

# kin spa

menu of spa services

the soul  
of the sea  
the spirit  
of the spa



## kin spa

The antidote to long lines and laugh lines, boring meetings and dull complexions, sleepless nights and shoulders up to your ears. KIN Spa was created as a haven from the everyday stresses of modern life.

Luxurious surroundings and inspiring views of San Diego Bay and the sparkling Pacific set the scene for a transformative experience. Choose from a menu of personalized treatments, advanced skincare techniques and relaxing massages to reduce stress and restore vitality.

Emerge with a fresh face, a renewed energy, and a relaxed body. In a word, glowing.

## massage

Feel the stress and tension of everyday life melt away under the capable hands of our massage therapists.

### swedish – 60/90 minutes

Unwind with our most popular massage, combining the three basic techniques of long-firm strokes, kneading and small circles. Reduce tension, soothe sore muscles, increase circulation and induce total relaxation.

### hot stone – 60/90 minutes

The soothing weight and radiant warmth of river stones penetrate muscles to induce the body into deepest relaxation.

### reflexology – 60/90 minutes

Stimulate the body's natural healing process with this ancient technique. Reflexology applies pressure points on the hands and feet that correspond directly to other areas of the body and various organs, providing a sense of peace and renewed balance. We start your reflexology with a gentle foot scrub made with 16 different size particles, which are specially ground flat to gently exfoliate rough dry skin on the feet.

### couple's massage – 60/90 minutes

Slip into the easy luxury of time spent perfectly together. You're treated to side-by-side massages customized to your individual specifications. Choose from Swedish, Reflexology or Therapeutic massage.

**therapeutic** – 60/90 minutes

Release chronic pain and muscle tension with a session tailored to your specific needs. Deep tissue and acupressure techniques realign, improve flexibility and freedom of movement.

**energy balancing** – 60/90 minutes

Free unwanted stress and tension with this less traditional light touch massage that increases circulation and lowers blood pressure. Drawing from your therapist's healing energy, you will achieve a deep state of peace and balance while revitalizing and nourishing the physical body.

**mother's massage** – 60/90 minutes

Nourish the body and soul with this relaxing massage designed to relieve the discomfort of pregnancy. Support cushions are used as needed. We can perform prenatal massage in the 2<sup>nd</sup> or 3<sup>rd</sup> trimesters only.

**poolside retreat** – 60/90 minutes

Delight in an outdoor massage under a private cabana overlooking the beautiful San Diego Bay. Singles and couples alike will find this to be an unforgettable escape. Choose from Swedish or Therapeutic massage.

## body revelations

Reveal the purity of your skin by adding a body scrub to your massage and enjoy softer, smoother and more receptive skin.

### traditions – 25 minutes

Old World tradition meets modern technology. State-of-the-art Tri-Crystal Microdermabrasion technology combines sea salt, sugar and magnesium oxide crystals to give you the delicate, hand-applied exfoliation of a full body Microdermabrasion but in an application of a traditional salt scrub. This treatment features the unique “Hydra Shield” formula that intensely moisturizes the body and then seals it in resulting in unbelievably silky, glowing skin.

### geranium grape seed body scrub – 25 minutes

A ‘facial quality’ body exfoliation treatment that contains crushed Grape Seeds, known for their high concentration of antioxidants, to exfoliate and rejuvenate the skin.

**pineapple papaya body scrub** – 25 minutes

The same facial quality of the Grape Seed Body Scrub but with Pineapple Papaya Enzymes added to further exfoliate and moisturize the skin.

**satsuma tangerine body scrub** – 25 minutes

This body exfoliating treatment utilizes a body scrub containing finely crushed apricot, walnut and almond shells. This moisturizing scrub will leave your body unbelievably soft.

**cinnamon nutmeg body scrub** – 25 minutes

A naturally luxurious scrub containing the aromatic spices of cinnamon and nutmeg along with sweet almond, jojoba and Shea butter.

## body treatments

Exfoliating, moisturizing, revitalizing. Get that spa glow and indulge every inch with our luxurious botanical wraps and scrubs.

### lemongrass & sea enzyme body wrap – 90 minutes

Matching Facial – Tranquility

Start with a full body Mandarin Orange Body Scrub containing apricot and almonds to make your skin smooth and more receptive. Follow with a body wrap made with Lemongrass, to stimulate mental clarity and uplift your spirits, and Seaweed Algae, nature's most complete source of nutrition. The final step is a moisturizing session with our Lemongrass lotion.

### baja & beyond body wrap – 90 minutes

Matching Facial – Artisan Facial

Your journey begins with a tantalizing Mandarin Orange Body Scrub containing apricot and almonds. You are then wrapped in moisturizing and antioxidant-rich Avocado blended with Bergamot & Lime to deeply moisturize and revitalize your body, mind and spirit. Your final destination is a deep moisturizing session with California's own Orange Blossom lotion.

**gold coast body wrap** – 60/90 minutes

Matching Facial – Gold Coast

Propolis, indigenous to the Brazilian rainforest, is naturally high in antioxidants, extremely healing and deeply moisturizing. In this innovative treatment, we apply this magical elixir to your skin and then wrap your body for complete absorption. After the wrap, warm Coconut Milk is poured over your entire body and gently massaged in to further seal in the unique healing properties of the Propolis.

**costa del sur** – 60 minutes

Matching Facial – Costa Del Sur

Made from the legendary Noni plant which is known for its healing properties, this is the perfect after sun treatment. This healing elixir is gently applied and your body is then wrapped to enhance absorption. After the wrap, warm Coconut Milk is poured and massaged gently into your entire body.

### spice trader mud mask – 90 minutes

#### Matching Facial – Spice Trader

Start with a spicy, aromatic Herbal Spice Body Scrub followed by an application of our enchanting mud mask containing mineral-rich Indian Springs Clay and aromatic Chai Tea. Finish with a Vanilla Bean moisturizing session to detoxify and revitalize body and mind while at the same time adding valuable nutrition to your skin.

### the lava flow – 90 minutes

#### Matching Facial – The Lava Flow

The ritual begins with a spicy, aromatic Geranium Body Scrub followed by an application of our mask made from two of nature's most powerful detoxifiers, Volcanic Ash and China Clay, which are both blended with a botanical elixir containing Lavender, Mandarin, Rosemary, Sage, Licorice, Helichrysum and Noni. Finish with a Vanilla Bean moisturizing session to detoxify and revitalize your skin.

### silk road – 90 minutes

#### Matching Facial – Traditions

Awaken your senses with our full body Tri-Crystal Microdermabrasion Body Scrub for the ultimate in exfoliation, leaving your skin super smooth and supple. Your body is then misted with Rosemary Essential Oils to stimulate the skin and awaken the mind, followed by a moisturizing session with our invigorating Rosemary lotion.

## just for men

Enhance your active lifestyle with a massage or body treatment tailored to help your body relax and perform to its utmost.

### fairway warrior – 60/90 minutes

Matching Facial – Chairman of the Board

From the professional golfer to the weekend warrior they all have one thing in common - tired, sore muscles. The experience begins with an Old-Fashioned Liniment Rub to soothe aches and pains. Then melt away with a sports massage.

### old world traditions – 90 minutes

Matching Facial – Alpha Male

Old World tradition meets modern technology. Your experience begins with a Tri-Crystal Scrub that combines Dead Sea Salt, Sugar from Sugar Cane and Magnesium Oxide Crystals for a stimulating exfoliation. You are then given a Classic Liniment Rub down to enliven both your body and mind. Top this off with a sports massage using a sport lotion to melt away your tired and sore muscles.

### the back nine body wrap – 60/90 minutes

How many times have you been on the leader board going into the back nine, and your game starts to fade away? You take lessons, buy a new driver and work on your swing but nothing seems to help. How about taking care of the most important piece of equipment in a golfer's game - your body? This unique body wrap will melt away your sore, stiff, tired muscles and get you ready for your next round.

## facials

Re-energize your skin, remove toxins and re-store essential moisture with our relaxing, invigorating facials.

### artisan facial – 90 minutes

Matching Body Treatment – Baja & Beyond Body Wrap

Let our Facial Artisans create a facial made especially for your unique skin. By using their entire palette of skin care products including Alpha Lipoic, Pro Collagen III Amplifier and Metabolic Enzyme, they will design a personalized treatment just for you.

### tranquility facial – 60/90 minutes

Matching Body Treatment – Lemongrass & Sea Enzyme Body Wrap

Our collection of seaweed and algae—rich in sea enzymes, essential minerals and vitamins—will recharge your skin's bioelectrical and nervous systems. Our warm energizing Green Tea and Ginger mud mask is delicately blended to balance the body's yin and yang.

**gold coast facial** – 60/90 minutes

Matching Body Treatment – Gold Coast Body Wrap

Pure golden nectar from the honey bee—called Propolis—is carefully harvested in the Brazilian rainforest. Rich in unique antioxidants and 27 different bioflavonoids, Propolis is reknowned for its unique anti-aging properties. Your skin will be left smooth, soft and deeply hydrated with an incredibly healthy glow.

**the lava flow facial** – 60/90 minutes

Matching Body Treatment – The Lava Flow

This gentle yet cleansing facial combines a blend of nature's most powerful detoxifiers: Volcanic Ash and China Clay. This holistic treatment also delivers a natural blend of Lavender, Mandarin, Rosewood, Noni and more, leaving your skin feeling revitalized and tightened. This unique combination is excellent for clearing acne-prone skin.

### spice trader facial – 60/90 minutes

Matching Body Treatment – Spice Trader Mud Mask

We bring you our enchanting mask made from Cinnamon, Nutmeg, Clove and Ginger, which are used to tighten and rejuvenate your skin. We blend these spices with mineral-rich Indian Springs Clay to stimulate, invigorate and nourish the skin, all to the uplifting aroma of Chai Tea.

### traditions – 60/90 minutes

Matching Body Treatment – Silk Road

Stepping out in the city lights for a night on the town and you don't want to look like you just had a facial? Try this unique hand-applied Microdermabrasion facial which is gentle to the skin but gives you results. We finish with a unique hydrating mineral mask and our Alpha Lipoic with DMAE.

### costa del sur facial – 60/90 minutes

Matching Body Treatment – Costa Del Sur

Spend a little too much time in the sun? Then our Noni facial is just the answer. Made from the legendary Noni plant, which is known for its healing properties, this is the perfect after sun treatment.

## men's facials

Put your best face forward with a facial that restores your skin's natural confidence and virility.

### chairman of the board – 60 minutes

Matching Body Treatment – Fairway Warrior

Designed for the well-groomed man, we have created an exclusive gentleman's facial using products specifically formulated for the needs of men's skin. Your skin will feel fresh, clean and masculine.

### alpha male – 60 minutes

Matching Body Treatment – Old World Traditions

The perfect treatment for the results-oriented man utilizing our cutting edge Alpha Lipoic Omega Serum combined with a hand applied Microdermabrasion. This head turning treatment will take years off your appearance and give you an edge on the competition. A definite must for the leader of the pack.

### spice trader – 60/90 minutes

Cinnamon, Nutmeg and Clove are used to tighten and rejuvenate facial skin. Naturally high in colloidal minerals, this mask is stimulating, invigorating and nourishing to your skin while enjoying the aromatic spice of Chai Tea.

### we've got your back – 60 minutes

For those of us that put things behind us, we have just the treatment for you. This facial targets the most neglected part of your body, your back, with facial products that are customized to accommodate your skin, including acne. This experience will definitely put you "back in action."

## complement your face

Put the finishing touch on your facial with these all-natural, deep penetrating treatments designed to improve your skin's texture, firmness and tone.

### rejuvenating eye treatment

This eye treatment will stimulate, nourish and deeply moisturize around the eyes. The full-bodied, moisturizing, enzyme-rich creams spread smooth, and, within seconds, begin to permeate into the eye area. Your own collagen is stimulated and the appearance of lines and wrinkles are diminished.

### instant lift

This incredible product creates a 24-48 hour lift, resulting in a smooth texture and firmness.

### alpha lipoic omega

Combines Alpha Lipoic "the ultimate antioxidant," DMAE, Propolis, Retinol, bioflavonoids and high potency antioxidants to improve tone, texture, pore-size and facial muscle tone.

### skin lightener

This all-natural product contains Arbutin, which is made from mountain cranberry (bearberry). Arbutin helps inhibit the formation of melanin pigment therefore acts as a skin whitening agent. Skin Lightener can be used to potentially prevent and/or correct liver spots and freckles, lighten skin, treat sunburn marks, regulate melanogenesis and promote anti-aging.

### micro infusion

This new technique involves a fingertip application of a specially formulated micro crystal system which exfoliates dry or damaged skin cells to renew and revitalize your skin.

### pro-collagen III amplifier

An amplifier of your body's own collagen. This technology creates the most successful delivery system available to help reduce fine lines and wrinkles

## combination packages

The ultimate indulgence, for those who deserve to be pampered from head to toe.

### refresh

(approximately 2 hours)

Choice of two:

60-minute Swedish Massage,  
60-minute Tranquility Facial or  
60-minute Gold Coast Body Wrap

### relax

(approximately 3-1/2 hours)

60-minute Swedish Massage,  
60-minute Tranquility Facial,  
Express Manicure and Pedicure,  
Propolis Scalp Treatment

### escape

(approximately 4 hours)

60-minute Swedish Massage,  
60-minute Lava Flow Facial,  
Express Manicure and Pedicure,  
Propolis Scalp Treatment and Blow-Dry

## salon

### nail care

Spa Manicure	45 minutes
Spa Pedicure	60 minutes
Spa Manicure & Pedicure	
Express Manicure & Pedicure	60 minutes
Mini Pedicure	
Paraffin Treatment	
French Polish	
Polish Change	

### hair care

Propolis Scalp Treatment	
Propolis Scalp Treatment & Blow-Dry	
Shampoo & Blow-Dry	
Women's Cut & Blow-Dry	
Men's Cut & Blow-Dry	
Child's Cut & Blow-Dry (under 12)	
Permanent Wave	
Up-Do	
Bridal Up-Do	
Comb Out Only	

### color care

Color (Root Retouch)	
Color (Single Process)	
Color Correction	
Color Highlight or Lowlight	

## enhancements

### waxing

Lip

Chin

Brow

Bikini

Back

Face

Under Arm

Half-Leg

Full-Leg

### makeup

Makeup Application

30 minutes

Bridal Makeup

60 minutes

### eldredge fitness center

Spa guests receive complimentary use of spa facilities and the Eldredge Fitness Center on the day of treatment.

# KIN|SPA

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