



SPA

L'AUBERGE

Coastal Chill

Nestled in the heart of the picturesque village of Del Mar, our coastal chic spa bungalow promises to delight our guests with a sensory, memorable and luxurious spa experience. Our intimate and indulgent environment greets our guests with the uplifting fragrance of lemongrass and refreshing ocean breezes.

Our delightful menu is inspired by the soothing and healing powers of the nearby ocean utilizing only the highest quality, results oriented products. Our consciously kind team of wellness professionals are passionate about each and every guest and are dedicated to serving you with the utmost expertise in only the crème de la crème in each modality. We promise that you will emerge feeling unforgettably transformed.

Snuggle into your plush robe and unwind in our indoor and outdoor Chill Lounges, where you can sample delicious seasonal and signature mimosas, created in house. Curl up with an herbal tea by our warming fire pit while listening to the soothing sounds of trickling water in an unhurried and nurturing environment.

- Unwind and enjoy pure relaxation in one of our 10 treatment rooms – including a spacious Couples Suite.
- Unplug in our aromatic Eucalyptus Steam Rooms in each of our luxuriously appointed Locker Rooms.
- For local guests, we offer complimentary valet parking and use of the hotel pool and jacuzzi prior to checking in or after checking out from your spa visit.
- Special occasion? Spa soirées are our forte! We are passionate about designing unique, one-of-a kind packages and touches to make your day or event unforgettable.

We look forward to treating you.

Massage

Our experienced and caring massage therapists are well versed in a vast array of massage modalities and are dedicated to providing you with the transformative massage technique that best suits your specific needs.

Soothing Seascape

\$190 / 50 minutes \$260 / 80 minutes

Aromatic, fresh and uplifting lemongrass oil coupled with traditional Swedish and circulatory therapies is designed to ease sore muscles, relieve tension and improve circulation. This popular massage promises to leave you deeply relaxed and refreshed.

Holistic Deep Tissue

\$200 / 50 minutes \$270 / 80 minutes

Our deep tissue massage uses powerful, slow, deep pressure massage techniques and is an excellent choice for those needing extra deep massage work. As a signature special touch, we spot treat especially tense areas with Yoga Balm™, an organic essential healing blend composed of seven powerful essential oils, which is incredibly effective in releasing tense muscles, assists in detoxifying the body, reduces joint and muscle inflammation, improves blood flow and is an excellent mood elevator.

Del Mar Duet

Per person: \$200 / 50 minutes \$270 / 80 minutes

Unwind and relax, side-by-side, each with your own massage therapist in our spacious Couples Suite. This soothing and memorable experience is the ultimate bonding and reconnecting indulgence for you and your spouse, significant other, best friend or family member.

Soulful Salt Stone

\$280 / 80 minutes

This treatment, unique to Spa L'Auberge, highlights the healing and deeply relaxing properties of Himalayan salt stone. Your treatment begins with an invigorating dry brush to stimulate circulation and gently exfoliate the skin in preparation for your unique massage. Grounding and harmonizing salt stones are placed on your heart and solar plexus to create a meditative experience while you enjoy a deeply relaxing full-body Swedish-style massage that will reconnect you to the core of the natural world. With 84 naturally occurring minerals, Himalayan salt stones help support a healthy respiratory system and sinuses, boost bone health, and prevent muscle cramps. This purifying resource also improves circulation and digestion, relieves anxiety and addresses insomnia.

As a special gift from us, you will be gifted with a heart shaped charged salt stone to take home to reflect on your visit with us.

Mother Earth

\$190 / 50 minutes \$260 / 80 minutes

Essential relaxation and reflection for the mother-to-be. This relaxing massage uses nourishing massage oil, specialized pillows and/or positioning to help relieve tired, overworked and aching muscles. Our 80-minute service includes special attention to the feet to help reduce swelling and soreness. It's the perfect way to relax and reflect for the expectant mother.

We offer pregnancy massage beginning in your 2nd trimester and throughout the duration of your pregnancy.

Body

Our consciously crafted body treatments promise a special treat that will delight all the senses. You will emerge from your treatments feeling unforgettably transformed.

Seaside Shimmer

\$210 / 50 minutes

This treatment begins with an invigorating exfoliation utilizing a beautiful blend of marine salt crystals and red algae to cleanse, tone and remineralize the skin.

Your skin is then perfectly prepared to drink in the hydrating and nourishing elements with an application of a warm silky body milk with notes of citrus, iris, rose and jasmine for a delightful aromatic experience. This ultimate treat promises to leave your skin sparkling, smooth and silky soft and is also *the perfect prelude to any massage service.*

Champagne of the Seas

\$280 / 80 minutes

This unique deep sea detoxifying journey begins with an invigorating dry brush to lightly exfoliate the skin, stimulate the lymphatic system and increase circulation.

An effervescent, warm marine mud mask is then applied to the body and promises to melt tight muscles while remineralizing, detoxifying and contouring the body. As your body is cocooned in blissful warmth enjoy a tension relieving pressure point scalp massage to relax and quiet the mind.

Drenched with a hydrating application of our warm silky body milk with notes of citrus, iris, rose and jasmine this delightful aromatic experience will leave you like a day at the beach – relaxed, refreshed and remineralized.

This treatment is not recommended during pregnancy

Ocean Quench

\$450 / 150 minutes (2.5 hours)

The ultimate decadent body indulgence. Aromatic lemongrass combined with the powerful and remineralizing elements of the majestic ocean... unparalleled bliss.

Your experience begins with our uplifting and invigorating signature lemongrass scrub to exfoliate the skin. A marine based remineralizing gel mask, that stimulates cell vitality through a special blend of trace elements combined with ylang ylang and lavender, is applied over the entire body and then cocooned. While these powerful ingredients, nourish your sun, enjoy a tension relieving luxurious conditioning scalp treatment using hydrating conditioner and pressure point massage also quiet the mind.

This decadent treatment is concluded by a full body massage with our hydrating lemongrass body balm/lotion. Indulge yourself from head to toe with this guest favorite.

Skincare

Our talented and gracious staff are dedicated to guiding you to the appropriate treatment for your skin's specific needs. Each of our facials begins with a personalized consultation with one of our highly experienced estheticians. We pride ourselves on our ability to provide custom (in-spa) treatments, while creating an easy-to-follow, at home skincare regimen. We use only the highest skincare products, techniques and equipment that bring about dramatic results.

Bespoke Organic

\$190 / 50 minutes

Restore hydration, rebalance and experience a deep cleanse with this vegan treatment. Pairing the moisturizing performance of Organic Cyfolia Algae and Oligomer®, these sense-awakening textures combined with a relaxing facial massage will leave your skin soothed, glowing, plump and refreshed.

Marine Radiance

\$190 / 50 minutes \$260 / 80 minutes

Breathe joyful new life into your skin as you are immersed in the healing powers of our marine-based aromatic waters, extracts of seaside flowers, and powerful re-mineralizing trace elements. These synergistic ingredients will purify, rehydrate and stimulate the vitality of your skin cells and your senses.

Our 80-minute treatment includes our NuFACE microcurrent technology, an anti-aging system which focuses on delivering facial muscle lift and smoothing of fine lines and wrinkles.

Lux Micro-Lift

\$300 / 80 minutes

Our most results-oriented “fountain of youth” treatment incorporates a micro-peel utilizing scientifically advanced products with our NuFACE microcurrent technology. This anti-aging system will provide a needle-free facelift, diminish hyperpigmentation, smooth fine lines and wrinkles, protect healthy skin and prevent future damage.

Gentlemen’s Intense Defense

\$190 / 50 minutes \$260 / 80 minutes

This powerfully effective treatment is created exclusively to defend against such aggravating stressors as ingrown hair, razor burn and acne. Our enzymatic exfoliant and pure-pore heating mask will detoxify, purify, balance and soothe your skin.

Our 80-minute treatment includes our NuFACE microcurrent technology, an anti-aging system which focuses on delivering facial muscle lift and smoothing of fine lines and wrinkles.

Packages

We are passionate about designing unique, one-of-a kind packages and touches to make your event unforgettable.

Pacifica

\$350 / 100 minutes

50 minute seaside shimmer scrub

50 minute soothing seascape massage

Del Mar

\$590 / 180 minutes

80 minute champagne of the seas detoxifying wrap

50 minute soothing seascape massage

50 minute marine radiance facial

Crème de L'Auberge

\$675 / 230 minutes

80 minute lux microlift facial

150 minute ocean quench body indulgence

Your Time With Us

Scheduling

Our friendly spa team is happy to assist you in planning your personalized stay with us. We understand that your free time is precious so we recommend that you reserve your appointment times in advance. However, don't hesitate to call for last minute appointments, as we will do our best to accommodate you!

All reservations are secured with a major credit card and telephone number. To schedule your appointment(s), please call our spa reception desk at 858.793.6493. Guests staying at the hotel may dial ext. 493 from any guest room phone. While booking your treatment, please advise us if you are pregnant or have other significant health concerns.

Check-In

Please arrive 30 minutes prior to your first scheduled appointment. This allows ample time to check in and leisurely change into your cozy robe without feeling rushed. In the event of a late arrival your service may be shortened or rescheduled to honor other guest appointments. We guarantee reservation of all appointments with a credit card and may also bill your services to your room upon check out.

Spa Attire

Luxurious robes, slippers, and personal lockers are provided for your use during your visit. We suggest bringing a bathing suit if you plan on using the hotel pool and jacuzzi prior to checking in or after checking out from the spa. We request that you do not bring jewelry or valuables to your spa experience. Spa L'Auberge is not responsible for lost, stolen, or misplaced items.

Cancellations

As a courtesy to other guests and our therapists, we require a minimum 24-hour notice for cancellations or rescheduling. Failure to do so, including no-shows, will result in being charged the full cost of your scheduled services.

Cell Phone Policy

We understand the desire to keep in touch. However, we have reserved this time especially for you to unplug and unwind. In consideration of all of our guests, cell phone use is not permitted beyond our spa reception area and we request that mobile devices be turned off or muted.

Health Considerations

Please inform us of any medical conditions or special needs prior to your treatment. Skincare procedures have specific contraindications related to pregnancy and prescription drugs. We highly recommend that you consult with your doctor prior to your spa visit with any health concerns.

Gratuities

For your convenience all spa services include an automatic service charge. Our spa team is happy to help you in providing any additional gratuity for your therapist.

Mothers-to-Be

Please note that some spa treatments are not suitable for mothers to be. *We offer pregnancy massage beginning in your 2nd trimester and throughout the duration of your pregnancy.* We highly recommend that you consult with your doctor prior to your spa visit.

Minimum Age Requirements

Guests must be 18 years of age or older to receive spa services.

Gift Cards

Make a lasting impression with your loved ones or someone special; these are also the perfect way to show someone you appreciate them. Spa gift cards are available for any denomination you desire. For your convenience, our gift cards are available for purchase through our website at laubergedelmar.com.

Special Occasions, Group Events and Soirées

Special occasions are our forte – the possibilities are endless. We are passionate in designing unique, one-of-a-kind packages, classes, escapes and touches to make your time with us unforgettable!

NOBLE HOUSE
HOTELS & RESORTS

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