

## HOW TO SPA

### RESERVATION

Please reserve spa appointments at least two weeks prior to arrival so we may best meet your scheduling requests. A credit card is required at time of reservation. Online booking is available [bookspaatthemission.com](http://bookspaatthemission.com).

### AGE REQUIREMENT

The Spa at The Mission Inn San Juan Capistrano is available to guests 18 years of age and older. Guests under the age of 18 will not be permitted to use the spa facilities or the locker room areas.

### CANCELLATIONS

In consideration of others, please notify the spa of cancellation or to reschedule at least 24 hours before your appointment to avoid being charged the full treatment and service fee. Group reservations are subject to contracted agreement.

### SERVICE CHARGE

For your convenience, a 22% service charge will be added for each spa service you receive and it is distributed among your service provider and the spa staff who served you during your visit. If services were satisfactory, please feel free to leave additional gratuity at your discretion.

### GIFT CARDS

You may purchase Gift Cards in specific dollar amounts, either at the hotel, spa or online at [gifts.marriott.com](http://gifts.marriott.com), which are redeemable at any of our hotels and resorts and can be used towards spa services or purchases in our Spa Boutique.

### SPA ARRIVAL

Please arrive 15 minutes prior to your appointment to begin your spa journey. Arriving late may limit the time of your treatment, which will end on time, not to disrupt other guest's appointment times.

### COURTESY

While enjoying The Spa at The Mission Inn San Juan Capistrano treatments and lounge, we kindly ask that you enjoy quiet conversation and refrain from using cell phones and other electronic devices. The spa fitness and pool are smoke-free environments. To ensure complete privacy for you and other guests, please avoid camera use in the spa.

### HEALTH CONDITIONS

Please advise your therapist if you have any health concerns or questions about which treatments are best for you. Heat treatments are not recommended for pregnant women, guests with heart conditions or sensitivity to heat.

### SPA ATTIRE

We suggest wearing comfortable clothing and that you do not bring your jewelry or valuables to the spa. A spa robe and slippers will be provided. Our therapists are professionally trained in proper draping techniques to ensure your privacy and comfort.

## PRICING MENU FOR SERVICES

*(exclusive of 22% service fee all prices subject to change)*

### EXPERIENCES

"Peace Be With You" Body in Balance	80 min   \$275
Lavender & Olive Oil Indulgence	80 min   \$265
Soul to Sole	80 min   \$265

### MASSAGES

Serenity	50 min   \$185	80 min   \$255
Capistrano Salt Stone	80 min   \$255	
Equestrian	50 min   \$195	80 min   \$260
Sacred Journey Prenatal	50 min   \$200	80 min   \$260

### FACIALS

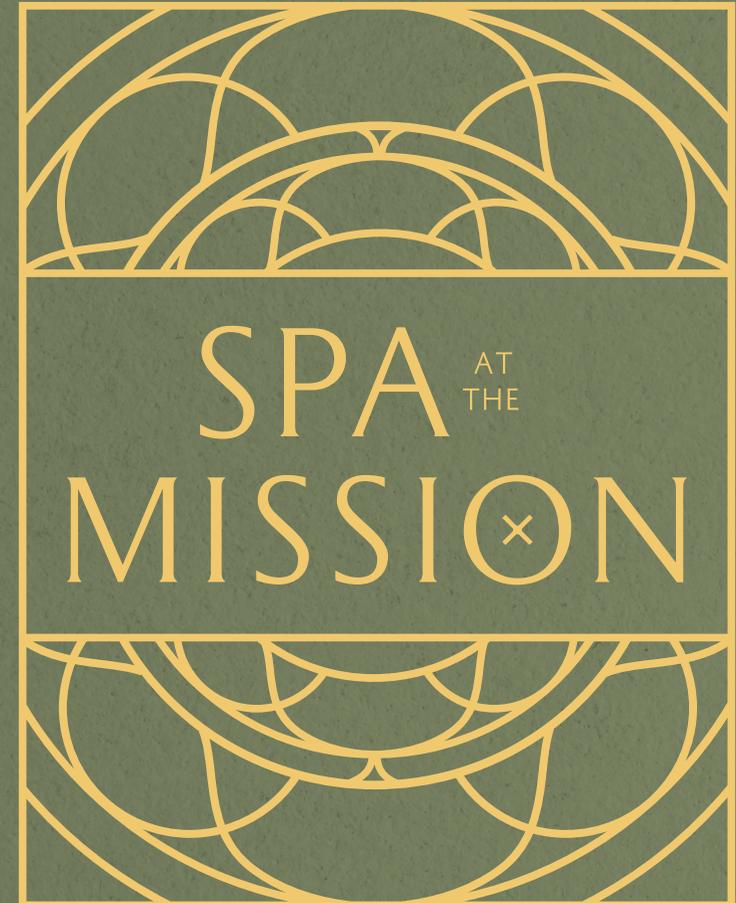
San Juan Vitamin C	50 min   \$225	80 min   \$295
Infused Collagen	50 min   \$185	80 min   \$255
Padres' Energizing	50 min   \$185	

### ENHANCEMENTS

No Additional Time

### FACE | BODY

Warm Stone Melt	\$30
Scalp Soother Massage	\$30
Hyaluronic Marine Mask	\$30
Collagen Bio Cellulose Mask	\$20
Belly Polish Pregnancy	\$30
Deep Muscle	\$30



SAN JUAN CAPISTRANO

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AT  
THE  
MISSION  
SAN JUAN CAPISTRANO

31692 EL CAMINO REAL, SAN JUAN CAPISTRANO, CA 92675

[WWW.INNATTHEMISSIONSJC.COM/SPA](http://WWW.INNATTHEMISSIONSJC.COM/SPA)

## JOURNEY WELL

The Spa at the Mission is a welcoming oasis for travelers who seek respite and rejuvenation during their journey or for locals looking for an enriching escape close to home. From our Mission-inspired treatments to our inviting indoor-outdoor atmosphere, every element of our spa is designed to transport guests from the everyday, creating a sacred space for individual nurture and renewal.

Here, we take a holistic approach to wellness and deliver each experience with reverence. Signature treatments connect guests to the natural rhythm of San Juan Capistrano and the unique spirit of the Mission next door. So whether your time with us provides a well-deserved day of rest along your path up the coast as the Missionaries did centuries ago, or the Spa becomes part of your weekly self-care ritual, our commitment is that you leave feeling refreshed in mind, body and spirit to write the next chapter in your story.

Let's begin the journey.

## MY BODY. MY TEMPLE.

Body Treatments designed for Balance & Harmony.

### “PEACE BE WITH YOU” BODY BALANCE | 80 min

Revitalize from head to toe after everyday exposure to the elements with this warm shea butter, lotus and CBD wrap that nourishes the body and the mind. A soothing arnica and CBD-infused oil are applied in long strokes, leaving your skin with an impeccable glow. For the scalp, a warm infusion of CBD, Icelandic moss and coconut oil energizes and revitalizes through a gentle and rhythmic massage, easing muscle tension and stimulating circulation. Nurturing each part of your body's largest organ (the skin), “Peace-Be With You” will leave you in balance and in beauty, fully restored to your best harmony.

### LAVENDER & OLIVE OIL INDULGENCE | 80 min

Inspired by the 72 Mission Olive Trees on property that symbolizes peace, tranquility and friendship, this decadent hydrating body treatment will take your senses on a journey while revitalizing your skin's beauty. The treatment begins with a body exfoliation with fine-grain, sun-evaporated Pacific sea salt, organic extra virgin olive oil and other essential oils blended onsite. A relaxing massage follows with a warm olive oil body balm to relieve tension and stress, concluding with a nourishing kiss of luxe olive and shea body buttercream.

### SOUL TO SOLE | 80 min

This journey is inspired by the warm, sunny aromas of the citrus groves on property. A bounty of nutrient-rich, skin-loving oils and plant extracts provide powerful, antioxidant protection and hydrating lipids to restore moisture to skin, hair and nails. Indulge the senses and melt away tension as a warm citrus olive oil body balm is smoothed over the entire body, followed by the application of deeply hydrating olive and shea body buttercream. Let your mind dream as you relax inside a warm cocoon wrap to emerge not only replenished but with luminosity.

## SEEK THE NATURAL

Massage Treatments designed to Restore & Nurture.  
*Any of the massages can be done as a **Couples Journey** (upon availability)*

### SERENITY | 50/80 min

Customize the pressure and pace with this unique serenity massage treatment. Allow our talented therapists to personalize your journey to well-being and relaxation with their expertise and understanding. Your stress points will be their guide to leave you feeling restored completely.

### CAPISTRANO SALT STONE | 80 min

Like wandering travelers from the past who were seeking relief from their long journeys, the warm, soothing salt stones are applied to the body to relieve tension and relax the mind. The Himalayan salt stones are antimicrobial and antibacterial. Boasting 84 essential nutrients and minerals, the pure crystal salt will re-mineralize your skin to deliver an increased level of wellness and recharge your body and spirit.

### EQUESTRIAN | 50/80 min

The importance of regular massage and bodywork to keep muscles flexible, relaxed and balanced, is particularly vital in supporting the core muscles used when you ride or are active in other athletic ways. This unique massage uses a natural olive oil and arnica, and focuses on the main muscle structures, such as legs, hips, abdomen, shoulders and back, leaving you primed for peak performance.

### SACRED JOURNEY PRENATAL | 50/80 min

A body, mind and spirit approach to our pregnancy massage after the first trimester, our therapists are certified and trained to provide Madre and her baby the special attention they need and deserve. This massage is designed to relieve any discomforts in the body and uses unscented organic and probiotic-rich hydration lotion along with an application of Concreta to the belly and hips to help minimize stretch marks and soothe the skin. We provide you with the remaining Concreta to take home to continue your self-care as you path through the journey ahead.

## ABOUT FACE

Facial Treatments designed to Revitalize and Illuminate.

### SAN JUAN VITAMIN C | 50/80 min

Supercharge your skin with Vitamin C, nature's most potent—and proven—skin-brightening treatment. This high-performance facial is the go-to for combatting sun damage, reversing signs of aging and restoring luminosity for firmer, brighter skin.

### INFUSED COLLAGEN | 50/80 min

This collagen-infused facial reduces the appearance of fine lines and wrinkles. The techniques used will stimulate the skin's ability to produce collagen and elastin. The skin is cocooned in a luxurious collagen mask that will create a youthful and fresh complexion full of luminosity and radiance.

### PADRES' ENERGIZING | 50 min

Experience this energizing treatment specifically tailored for the gentleman who is looking to revitalize their skin. Using newly formulated products that are multifunctional, clean and vegan, with features that will strengthen, rejuvenate, balance and moisturize the skin. This treatment will leave your face hydrated and refreshed, and alleviate any irritation post-shaving.

## ENHANCEMENTS

No Additional Time

### WARM SALT STONE MELT

Warm Salt Stones radiate heat deep into the muscles to loosen and relieve deep-set tension while infusing minerals and nutrients to activate natural healing.

### SCALP SOOTHER MASSAGE

The strengthening properties of Icelandic moss, coconut oil and CBD promote vitality and a deeply relaxing scalp massage to reduce tension.

### HYALURONIC MARINE MASK

Uniquely elegant, the hyaluronic marine mask deeply hydrates and soothes irritated skin. Suitable for all skin types yet designed for the most sensitive.

### COLLAGEN BIO CELLULOSE MASK

Brighten and firm your skin with Vitamin C and collagen peptides. This next-generation sheet mask utilizes a Bio cellulose matrix that mimics a 'second skin' allowing for maximum permeation of active ingredients.

### BELLY POLISH ENHANCEMENTS

This polish includes organic shea butter, sugar and salt applied to the belly. Warm towels are used to remove the polish and an application of unscented ultra-hydrating and stretch-mark-preventing Concreta is used to massage into the belly.

25 Minute Add-On To Treatment

### HAND AND FOOT RELIEF

Relieve muscle aches and ease tension with this warming cayenne, arnica and CBD service that provides extra care for hands and feet.

For special occasions, please inquire with our Spa Concierge at 949.503.5713.

