massage
- 25 minute Sea Salt Body Polish

Hiatus

1.5 hrs. \$155 member/ \$170 non-member

- 25 minute Core Conditioning
- 25 minute Massage
- 25 minute Custom Calming Facial

Invigoration

2 hrs. \$205 member/ \$225 non-member

- 50 minute Epicurean Facial
- 50 minute Deep Contouring Body Therapy

Pure Bliss

2 hrs. \$155 member/ \$170 non-member

- 50 minute European Massage
- 25 minute Island Castaway
- 25 minute Pacific Scalp Escape





Mind, Body, and Spirit

3 hrs \$245 member / \$260 non-member

50 minute Total Body Tone Using Free Weights
50 minute Signature Sports Massage
50 minute Rosemary Herbal Wrap
Lunch

The Spa's The Life

5 hrs. \$475 member/ \$495 non-member

For the spa-goer who wants it all but only has one day!
80 minute Diamond Renewal Facial
80 minute European Massage
50 minute Rosemary Herbal Wrap
25 minute Sea Salt Body Polish
Lunch

Group Journeys are available upon request.

SKIN CARE THERAPY

your skin care needs

The face is a reflection of the whole person. We have developed inspiring facial options to personally address your skin care needs and achieve vibrant, healthy skin.

Custom Calming Facial

25 minute - \$60 member / 65 non-member
50 minute - \$90 member / 100 non-member

Using skin type specific products this facial will produce a healthy radiant glow. If your concern is acne, rosacea, large pores, fine lines or wrinkles, dry or oily skin, this is the facial for you.

Alpha Beta Power Peel (MD Skincare)

25 minute \$80 member / \$90 non-member
50 minute \$110 member / \$120 non-member

INCLUDES A 30 DAY PEEL SYSTEM VALUED AT \$75:

25 minute \$140 member / \$150 non-member
50 minute \$170 member / \$180 non-member

This treatment instantly improves texture, firmness, and radiance. If your concern is acne, rosacea, large pores, fine lines or wrinkles, dry or oily skin, or simply an oily T-zone, this treatment will produce dramatic results. Should you choose to extend your treatment to 50 minutes, we'll follow your peel with a nourishing cocktail of antioxidant ingredients to improve firmness and elasticity. We then add a layer of Hyaluronic Gel to plump your skin and decrease fine lines, and top it off with a self-heating mask to enhance the penetration and maximize hydration. This active facial is the ultimate in skin repair!

Gentlemen's Facial

25 minute \$60 member / \$65 non-member
50 minute \$90 member / \$100 non-member

This facial is specifically designed for men to decrease skin's irritation from shaving. This treatment will hydrate, soothe, and leave skin smooth and refreshed. Please shave before treatment.

Epicuren Lifting Facial

50 minute \$115 member / \$125 non-member
80 minute \$135 member / \$145 non-member

This treatment starts with a deep-pore cleansing followed by a hot peel exfoliant and a double layer mask. We end this treatment with a skin rejuvenating application of Epicuren enzymes and treatment creams. Enjoy the visible results of refined texture and dramatically glowing skin!

Diamond Tome

25 minute \$105 member / \$130 non-member
50 minute \$130 member / \$155 non-member

This treatment is a wonderful alternative to laser or chemical peel as it is non-invasive and requires no healing time after treatment. It will leave your skin fresher and more youthful. Best results are seen following a series of treatments, although immediate results can be seen after the first session.



Silver Ion Facial

80 minute \$170 member / \$180 non-member

After a gentle steam and calming cleanse we massage microdermabrasion crystals and an antioxidant blend of lemon, lime, orange and grape seed oils to exfoliate and stimulate regeneration. A silver ion mask restores the electrical potential of the skin's surface to reduce inflammation and promote tissue healing. A Luxurious massage with a hydrating enzyme lotion moisturizes and heals.

Diamond Renewal Facial

80 minute \$190 member / \$205 non-member

Our most popular and result oriented facial therapy! This facial combines the best of our facial treatments! This facial aids in the diminishing of fine lines and leaves your skin supple and vibrant. You will see immediate results from the benefits of this facial therapy!

Retreat, indulge, rejuvenate, relax and enjoy...





B O D Y T H E R A P Y

for women

Rejuvenate the soul, renew the body, and escape into total body relaxation with our unique and indulgent Body Therapies.

Sea Salt Body Polish

25 minute \$55 member / \$60 non-member

A unique blend of sea salts are gently massaged over the body to enliven the skin cells and promote a delightful silky texture. After a rejuvenating rinse, a moisturizing veil of luxurious Epicuren lotion leaves your skin with a youthful, healthy glow.

Island Castaway

25 minute \$55 member / \$60 non-member

Your island transformation begins with a Papaya Pineapple body scrub to exfoliate your skin leaving it smooth and velvety. A warm coconut milk lotion is then slowly poured over your body and gently rubbed in. You may never want to be rescued!

Pacific Scalp Escape

25 minute \$40 member / \$45 non-member

Complement to any Spa Body Therapy \$25

Ease your tensions away with our deeply relaxing Scalp Escape. This pampering scalp massage and acupressure point treatment using fragrant oils of Kuikui and coconut will quickly transform you into a blissful state where all your tensions simply melt away.





Rosemary Herbal Wrap

50 minute \$90 member / \$100 non-member

Withdraw into a state of inner peace and calm as you transition into a euphoric state. Restore your skins vitality and balance with our botanical mask. As the warmth envelopes your senses, your skin will be left sumptuously silkened by this aromatic formula.

Island Retreat

80 minutes \$150 member / \$160 non-member

Escape to a tropical paradise with your very own Island retreat. Wonderfully fragrant Papaya Pineapple scrub unites with a botanical volcanic mask. During this indulgent skin polishing, your body is enveloped in warm aromatic linen while your scalp is deeply conditioned with Kukui coconut oil. Your treatment is concluded with a warm coconut rub down.

Deep Contouring Body Therapy

50 minutes \$110 member / \$120 non-member

Detox your body with this invigorating body facial. Herbal sea salts prepare your skin for a stimulating enzyme mask followed by a warm linen wrap. A cellulite contouring cream is then applied to repair and rebuild skin elasticity.

Body Therapies are for women only.

MASSAGE THERAPY

work away fatigue

Relieve stress, unwind, breathe deeply and relax as we work away fatigue, stimulate circulation, and relieve tension.

European Massage

*25 minute \$60 member / \$65 non-member
50 minute \$90 member / \$100 non-member
80 minute \$125 member / \$135 non-member*

This classic massage technique applies light to medium pressure and flowing strokes to restore harmony to mind, body, and spirit. A calming, soothing experience that relieves stress, improves circulation, and eases muscle aches.

Deep Tissue Massage

*25 minute \$80 member / \$85 non-member
50 minute \$110 member / \$120 non-member
80 minute \$145 member / \$155 non-member*

The focus of this strong and vigorous massage is to release tension in the core muscles of the trunk and limbs to relax tightness in the deep layers of the muscle. A variety of slow, deep strokes are used to help relieve chronic stress.

Mom-To-Be Massage

*25 minute \$60 member / \$65 non-member
50 minute \$90 member / \$100 non-member
80 minute \$125 member / \$135 non-member*

This soothing massage encourages relaxation and focuses on reducing the many stressors your body encounters during pregnancy including muscle tension and fatigue. Pre-natal massage is also highly beneficial for your baby, who will feel the relaxing effects of massage through the womb.

Signature Sporting Club Sports Massage

*25 minute \$80 member / \$85 non-member
50 minute \$110 member / \$120 non-member
80 minute \$145 member / \$155 non-member*

Tailored for sports and work out enthusiasts, our massage therapist uses therapeutic techniques targeting the areas impacted most by athletics. This method is combined with an application of Cooling Gel on problematic areas to improve circulation and eliminate swelling and aching. Perfect for revitalizing tired body parts!



Massage Enhancements

An extra special touch to any massage therapy!

Aromatherapy

These aromatic oils will gently take you deeper into relaxation and its therapeutic affects will linger long after the massage session is over.

Hot Stone Therapy

A special touch to any massage therapy \$20

Melt away muscle tension and soothe achy joints with the use of this extremely effective hot stone technique.

HOW TO SPA

for your appointment

Appointment Scheduling

In order to assure the widest selection of services and times, we highly recommend that you schedule all spa appointments approximately two weeks in advance. Children under the age of 18 are not permitted in the spa/fitness facility.

Appointment Cancellation

If you cannot keep your appointment, a 12 hour change or cancellation notice is required to avoid being charged. All no-show appointments will be charged in full.

Arriving For Your Appointment

Please arrive at the spa 30 minutes prior to the start of your treatment. This will allow ample time for you to check in, shower, and prepare for your first treatment. You are a "Member for the Day," so we invite you to come early or stay late and enjoy all of the benefits and amenities available to you. You have access to a state-of-the-art workout facility, cutting edge classes, outdoor pool and tennis, locker room amenities, steam, sauna, and Jacuzzi privileges.

Arriving Late

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

What To Bring

We will provide you with a locker room full of amenities, including a plush Sporting Club robe. For the treatment you are welcome to disrobe to your comfort level. During all treatments, all areas of the body will be completely covered except the area being treated.

What To Leave At Home

In order to ensure a serene environment for all of our guests, we ask that you do not bring cell phones or pagers into the spa. We also recommend that you leave jewelry and valuables at home. We are not responsible for lost or stolen items.

Health Considerations

Please notify your therapist if you have allergies, physical disabilities, are pregnant, or have any other health concerns. Therapies involving heat or peels are not recommended for pregnant women. However, moms to be are welcome to enjoy all other therapies.

Gratuities

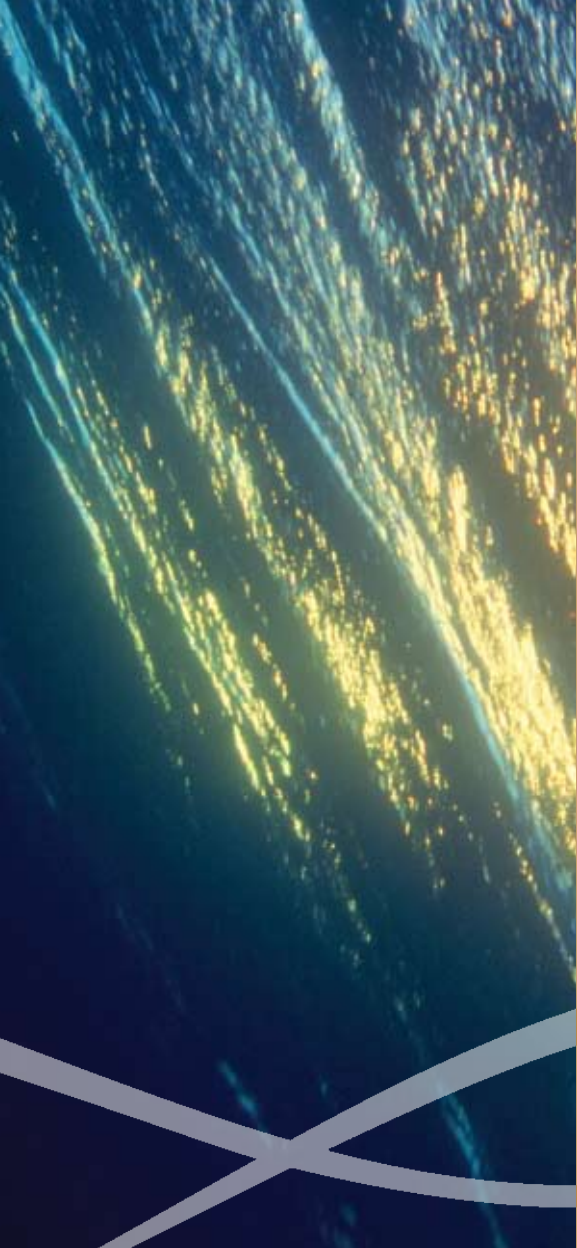
Gratuities are not included in the price of our services. They are a matter of personal discretion and should reflect your level of satisfaction with our services. Our spa concierge will be able to assist you with providing for your therapists.

Methods of Payment

We accept cash, MasterCard, Visa, or American Express. For your convenience, Hyatt Regency La Jolla guests may bill spa services to their room.

Parking

For your convenience, validated parking is available for all spa guests in the Hyatt parking garage for a maximum of 6 hours.





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