

SPAS, HEALTH & BEAUTY

Celebrating Indulgence

In a picturesque environment that calms the soul naturally, Monterey County spas pride themselves on relaxing even the most stressed of customers. Together, these facilities have made the county into a world-class spa destination. The spas and treatments, however, are all entirely different.

The Spa Experience

Monterey offers both day spas and resort spas. Day spas can be beauty salons that have added treatment rooms to accommodate services or have incorporated spa services into their existing facilities. Some day spas are elaborate facilities with several treatment rooms offering a range of services.

Resort spas are part of a resort or hotel and generally offer more extensive and luxurious facilities. Overnight accommodations as well as many other activities are usually available, as well. Services at these facilities can be purchased a la carte — a perfect option for brides or wedding party members who want to look their best before the Big Day. Be sure to ask if your spa offers any specials, too.

Post Ranch Inn Infinity pool

Open The Door
To Relaxation



Types of Treatments

Today's spas employ highly skilled and educated practitioners who hold certifications in certain specialties that might include cranial-sacral work, Shiatsu, Reiki, aromatherapy, and Swedish, sport or La Stone massage. A full spa menu may offer many of these different styles of massage, as well as several types of facials, body treatments and beauty services. Other services may include Vichy showers and hydrotherapy in specialized tubs. Here's a sampling:

CHOCOLATE DECADENCE BODY TREATMENT – The decadence of rich, dark Belgian chocolate and ground Kona coffee combines the potent antioxidant power of tannins with Vitamins E, B and hydrating cocoa butter. An exfoliating scrub is followed by a wrap and a facial scrub, with a polish of cocoa shea butter to keep skin at its best.

TRAVELER'S OXYGEN FACIAL – Using 87 different minerals, pure vitamins A, E, C, and medical-grade oxygen, this treatment refines and "tightens" the skin while assisting the regeneration of precious collagen and elastin.

GREEN TEA & GINGER SEAWEED WRAP – After a citrus herbal scrub to open up the pores, this treatment revolves around a specially formulated mud containing green tea and extract of ginger root. The experience ends with a light massage and a quick rubdown with a moisturizing blend of essential oils and protein.



SANO spa

Casa Munras
700 Munras Avenue, Monterey, CA 93940
P 831.372.1829
sanospamonterey.com

HARVEST CRUSH – The benefits of the vineyard are meant for the skin, too. Grape seeds provide anti-oxidant benefits and just the right amount of exfoliation for renewing and polishing the skin. Finish with a therapeutic massage with warmed grape seed oil.

MONTEREY BAY SALT GLO – This treatment exfoliates the body with mineral salts and essential oils for smooth, healthy and renewed skin.

RAIN DROP THERAPY – Start with a dip in a cleansing sea salt aromatherapy tub, then move to a soothing aromatherapy treatment that involves the application of organic essential oils. In the tradition of the Esalen Indians of the area, the body is anointed with a Californian sage "smudge stick."

Your Appointment

When calling for a spa appointment, ask the reservationists to help suggest the best treatments. Don't hesitate to ask questions. Inquire about all of the oils and other materials used (to eliminate allergic reactions). Above all, prepare yourself to relax and unwind as you soak in the splendor of Monterey's natural elements.

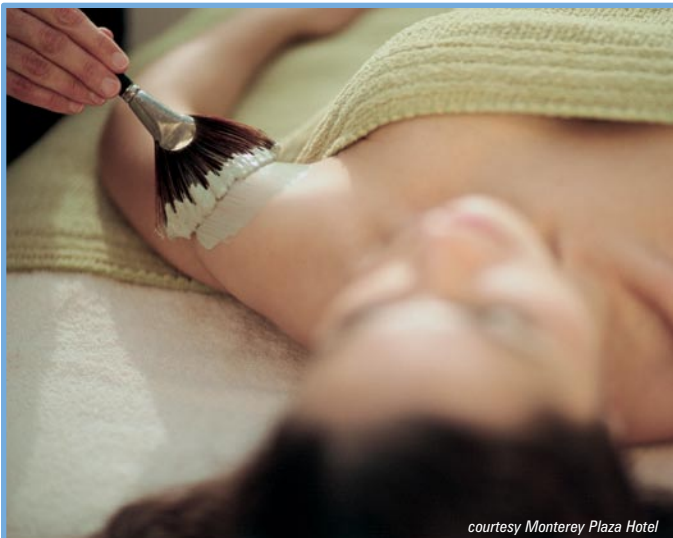
Wellness Centers

Age Defy Dermatology & Wellness

The Spa at Pebble Beach
1518 Cypress Dr
Pebble Beach, CA 93953
(831) 622-6480
www.agedefy.com

SPAS, HEALTH & BEAUTY

| SPAS | | Phone & Fax Numbers | Hours of Operation | Aromatherapy Wraps | Facials | Hair Styling | Gift Certificates | Massage | Tanning | Manicures/Pedicures | Guest Only | Hydrotherapy | Yoga/Meditation | Body Wax | Reservations | Reflexology | Hot Tubs/Sauna/Steam | Makeovers | Drop Ins Okay | Fitness | Packages Available | Food & Beverages | # of Treatment Rooms | Age Range | |
|---|-------------------|--------------------------------------|-------------------------|--------------------|---------|--------------|-------------------|---------|---------|---------------------|------------|--------------|-----------------|----------|--------------|-------------|----------------------|-----------|---------------|---------|--------------------|------------------|----------------------|-----------|--------------|
| DAY SPAS | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aquablue Skin and Body Spa 229 Main St. www.aquabluespa.com | Salinas | (831) 422-2500 (831) 422-7900 (F) | | • | • | | • | • | | | | | | • | • | • | • | • | • | | • | • | 8 | 16+ | |
| Buzbee Studio 3 NE Mission at 4th www.buzbeestudio.com | Carmel-by-the-Sea | (831) 622-9691 | | | • | • | • | | | • | | | | • | | | | • | | | • | | | | |
| Spa on the Plaza 201 Alvarado St. www.spaontheplaza.com | Monterey | (831) 647-9000 (831) 375-5214 (F) | 7am-9pm daily | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | 12 | 18 for wt rm |
| The Body Suite, Day Spa 550 Wave St. #7 www.bodysuite.com | Monterey | (831) 375-4375 (831) 375-5274 (F) | 7 days a week by appt | • | • | | • | • | | • | | | | • | | • | • | | • | | • | • | 6 | | |
| RESORT SPAS | | | | | | | | | | | | | | | | | | | | | | | | | |
| Allegría Spa at Ventana Inn Ventana Inn & Spa Highway 1 www.ventainn.com | Big Sur | (831) 667-4222 (831) 667-0573 (F) | 9am - 8pm daily | • | • | | • | • | | | | • | • | | • | • | • | | • | • | • | • | 6 | 18 | |
| Chateau Coralini Retreat 100 River Road www.chateaucoralini.com | Salinas | (831) 455-2100 (831) 455-2154 (F) | | • | • | | • | • | | | | | | • | • | • | • | | | | • | | 3 | | |
| Energia Spa at The Intercontinental 750 Cannery Row www.intercontinental.com/montereyic | Monterey | (831) 375-4500 (831) 375-4501 (F) | M-F 9-6pm S+S 8-6pm | • | • | | • | • | | • | | | | • | • | | | | • | | • | • | | | |
| Hyatt Regency Monterey Resort & Conference Center 1 Old Golf Course Rd. www.hyatt.com | Monterey | (800) 233-1234 (831) 375-3960 (F) | 24 hours, 7 days a week | • | • | • | • | • | | • | • | | | | • | | • | | • | • | • | • | 4 | | |
| Monterey Plaza Hotel & Spa 400 Cannery Row www.montereyplazahotel.com | Monterey | (800) 631-1339 (831) 646-5442 (F) | 8am-8pm | • | • | | • | • | | • | • | • | | • | | • | • | | • | • | • | • | | 18 | |
| Quail Lodge Spa 8205 Valley Greens Dr. www.quailodge.com | Carmel Valley | (888) 620-8811 (831) 624-3726 (F) | 9am-7pm daily | • | • | | • | • | | • | | | | • | | • | • | | | • | • | | | | |
| Sano Spa at Casa Munras 700 Munras Ave www.hotelcasamunras.com | Monterey | (800) 222-2446 (831) 375-1365 (F) | | • | • | • | • | • | | • | • | • | • | • | • | • | • | • | • | • | • | • | 4 | | |
| Spa at Portola Hotel 201 Alvarado St. www.portolahotel.com | Monterey | (831) 647-9000 (831) 375-5214 (F) | 7am-9pm daily | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | 12 | 18 for wt rm |
| The Spa at Pebble Beach 1518 Cypress Dr. www.pebblebeach.com | Pebble Beach | (888) 565-7615 (831) 622-6489 (F) | 7:30am-8:30pm daily | • | • | • | • | • | | • | | | | • | • | • | • | | | | • | | 25 | 18 | |
| The Spa at Post Ranch Inn Highway 1 www.postranchinn.com | Big Sur | (800) 527-2200 (831) 667-2512 (F) | 9am-9pm daily | • | • | | • | • | | • | • | | | | • | | | | • | | | | | 18 | |



courtesy Monterey Plaza Hotel

