

NOURISHED BY NATURE



FAIRMONT SPA

FAIRMONT GRAND DEL MAR





SOMETIMES,
IT TAKES A LIFETIME
TO ACHIEVE SERENITY.
SOMETIMES,
A MERE AFTERNOON.

Occasionally, our life's journey demands that we stop for a moment. To relax, reconnect and rejuvenate. To revel in the natural abundance of our surroundings. Such moments were made for Fairmont Spa and Wellness at Fairmont Grand Del Mar. Immerse yourself in the breathtaking Los Peñasquitos Canyon Preserve, and allow the profusion of flora and fauna to wash over your senses. Explore the wild herbs, mineral-rich clays and plethora of local elements used in our restorative spa treatments. Immerse yourself in the art of wellbeing.



A COASTAL CANYON DESTINATION FOR WELLBEING

There's an ancient rhythm that hums through Los Peñasquitos Canyon Preserve, a sweeping landscape formed over 150 million years ago when volcanic ash and clays were first deposited along the continental edge, creating the gently sloped terraces that now stretch before us. At Fairmont Spa and Wellness, we have a deep connection to this unique coastal canyon and its rich diversity of life. Our health and beauty rituals incorporate indigenous botanicals once prized by the native Kumeyaay people with cutting-edge science to restore balance between mind and body, the self and nature.







BETWEEN TWO WORLDS

Rooted in the healing traditions of the past and the regenerative science of the present, the award-winning menu of services at Fairmont Spa and Wellness is designed to calm, balance, and naturally restore health and beauty from the inside out.

Trained in the art and science of wellness, Fairmont Spa and Wellness's ASTECC-certified practitioners employ a complete suite of treatments, from hydrotherapy and soft tissue therapies to Dr. Vodder's manual lymph drainage (MLD) and biochemical elements. Their mix of compassion and technical expertise turns any spa visit into an unforgettable experience.

We understand that stress is one of the primary causes of a number of common disorders, including anxiety, fatigue, digestive issues, premature aging and weight fluctuation. Accordingly, Fairmont Spa and Wellness specializes in noninvasive, holistic treatments that naturally interrupt negative stress patterns while restoring balance and homeostasis.

These subtle, all-natural massages, wraps and facials consistently create calm and serenity for mind, body and spirit, imparting a sense of deep relaxation before returning to the world outside.





SIGNATURE WELLNESS EXPERIENCES

COASTAL SAGE RITUAL

90 minutes

from \$405 Monday–Thursday, \$415 Friday–Sunday

Nourishing and replenishing, this signature body ritual begins with a warm body wrap of mineral-rich mud blended with native California Sage Brush, known as Kwechash among the native Kumeyaay and prized for its healthful properties. An invigorating, rosemary-infused Swiss shower follows, along with tension-relieving touch therapy incorporating coastal sage essential oil. A relaxing massage completes the experience bringing gentle movement into the joints and encourages flexibility.

CORE ELEMENTS

90 minutes

from \$355 Monday–Thursday, \$365 Friday–Sunday

Ideal for lower-back soreness, this service balances and strengthens the body's core. A relaxing lower-back, hip and abdominal massage precedes a nutrient-rich mud wrap along the same areas. The treatment concludes with a massage of the neck, shoulders and upper back.

DECOMPRESSION

Scrub, Hydrating Body Wrap and Massage

120 minutes

from \$480 Monday–Thursday, \$490 Friday–Sunday

An invigorating body scrub with sea salts and organic rosemary is followed by a luxurious hydrotherapy shower. The body is then enveloped in a hydrating body wrap with goat butter while lying on a warm, free-floating bed, encouraging inner tranquility. A customized body massage concludes this soothing treatment.

EXPRESSION

Stone, Scrub and Tonic Massage

120 minutes

from \$480 Monday–Thursday, \$490 Friday–Sunday

This tiered ritual begins with a massage of warm, soothing stones, followed by an invigorating body scrub and Swiss shower. A brisk tonic massage to finish stimulates circulation and creates a surge of energy from head to toe.

SCULPTED BY THE SEA

Massage, Thermal Wrap and Hydrotherapy Shower

120 minutes

from \$480 Monday–Thursday, \$490 Friday–Sunday

Ideal for improving the skin's appearance, this treatment includes a contouring body massage to encourage the elimination of excess fluid followed by a mineralizing seaweed clay wrap. An indulgent hydrotherapy shower follows before the skin is hydrated with a goat butter tightening cream.

EXTREMITIES

Footbath, Reflexology and Upper-Body Massage

90 minutes

from \$370 Monday–Thursday, \$380 Friday–Sunday

Promoting relaxation and a sense of wellbeing, this treatment begins with a therapeutic herbal footbath followed by a healing reflexology massage on the hands and feet to stimulate energy pathways. A soothing scalp, neck and shoulder massage using warm, aromatic oils prolongs the relaxation.



HEALING SOLUTIONS

DR. VODDER'S MANUAL LYMPH DRAINAGE (MLD)

30 minutes

from \$135 Monday–Thursday, \$150 Friday–Sunday

60 minutes

from \$235 Monday–Thursday, \$250 Friday–Sunday

90 minutes

from \$335 Monday–Thursday, \$350 Friday–Sunday

Anti-inflammatory and decongestive, this deeply relaxing, light-touch therapy pulls at the fabric of the connective tissue to unwind, release and restore pH balance. Specific to the neck, face, thorax and limbs, MLD is widely recognized as the physical therapy of choice for post-surgery healing, inflammatory conditions and treatment of lymphedema.

HERBAL REFLEXOLOGY

60 minutes

from \$255 Monday–Thursday, \$265 Friday–Sunday

Rosemary and rose petals infuse a warm, detoxifying Epsom salt footbath, followed by a foot reflexology massage to clear energy pathways and stimulate total wellness by addressing the body's organs.

REIKI HEALING

60 minutes

from \$265 Monday–Thursday, \$275 Friday–Sunday

Reiki derives from the Japanese words *rei* “universal spirit” and *ki* “life force energy”, and is an energy-balancing technique that encourages the healthy flow of energy through the body to reduce stress and promote the body's natural healing abilities.



TOUCH THERAPIES

RELAXATION MASSAGE

60 minutes

from \$255 Monday–Thursday, \$265 Friday–Sunday

90 minutes

from \$360 Monday–Thursday, \$370 Friday–Sunday

120 minutes

from \$520 Monday–Thursday, \$530 Friday–Sunday

Designed to utterly relax mind and body, this soothing Swedish massage incorporates long, flowing strokes applied with light-to-medium pressure. Release any tension and experience a deep, profound calm with Coastal Sage aromatherapy inhalation.

DEEP-TISSUE THERAPY

60 minutes

from \$265 Monday–Thursday, \$275 Friday–Sunday

90 minutes

from \$385 Monday–Thursday, \$395 Friday–Sunday

In this profoundly therapeutic massage, firm to strong pressure reaches deep muscle layers and tendons to help alleviate tightness and chronic muscle pain. Organic Deep Heat oil and Anti-Fluid gel combine to leave muscles feeling soothed and restored.

PRENATAL RITUAL

60 minutes

from \$255 Monday–Thursday, \$265 Friday–Sunday

This relaxing maternity massage promotes circulation, soothes discomfort and reduces tension. Calendula and Marjoram combine with extra care and comfort to create a calming ritual for both mom and baby. This treatment may be experienced after the first trimester.

SOLE COMFORT

30 minutes

from \$155 Monday–Thursday, \$165 Friday–Sunday

Following a purifying rosemary compress, our relaxing therapeutic foot massage restores balance while easing tendons and reviving tired, aching feet.

HEALING STONE MASSAGE

90 minutes

from \$390 Monday–Thursday, \$400 Friday–Sunday

Subtle, penetrating heat from this warm stone massage addresses muscular aches and pains as it soothes the body and mind. This ritualistic treatment helps improve circulation and melt away stress, anxiety and tension.

GOLFER'S RENEWAL

60 minutes

from \$255 Monday–Thursday, \$265 Friday–Sunday

Designed to alleviate neck and shoulder pain, relax the hips and lower back, and increase range of motion, this treatment promotes pain-free play and a lower handicap. Stretching, a cold or hot clay wrap, and aromatic oils are used on key parts of the body associated with the sport of golf to leave the muscles and mind revitalized for your next round.

REPLENISHING ALGAE WRAP

60 minutes

from \$255 Monday–Thursday, \$265 Friday–Sunday

This nourishing wrap experience begins with a dry body brushing to gently exfoliate the skin, combined with Porphyra red algae and laminaria extract to protect the skin, fight water retention and balance the senses and is followed by a choice of either a mini-Marine facial or a mini-Relaxation massage.

ATHLETIC ENCOUNTER

60 minutes

from \$260 Monday–Thursday, \$270 Friday–Sunday

90 minutes

from \$370 Monday–Thursday, \$390 Friday–Sunday

Designed to focus on specific areas of concern, this therapeutic sports massage addresses the restrictions and impairments of strained and repetitively stressed muscles. Rhythmic strokes realign and stretch the muscles to help improve flexibility and flush metabolic waste from the tissues.



FACIAL THERAPIES



GRAND CRU—BY DR BURGNER SWITZERLAND

90 minutes

from \$495 Monday–Thursday, \$505 Friday–Sunday

This facial uses Repairing Grand Cru Gold Complex, which contains a blend of chardonnay, pinot meunier and pinot noir to retain long-lasting firmness. Rich in flavonoids, resveratrol and polyphenol, this highly restorative serum is further enhanced with gold minerals. Green caviar—a rare algae used for centuries in Japan and renowned for its longevity properties—is then combined with FicuVita stem cells, peptides and hyaluronic acid to help stimulate collagen synthesis, reduce DNA damage, replenish skin volume and reduce the appearance of fine lines and wrinkles. Includes microdermabrasion and VitaSkin ultrasound infusion.

COLLAGEN FIRMING—BY DR BURGNER SWITZERLAND

60 minutes

Without microdermabrasion or ultrasound
from \$360 Monday–Thursday, \$370 Friday–Sunday

90 minutes

With microdermabrasion and ultrasound
from \$480 Monday–Thursday, \$490 Friday–Sunday

Experience the intense lifting powers of collagen, a natural protein that is essential to revealing firmer, smoother and more beautiful skin.

When combined with microdermabrasion and VitaSkin ultrasound infusion, this acacia collagen treatment delivers instant results. Fine lines and wrinkles will fade while suppleness and firmness will improve.

VITAMIN C—BY DR BURGNER SWITZERLAND

75 minutes

from \$370 Monday–Thursday, \$380 Friday–Sunday

Employing resurfacing glycolic acid in both a facial peel and mask, the Vitamin C facial reveals a bright and beautiful complexion. This treatment purifies and tones the face with a sequence of massage techniques to improve circulation and cellular rejuvenation. VitaSkin ultrasound technology further enhances the results to leave skin looking radiant and illuminated.

NATURAL FACELIFT

90 minutes

from \$370 Monday–Thursday, \$380 Friday–Sunday

Dramatic results are instantaneous. A relaxing, contouring facial tightens and revitalizes the skin while gently stimulating the natural production of collagen and elastin. Our therapeutic connective tissue technique continues its rejuvenating work over the next 24-hour period.

MARINE FACIAL

60 minutes

from \$255 Monday–Thursday, \$265 Friday–Sunday

Following a brief consultation, our expert estheticians customize this facial to your individual skin type, using a handmade, organic skin-care line designed exclusively for The Spa.

ILLUMINATING FACIAL

75 minutes

from \$370 Monday–Thursday, \$380 Friday–Sunday

This illuminating facial begins with a choreographed sequence of exfoliation, warm aromatic towels and a nourishing clay mask rich in essential fatty acids and antioxidants, giving the skin a healthy, radiant glow. Next, warm oils enhance a neck, shoulder, décolleté, face, scalp and foot massage.

BACK TO NATURE

60 minutes

from \$255 Monday–Thursday, \$265 Friday–Sunday

This deep-cleansing and moisturizing back exfoliation treatment features an individually customized, facial-grade blend of botanical and aromatic oils.

MEDI SPA FACIALS

LED LIGHT FACIAL

60 minutes

from \$275 Monday–Thursday, \$285 Friday–Sunday

This high-performance facial combines low-level-light therapy with anti-aging serums to promote cellular regeneration and boost collagen. The appearance of fine lines and wrinkles will diminish, while skin texture will improve.

JETPEEL™ FACIAL

60 minutes

from \$365 Monday–Thursday, \$375 Friday–Sunday

90 minutes

from \$485 Monday–Thursday, \$495 Friday–Sunday

Achieve immediate, visible results with the JetPeel™ facial, a non-invasive treatment that uses pressurized oxygen to deliver nutritive micro-droplets at subsonic speed to reach the dermal layers below the skin surface. Each JetPeel™ treatment includes a lymphatic drainage massage, gentle exfoliation, and customized infusion to address the appearance of fine lines, help restore firmness and boost radiance.

DIAMOND GLOW™ FACIAL

60 minutes

from \$375 Monday–Thursday, \$385 Friday–Sunday

Superior to microdermabrasion alone, our customized Diamond Glow™ facial utilizes a patented recessed diamond tip wand, chosen specifically for your skin type, to simultaneously exfoliate, extract impurities, and deliver a professional-grade SkinMedica® Pro-Infusion Serum. The Diamond Glow™ facial powerfully addresses skin imperfections including hyperpigmentation, dark spots, acne, and the appearance of fine lines and wrinkles for instantly visible results.



ENHANCEMENTS

OCULAR ILLUMINATION—BY DR BURGNER SWITZERLAND

Add to any facial therapy, from \$80

Focusing on diminishing fine lines, puffiness and dark circles in the delicate eye area, this cooling treatment complements any facial.

REVIVAL PEEL

Add to select facial therapies, from \$65

Enhance your facial with a nutrient-rich, all-natural exfoliation featuring a blend of salicylic, lactic and glycolic acids derived from hibiscus flowers to gradually exfoliate the skin without causing redness.

NOURISHING HAND TREATMENT

Add to any therapy, from \$35

Facial-grade anti-aging serums and creams are applied to the hands before a warm plant-based mask treatment. This exquisite add-on moisturizes hands, lightens age spots, and reduces muscle and joint soreness.

MOISTURIZING FOOT TREATMENT

Add to any therapy, from \$35

This deeply hydrating treatment uses luxurious goat butter and warm plant-based mask treatment to soften skin and soothe achy feet.

SCALP TREATMENT

Add to any therapy, from \$35

A targeted scalp massage relieves tension and calms the mind, while a soothing scalp oil nourishes the scalp and moisturizes the hair for smooth, shiny locks.

CBD TREATMENT

Add to any touch therapy, from \$35

Enhance any touch therapy with the addition of organic hemp CBD to help reduce pain, inflammation and irritation in muscles, nerves, joints and skin.

KNESKO MASKS

KNESKO bridges science and spirituality with revolutionary GEMCLINICAL® skincare technology. Its serum-infused collagen gel masks use precious gemstones and minerals to activate the chakras and rejuvenate skin. A selection of Knesko Masks can be added to most facial and body treatments.

KNESKO GOLD & DIAMOND:

Eye from \$30

Face from \$50

Neck from \$50

Décolleté from \$50

JETPEEL™ INFUSION from \$150

Customized JetPeel™ infusions reach the dermal layers below the skin surface to address the appearance of fine lines, help restore firmness, boost radiance, and more.

MICRO CURRENT from \$55

This non-invasive enhancement uses low-grade electrical currents to “train” facial muscles for firmer, smoother, more visibly contoured skin.

LED LIGHT THERAPY

30 minutes from \$145

This custom enhancement utilizes different wavelengths of infrared light to address specific concerns including fine lines and wrinkles, acne and decongested skin.

MICRODERMABRASION from \$65

This non-invasive enhancement gently smooths away the outermost layer of the epidermis to reveal smoother skin and a more radiant complexion.



PACKAGES



GRAND DAY SPA RETREAT

Massage, Facial and Lunch

120 minutes

from \$530 Monday–Thursday, \$540 Friday–Sunday

Decompress and renew with a full day of relaxation, including a full-body Therapeutic massage, personalized Marine facial and poolside lunch.

COASTAL CANYON ESCAPE

Massage, Wrap and Facial

180 minutes

from \$690 Monday–Thursday, \$700 Friday–Sunday

Rejuvenate the mind and body with two signature therapies. Our Core Elements treatment soothes and strengthens the body's core through massage and a detoxifying wrap, followed by an exquisite Illuminating Facial for complete relaxation.

RESTORATIVE COUPLES JOURNEY

Bath, Massage and Wrap

105 minutes

from \$775 Monday–Thursday, \$785 Friday–Sunday

This sensuous experience for two includes a relaxing, mineral-rich bath, customized 60-minute massage and moisture-intensive wrap with a blissful head and foot massage.





FITNESS AND WELLBEING

RETREAT INTO NATURE

2.5–6 miles (4–9.7 kilometers) / 2–3 hours
Pricing upon request

Los Peñasquitos Canyon Preserve reveals prehistoric pasts, an abundance of flora, wildlife communities, flowing creeks, a waterfall and scenic vistas. Take in the stunning natural beauty and uncover Native American history dating back 7,000 years on this private hike with our resort naturalist, available in 2.5-, 4- and 6-mile (4-, 6.4- and 9.7-kilometer) options that range from an easy stroll or a moderate hike to a heart-pumping adventure.

PEAK PERFORMANCE

90 minutes
from \$250 Monday–Thursday, \$270 Friday–Sunday

Peak Performance begins with initial testing to determine your current level of fitness, followed by a guided journey through a series of workouts that will challenge you and help you reach your physical wellness and fitness goals.

GOLF PERFORMANCE

90 minutes
from \$250 Monday–Thursday, \$270 Friday–Sunday

One of the most important aspects of your golf game is your body. Is yours efficient for your swing? We will guide you through a series of physical screenings that will determine what physical limitations reside within your body. Each screening is directly related to a movement within the golf swing. Corrective exercises will then be prescribed to address these limitations and help you on your golf journey.

PERSONAL TRAINING

Single 60-minute session from \$100
Eight 60-minute sessions from \$700

Selecting a personal trainer is the next step on the road to better health—and an enviable body. Our experts will create a custom program specifically tailored to your fitness level and goals. Having a personal trainer is a great way to inspire your workouts, prevent injury and achieve real results.

GUIDED MEDITATION

30 minutes
Pricing upon request

Deepen body awareness, calm the mind and connect to inner peacefulness while flowing into tranquility with guided breath and meditation. This practice will reduce stress, anxiety and insomnia while heightening clarity, concentration and creativity. Come with an open mind and heart. Both beginners and established meditators are welcome.



INFORMATION & ETIQUETTE

RESERVATIONS

Spa treatments are available for guests 18 years of age and older. We encourage you to book spa appointments when you reserve your guest room. Please inform the reservation agent of any medical conditions or other special needs that require our attention so we can ensure your experience is a pleasant one. **To make a reservation, please call 858 314 2020.**

FACILITIES

Fairmont Spa and Wellness features 21,000 square feet (1,950 square meters) of Old World elegance and 11 expansive treatment rooms—including a romantic couples' suite—for massages, cleansing facials and hydrotherapy body treatments. Our Men's Lounge and Women's Lounge both offer lavishly appointed relaxation rooms with stone replaces, showers, steam and sauna areas, and indoor whirlpools. A shared outdoor relaxation area, whirlpool and Relaxation Pool are also available for guests to enjoy.

FITNESS CENTER & MOVEMENT STUDIO

Located within Fairmont Spa and Wellness, the Fitness Center features free weights and state-of-the-art equipment, including a variety of cardio and weight machines. The Fitness Center is complimentary to all resort guests 16 years of age and older. Personal training (reservations required) and fitness classes in the Movement Studio are also available. For your safety, proper closed-toe fitness shoes and clothing are required in the Fitness Center and in fitness classes. Please contact Fairmont Spa and Wellness for more information, class schedules and personal training reservations.

CANCELLATION & RESCHEDULING POLICY

If you wish to reschedule or cancel a service, please notify the spa by 4:00 PM on the day prior to your appointment. For notifications received after this time, 50% of the value of the service will be charged. For missed appointments or same-day cancellations, the full value of the service will be charged.

GRATUITY & SERVICE FEE

For your convenience, a 20% Gratuity & Service Fee will be automatically added to all services and packages, of which 18% is a gratuity that is distributed to the Hotel's therapist and, as appropriate, other staff, and the remaining 2% is a service fee retained (and not distributed as a tip or gratuity to the Hotel's staff) by the Hotel. Depending on the Hotel's location, the Gratuity & Service Fee may be subject to sales or other taxes, which may change from time to time without notice. If you wish to provide an additional tip to the staff members who served you during your visit to Fairmont Spa & Wellness, please feel free to do so.

LOCATION & PARKING

Fairmont Spa and Wellness at Fairmont Grand Del Mar is located on the first floor at the west end of the resort. For your convenience, valet parking is \$7 for our spa guests.

ARRIVAL

We invite you to arrive 30 minutes prior to your scheduled spa service so that you can prepare for your treatment and relax in our vitality mineral whirlpool, steam rooms, sauna and showers. To ensure that all guests receive their full treatment, late arrivals will end at the originally scheduled time.

SPA ATTIRE

Spa robes, sandals and lockers are complimentary for all spa guests. Most of our guests prefer to fully undress for treatments, since our staff is professionally trained in proper draping techniques designed to ensure modesty and comfort throughout the treatments. If you prefer, you may wear undergarments for your treatment. Disposable undergarments are also available upon request. A bathing suit is recommended for our whirlpool, sauna and steam treatments. Fairmont Spa and Wellness also provides a luxurious array of personal care products for your complimentary use.

CONSIDERATIONS & VALUABLES

To preserve our tranquil environment, Fairmont Spa & Wellness is a mobile phone-free and smoke-free environment. Please avoid bringing jewelry or other valuables to Fairmont Spa and Wellness. If you are a guest of the resort, please leave valuables in your in-room safe. We are not responsible for valuables that are lost or left at Fairmont Spa & Wellness.

GIFT CERTIFICATES & THE SPA BOUTIQUE

Gift certificates for spa, fitness services and items at The Spa Boutique, make ideal gifts for any special occasion. The Spa Boutique carries our exclusive, handmade, organic skin-care line, as well as stylish yoga wear, robes and sandals, candles, and other soothing gifts.



WELLBEING THERAPIES

FAIRMONT SPA

Whether you're looking for a quick escape from the city or a leisurely oasis of calm on the road, our revitalizing treatments and expert techniques at Fairmont Spas and Willow Stream Spas will restore you to your absolute best. We invite you to indulge yourself at any of our spas around the world.

BERMUDA

Fairmont Southampton

CANADA

Fairmont Banff Springs

Fairmont Chateau

Lake Louise

Fairmont Empress, Victoria

Fairmont Jasper Park Lodge

Fairmont Le Château

Montebello

Vancouver

CHINA

Fairmont Beijing

Fairmont Chengdu

Fairmont Nanjing

Fairmont Peace Hotel,

Shanghai

Fairmont Yangcheng Lake,

Kunshan

EGYPT

Fairmont Nile City, Cairo

GERMANY

Fairmont Hotel Vier

Jahreszeiten, Hamburg

INDONESIA

Fairmont Jakarta

Fairmont Sanur Beach, Bali

JORDAN

Fairmont Amman

KENYA

Fairmont Mount Kenya

Safari Club

Fairmont The Norfolk, Nairobi

MEXICO

Fairmont Mayakoba,

Riviera Maya

MONACO

Fairmont Monte Carlo

PHILIPPINES

Fairmont Makati

SAUDI ARABIA

Makkah Clock Royal Tower,

A Fairmont Hotel

SINGAPORE

Fairmont Singapore

SOUTH AFRICA

Fairmont Zimbali Resort

SWITZERLAND

Fairmont Le Montreux Palace

TURKEY

Fairmont Quasar, Istanbul

UNITED ARAB EMIRATES

Fairmont Dubai

Fairmont Fujairah

Beach Resort

Fairmont The Palm, Dubai

UNITED KINGDOM

Fairmont St Andrews

The Savoy, A Fairmont Managed
Hotel, London

UNITED STATES

Claremont Club & Spa,

A Fairmont Hotel, Berkeley

Fairmont Chicago, Millennium Park

Fairmont Grand Del Mar,

San Diego

Fairmont Kea Lani, Maui

Fairmont Orchid, Kohala Coast

Fairmont Pittsburgh

Fairmont Scottsdale Princess

Fairmont Sonoma Mission Inn & Spa

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Fairmont
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