



## AromaFusion Journeys

### Estancia Signature Treatment

*50 minutes*

Rebalance with this full-body massage including hand and foot acupressure. Sustained pressure is applied with the fingertips on specific zones of the hands and feet to remove energy blockages, relieve stress and relax.

*\*Opt for just hand or foot acupressure for a quicker 25-minute service.*

### Bamboo Toning Treatment

*50 minutes / 100 minutes*

This full-body massage uses a toning bamboo technique beneficial to the legs for slimming, sculpting and toning. The bamboo works the legs, applying pressure that is both vibrational and gentle.

### Relaxing Hot Stone

*50 minutes / 100 minutes*

Warm volcanic stones are used in this full-body massage to increase circulation and relaxation. Placed on the back, the stones warm the muscles and activate microcirculation to ease any pent-up tension.

### Pre-Natal Massage

*50 minutes*

Relax during this body massage that safely targets areas prone to stress and tension. This treatment aims to alleviate pregnancy muscle aches and pains and leaves your body feeling calm and refreshed.

### Performance Sports Massage

*50 minutes / 100 minutes*

A massage designed with the athlete in mind. Nourishing minerals, warming ginger oil and cooling menthol work together to ease soreness and tension in muscles and joints. This treatment also includes LED light exposure to accelerate muscle recovery and relaxation.



## Skin Care

### Skinovage Tailored Facial

*25 minutes / 50 minutes*

This advanced treatment is formulated with age-prevention ingredients including highly active concentrates. Applied with the gua sha technique, this facial massage is designed to prevent visible signs of aging.

### HSR

*50 minutes / 100 minutes*

The anti-wrinkle expert, our High Skin Refiner treatment will smooth, plump and lift every type of wrinkle while firming and toning the skin. The result is a more youthful, well-contoured face.

### Estancia Signature Glow Facial

*100 minutes*

Experience the facial fit for Hollywood A-listers. Resurface, lift and firm the skin to a whole new level with this facial. Our skin experts use three types of technology: micro-current, transdermal infusion and LED light therapy combined with a cutting-edge cocktail of products to leave you smooth, toned and radiant.

### PCA Sensi Peel Treatment

*50 minutes*

Sensi Peel® is formulated for all clients, including those with highly sensitive skin. This gentle formula will improve surface texture and brighten the skin while promoting an even skin tone. This multi-faceted treatment is also an excellent choice to calm rosacea. Redness and inflammation may noticeably subside after a series of treatments.

### PCA Jessner Peel Treatment

*50 minutes*

This innovative formula softens the appearance of surface lines around the eyes and smile lines, helps control acne, smoothes skin texture and evens skin tone, especially on oily skin. This peel is an excellent choice to address uneven skin tone from sun damage, hormonal changes and post-inflammatory hyperpigmentation. Best results are found from booking a series of three or more treatments.

### Hydrafacial

*25 minutes / 50 minutes*

This soothing treatment provides instant results. The Hydrafacial Refresh delivers long-term skin health and can be tailored to meet your personal skincare needs. With no downtime or irritation, this facial removes dead skin cells and extracts impurities while bathing your skin in cleansing and hydrating serums.



## Body Treatments

### Earth Experience

*50 minutes*

This treatment begins with a stimulating body polish fortified with natural poppy seeds, rich in antioxidants and nutrients. Then, an invigoration skin brush promotes circulation and increases lymphatic flow, prepping the skin for a decadent full-body wrap. The session ends with a nourishing body oil application to lock in the deep firming and hydrating benefits and further smooth skin tone.

### Earth Body Treatment + Face

*100 minutes*

This revitalizing treatment starts with velvety foams and a dry brushing that offers subtle exfoliation. Then, an energizing wrap will hydrate and detoxify the body. Nourishing oils made with red algae provide a boost of energy and hydration to finish.

Top off your experience with an indulgent facial. Our expert skin therapists will customize an advanced cosmeceutical treatment just for you. This facial is all about using anti-inflammatory complexes to heal and treat the delicate skin on your face. A gentle peel will leave you looking red carpet-ready.

### The SoCal CBD Infused Body and Mind Journey

Begin your journey with an oceanic CBD and kelp-infused mud back mask. As the mask calms your mind, choose to take a mental walk through nature inspired by one of our four essential oils. Choose from a stroll through the orange groves, fields of lavender or a garden of jasmine. Your journey continues with a hot stone neck massage. Reaching the end of your experience, your feet are revitalized with a cooling foot massage. Wrap up in essential oil-infused towels to finish.



## Packages

### La Jolla Package

*100 minutes*

This invigorating treatment blends local botanicals to increase circulation and vitality. This package includes the 50-minute Estancia Signature massage, the 50-minute Skinovage Facial and a hydrating foot treatment.

### Restorative Package

*200 minutes*

Start with a 50-minute enzyme body exfoliation to instantly smooth your skin. Then, an 80-minute Himalayan salt stone massage and 20-minute hydrating scalp treatment quiet your mind while you drift into pure relaxation. End your experience with a customizable 50-minute facial.

### Sweet Bliss Couples Bungalow

*120 minutes*

Rendezvous in a private, outdoor soaking tub prepared with healing salts for two. Sink deeper into relaxation with side-by-side 80-minute massages using Estancia's own organic blend of romantic essential oils. Enjoy complimentary champagne and our house-made truffles. We've added two Estancia signature robes as a gift to make this day even more memorable.

### Just Us Couples Package

*50 minutes*

This is the perfect package to amp up the romance and enjoy some much-needed alone time. Start your journey with side-by-side hot stone massages, ideal for relieving tension and muscle aches. Enjoy seasonal mimosas and chocolate truffles during your experience.