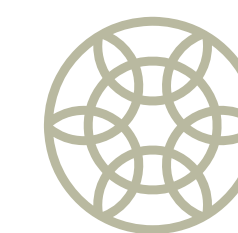


The Spa
AT
PELICAN HILL®

TREATMENT MENU | WINTER 2023



At The Spa at Pelican Hill, our menu is designed to create a feeling of natural well-being. This curated collection of treatments are the centerpiece of a unique spa experience that begins when you arrive and stays with you long after departing. Our expert therapists, among the most highly trained in the field, will help personalize therapies centered on your needs using only the highest-quality products from family-owned makers, including essential oils, infusions and other therapeutics aligned with the most current ideas in wellness.

We are at your service to guide, nurture and inspire.

Warmly,
The Spa at Pelican Hill



MASSAGES

T H E E X P E R I E N C E

When it comes to wellness, ingredients are everything. We have selected Body Bliss™ Intentional Aromatherapy oils and body butters for our signature massage treatments. Based in Sedona, Arizona, these small-batch, primarily organic botanicals and ethically wild-harvested essential oils are free from parabens, mineral oil, artificial fragrances, and phthalates, so you receive the purest therapeutic benefits naturally.

M A S S A G E T H E R A P Y C O L L E C T I O N

RECOVERY DEEP TISSUE MASSAGE

For fitness enthusiasts, our expert therapists deliver an individualized approach uniquely designed for your active lifestyle. Deep tissue work combines with restorative botanicals including organic clove, peppermint, lavender and arnica to penetrate deep into muscles, relieve soreness and speed repair.

60 MINUTES

RENEWAL THERAPEUTIC MASSAGE

This massage encourages a feeling of tranquility. With varying pressure and strokes designed to relieve anxiety, your therapist will soothe your mind and muscles. Essential oils of vetiver, clary sage, lavender, sweet orange and sweet marjoram create an experience of peaceful relaxation.

60 MINUTES

REJUVENATION AROMATHERAPY MASSAGE

This custom massage journey features your choice of three botanical blends: Calm, Energy and Joy. Your therapist will identify the best blend to suit your individual needs and intention. With notes of sweet orange, clary sage and lavender, Calm encourages deep relaxation. Clove, peppermint, arnica and immortelle invigorate muscles with the Energy blend. Joy inspires feelings of love and harmony with notes of amber, bergamot and jasmine.

60 MINUTES

HIMALAYAN SALT STONE MASSAGE

Warm Himalayan salt stones invoke a deep sense of relaxation in a full-body massage targeting tight, sore or compromised muscle groups. Using medium to deep pressure, tension releases from head to toe for a truly restorative experience.

60 MINUTES

MAMA TO BE MASSAGE

This luxurious prenatal ritual soothes and relaxes expecting mothers. An ultra-gentle application of organic shea butter and coconut oil to the stomach and hips to help reduce the appearance of stretch marks while nourishing and hydrating the skin.

**For mamas in second and third trimester only.*

60 MINUTES



FACIALS

THE EXPERIENCE

We have selected three lines that nourish your skin with the highest quality ingredients that deliver real results. Our therapists add an expert level of care and technique that elevates each facial into a personalized moment of true well-being.

Natura Bisse, a family-owned company based in Barcelona that specializes in innovative, science-backed ingredients that deliver noticeable results. All Natura Bisse facial treatments provide advanced protection against damaging blue light.

Laurel Skin, based in Petaluma, CA, pioneered slow farmed beauty using 100% whole-plant organic skincare sourced from artisan farms. The quality and purity of their products delivers unparalleled results with formulations that are nourishing to the skin and gentle on the earth.

Naturopatica has been a leader in holistic beauty since its founding in East Hampton in 1995. Focused on sustainably sourced clean ingredients that harness the healing power of nature, Naturopatica seeks to prevent imbalances in the skin to provide lasting health.

Each facial includes a double cleanse, skin analysis, steam, customized exfoliation, mask and serum, face, neck and décolleté massage, finishing moisture and homecare recommendations.

F A C I A L T H E R A P Y C O L L E C T I O N

NATURA BISSE FACIALS

BESPOKE MEDITERRANEAN FACIAL

Customized for your skin, this facial harmonizes and hydrates your skin for a lit-from-within glow. Your treatment begins with a gentle, deep cleanse, followed by a hydrating mask and hand-selected treatments that best meet your skin's needs. You will emerge radiant and refreshed.

60 MINUTES

LIFT & TONE FACIAL

This results-oriented firming facial will deeply hydrate and nourish your skin through a combination of expert facial massage techniques and high concentrations of natural collagen, elastin, and amino acids. A highly effective repairing treatment, this facial will stimulate the skin and leave it feeling rejuvenated and restored.

60 MINUTES

NATURA BISSE FACIALS

VITAMIN SEA CITRUS ESSENCE FACIAL

Sun, sand, and sea are an ideal combination for vacation, but can leave skin dry and in need of extra care. This powerful antioxidant facial restores sun-damaged skin and helps reverse signs of premature aging. Infused with a high concentrate of Vitamin C to stimulate collagen production, this treatment prevents free radical damage and renews firmness for nourished and revitalized skin.

60 MINUTES

Q U E S T I O N S ?

P L E A S E C O N T A C T L I S A C A R P E N T E R A T

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