

## RESERVATIONS

Reservations are required and advance reservations are highly recommended. Call direct 619-918-0075 to speak with one of our Spa Therapy reservation agents. Please note that we do have a 2- hour cancellation policy. No shows or cancellations without a 2 - hour notice are subject to payment in full. Thank you for your consideration.

## HOURS OF OPERATION

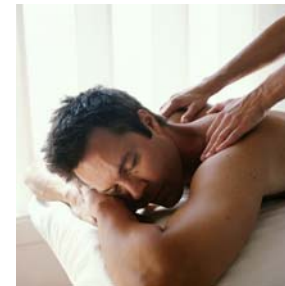
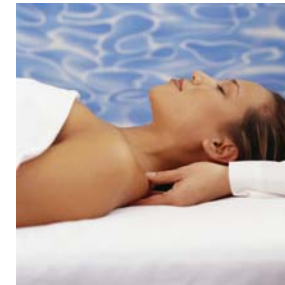
Our technicians are on-call from 8:00 am - 8:00 pm daily, including all holidays. Please note we are able to start our last appointment beginning at 8:00 pm. Other techniques and services available upon request; Pre-natal massage, sports massage and chair massage for meeting breaks or parties.

## GIFT CERTIFICATES

We would be delighted to assist you in selecting the perfect, personalized gift; birthday, wedding, bridal party, anniversary, graduation, holiday, employee reward, Mother's Day, Father's Day, thank you, or "just because" gift!



## *Spa Therapy Services*



2051 Shelter Island Drive  
San Diego, CA 92106  
Direct: 619-918-0075  
Hotel: 619-222-0561  
In House: Extension 301

*Spa Therapy*  
Best Western Island Palms Hotel & Marina  
2051 Shelter Island Drive  
San Diego, CA 92106  
Direct: 619-918-0075  
Hotel: 619-222-0561  
In House: Extension 301

## Massage Therapy

Renew the body, relax the mind, and revitalize the spirit with any of our rejuvenating massages. Melt all of your cares away on our soft, heated massage tables. Let the tranquil sounds of water falls, relaxing music, and the soothing scent of aromatherapy, take you away.

### Aromatherapy Delight

The most popular massage for pure relaxation and stress reduction. Enjoy an unforgettable sensory balancing experience, with a luxurious aromatherapy combination of your choice. Lavender/Orange, Lavender/Peppermint, Papaya/Mango or Eucalyptus/Sage. (Add \$10)

### Island Palms Signature Massage

A customized massage to meet your specific needs to include any of the following techniques. Swedish Massage Deep Tissue (90 minutes for full body), Sports Massage or Reflexology (full body massage with specific attention to your sore feet and hands, complemented with a refreshing Rosemary/Peppermint foot cream).

### Couples Massage

A special treat and a special time to relax and rejuvenate together. Enjoy a side by side massage with a friend, family member, or significant other, while two therapists perform simultaneous massages. (Guest Suite Only)

### Brown Sugar Massage

This elegant and luxurious massage combines creamy coconut milk, caramelized brown sugar and soft shea butter body cream. Contains vitamins C and E. (Add \$10)

### Vanilla Sugar Massage

Experience the warm cozy scent of vanilla, blended with soft shea butter and a sweet touch of sugar to soothe and delight your senses. Contains vitamins C and E. (Add \$10)

### Swedish Aloe Vera Massage

Sunburn? Dry skin? No problem. Feel the heat seep out of your sun burnt body and let the moisture melt in. Soft Swedish techniques are utilized with the use of exotic Hawaiian botanicals, containing vitamins A, B, C, and E, offering heavenly relief!

\* All Treatments..... 60 minutes.....\$85  
90 minutes.....\$120  
Aromatherapy...Add \$10  
Guest Room.....Add \$15

## Facials

No need to go anywhere. No walking, no driving, no inconvenience. Unravel from travel and let one of our highly skilled professionals pamper you in the comfort of your guest room or in our on site treatment room. Available for men and women.

### Island Palms Signature Facial

Rejuvenate your complexion with a facial that brightens skin and clarifies complexion. Great for any skin type. Cleansing and customized masques specifically meet the needs of your skin type.  
60 minutes...\$120

### Gentleman's Facial

This facial addresses the prevention and treatment of ingrown hairs and sensitive skin. This anti-stress facial with massage, will give you the edge.  
60 minutes....\$120

### Back Facial

This very relaxing facial cleanses the back and neck. Melt all your cares away with the application of soft steamed aromatic towels, an exfoliating mask, concluded with a soothing back massage that will leave you with a feeling of peace and renewal.  
60 minutes....\$120

### Bay Breeze Deluxe Facial

Our enhanced version of the premier European-style facial. After cleansing and an enzymatic scrub, we detoxify and clarify skin with a fruit based exfoliant. Next, we apply warm aromatic towels and aloe to soften and hydrate, followed by extractions and a shoulder and facial massage. Concluded with a soothing hand, foot and leg massage.  
90 minutes...\$160



## Wedding Services

Let us make you and your bridal party look and feel beautiful on one of the most important days of your life. Our team of experts will coordinate hair and make up that keeps you in your comfort zone with fresh, natural, camera ready styles. The best part is that we will coordinate all of this by bringing the spa directly to you in the comfort of your guest room.

### Hair Styling

Bridal Style.....from ..\$100  
Bridal Party (each) .....from \$80  
Flower Girl.....max \$35  
Bridal Hair Consultation.....\$75

### Make-Up

Bride Makeup .....\$95  
Bridal Party (each) .....\$75  
Flower Girl .....max \$35  
Bridal Make-Up Consultation....\$75

### Manicure and Pedicure

Spa Manicure: 30-45 minutes.....\$45  
Spa Pedicure: 30-45 minutes.....\$55

### Waxing

Eyebrow.....\$25  
Chin.....\$20  
Lip.....\$20  
Underarm.....\$30  
Bikini.....\$45  
Brazilian.....\$75  
Half Leg.....\$55  
Full Leg.....\$75  
Arms.....\$45

**(\$75 Minimum per all appointments)**