



PMB 40 • 35008 PALA TEMECULA ROAD • PALA, CA 92059
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*From San Diego and Riverside Counties: I-15 to Hwy 76, go east 5 miles
From Orange and Los Angeles Counties: I-5 south to Hwy 76, go east 23 miles*



Getaway

RELAX • REJUVENATE • UNWIND







Pala Spa Signature Treatments

REVITALIZING EUCALYPTUS RITUAL

If you are in need of relaxation and a re-energizing experience this is the treatment for you. You will begin with an invigorating exfoliation using a Turkish salt scrub with eucalyptus to remove all dry and dull skin cells from your body. You will then relax in a therapeutic eucalyptus bath prepared just for you. After you step out of your bath you will finish with a full body massage using an energizing massage oil. This treatment will leave your entire body feeling refreshed and invigorated.

80 minutes – \$210

ISLAND LAVA SHELL MASSAGE

This island inspired massage uses warm tiger stripe clams as a massage tool to provide a deeply relaxing and tranquil massage. The shells are warmed with a volcanic lava powder, kelp, sea salt, and salt water. Your massage therapist will use these warm shells while performing your massage to help relax your muscles and provide you with an extraordinarily calming treatment.

50 minutes – \$120 or 80 minutes – \$180

MICRODERM FACIAL

This microderm facial is excellent for all skin types. This treatment will leave your skin feeling deeply cleansed and refreshed. This facial starts with a deep cleansing, leading into a deep facial exfoliation with our microdermabrasion machine. This facial ends with a light hydrating lotion with SPF. Your skin will look younger and refreshed. This treatment is recommended in a series of four.

50 minutes – \$180

IONITHERMIE BODY DETOX

Ionithermie is the perfect treatment for the person looking to slim down and tone their body. This treatment uses gentle electrical stimuli, thermal clay, essential oils, and algae to decrease the appearance of cellulite and tighten the skin's texture. You will leave your service with measurable inch loss. Your results will greatly improve when you continue to have the treatment done in a series.

80 minutes – \$180



Specialty Massages

REFLEXOLOGY

This healing massage stimulates energy pathways through areas on the feet. Your service will start with a brief foot scrub followed by a pressure point massage promoting relaxation.

25 minutes – \$65

NECK AND SHOULDER MASSAGE

This mini massage helps relieve tension by working on the high stress muscles of the neck, shoulders, and back. This is the perfect treatment to start your vacation and decompress.

25 minutes – \$65

CLASSIC SWEDISH MASSAGE

This classic massage relaxes the body and improves circulation. Swedish Massage is a traditional European massage that involves the use of oil and long strokes. If you are looking for a calming massage, this is ideal.

50 minutes – \$105 or 80 minutes – \$165

THERAPEUTIC MASSAGE

Our Therapeutic Massage uses deep tissue methods to help alleviate tension by releasing tightness and reducing muscle pain. This firm massage is not recommended for the first time spa goer.

50 minutes – \$120 or 80 minutes – \$180

TRADITIONAL ASIAN MASSAGE

Our Traditional Asian Massage is done in loose clothing and encourages the release of blocked energy. We use Asian inspired techniques of acupressure that are performed by stretching while firm pressure is applied to various points along your meridian lines. Unblocking these energy pathways will help promote relaxation and overall well-being.

50 minutes – \$120 or 80 minutes – \$180

ISLAND LAVA SHELL MASSAGE

This island inspired massage uses warm tiger stripe clams as a massage tool to provide a deeply relaxing and tranquil massage. The shells are warmed with a volcanic lava powder, kelp, sea salt, and salt water. Your massage therapist will use these warm shells while performing your massage to help relax your muscles and provide you with an extraordinarily relaxing treatment.

50 minutes – \$120 or 80 minutes – \$180



Specialty Massages

WELLNESS MASSAGE

Our Wellness Massage will offer you a customized treatment depending on your needs. You will have your choice of the following oils: Balance (*lavender, ylang ylang, & geranium*), Detox (*fennel, grapefruit, & black pepper*), Energy (*rosemary, cypress, & lemongrass*), Muscle Tension (*rosemary, eucalyptus, & birch*), Sleep (*chamomile, lavender, & rose*), Stress (*lavender, bergamot, & clary sage*). Once you choose your oil, your therapist will use it to treat you to an extremely calming and healing massage.

50 minutes – \$120 or 80 minutes – \$180

COUPLES MASSAGE

Experience a soothing Swedish Massage in one of our suites designed for couples. Both of you will enjoy massages, as you lie side by side.

50 minutes or 80 minutes

An upgrade charge of \$10 per guest is added to your treatment price when experiencing the couples suite. Please request this facility specifically at the time of reservation.

These enhanced services can be added to any one of our massage services to make your treatment extra special

BODY BUTTER

Enrich and moisturize your skin by adding this shea body butter to your massage. The therapist will use this nourishing butter cup while performing your massage. At the end of your service you will take the remaining product home to continue your spa experience! Your skin will feel a healthy, radiant, beautiful glow.

\$30 upgrade

DRY BRUSH TREATMENT

The art of ancient dry brushing has been combined with a soothing spa twist. Your skin will be exfoliated with a honeycomb body mitt, stimulating blood flow and cellular renewal. A great addition to any massage. Get a great exfoliation without taking a lot of time out of your day!

25 minutes – \$35 upgrade

Body Therapies

CHAMOMILE BODY POLISH

Granulated pumice in a cream of chamomile oil is applied to the skin for an invigorating but gentle body scrub. The service is completed with an application of chamomile body lotion and spray. You will leave feeling nourished and smooth.

50 minutes – \$105

SEASONAL BODY POLISH

We have designed extraordinary seasonal body scrubs using organic products. These scrubs have been designed to change with the seasons to offer you the best possible treatment depending on the time of year and the seasonal elements affecting your body. Your skin will be healthy and radiant!

50 minutes – \$105

MARINE SALT GLOW

French marine salts and seaweed oils are used to give your skin a deep exfoliation. After your scrub is removed, a hydrating application of nourishing products will leave your skin remineralized, oxygenated, and relaxed. This invigorating scrub is ideal for men or women with sun damaged or thicker skin.

50 minutes – \$105

ROSE CLAY MUD WRAP

This Native American inspired treatment will draw impurities from your system and leave you and your skin feeling revitalized. Rose Clay is the perfect product for guests with oily skin or those who are in need of a deep detoxifying treatment for the skin.

50 minutes – \$105



Body Therapies

SEASONAL BODY ENVELOPMENT

We have designed nourishing seasonal body envelopments using organic products. These wraps have been designed to change with the seasons to offer you the best possible treatment depending on the time of year and the seasonal elements affecting your body. You and your skin will feel nourished and pampered!

50 minutes – \$105

BACK FACIAL

This treatment targets areas that are hard to maintain. You will experience a deep cleansing of your back, exfoliation and mask plus a back and scalp massage. This facial for the body is pure bliss and relaxation.

50 minutes – \$110

IONITHERMIE BODY DETOX

Ionithermie is the perfect treatment for the person looking to slim down and tone their body. This treatment uses gentle electrical stimuli, thermal clay, essential oils, and algae to decrease the appearance of cellulite and tighten the skin's texture. You will leave your service with measurable inch loss. Your results will greatly improve when you continue to have the treatment done in a series.

80 minutes – \$180

Facial Therapies

At the Pala Spa, we have created a complete menu of facial treatments designed to accommodate all skin types and needs. You may pick a facial or you can let our skin care professionals determine your needs. Every one of our 50 & 80 minute facials include deep cleansing, exfoliation, extractions, facial and neck massage, a hand treatment, and an application of nourishing facial moisturizer. Our facial treatments are listed below:

MINI FACIAL PEEL

This is an aggressive and effective exfoliating treatment utilizing glycolic acids to give your skin an immediate glow.
25 minutes – \$75

REFRESHER FACIAL

This express facial will remineralize, nourish, and refine your skin. If you are in a hurry this is the treatment for you. Our Refresher Facial will target the overall cleansing of the face and ensure your skin is pampered with the finest skin care products.
25 minutes – \$75

MICRODERM TREATMENT

Microdermabrasion is an effective way to reduce fine lines, age spots, acne scars, and improve your skin's overall appearance. Our Microderm Treatment uses a revolutionary baking soda protocol that allows us to deliver superior results. Your entire face will be treated including your lips and eye area. This treatment will stimulate the production of skin cells and collagen, and has proven to be a very popular non-surgical cosmetic procedure. This treatment is recommended in a series of four.
25 minutes – \$75

VITAL EYES

This is an ideal treatment for tired eyes, dark circles, heavy eyelids, and pronounced signs of aging in the eye contour area. You will see and feel immediate results!
25 minutes – \$75

MICRODERM FACIAL

This Microderm Facial is excellent for all skin types. This treatment will leave your skin feeling deeply cleansed and refreshed. This facial starts with a deep cleansing, leading into a deep facial exfoliation with our microdermabrasion machine. The treatment ends with a light hydrating lotion with SPF. Your skin will look younger and refreshed. This treatment is recommended in a series of four.
50 minutes – \$180

GENTLEMEN'S FACIAL

This detailed facial has been specifically designed to target men's skin. Your service will start with a deep cleansing and will follow with a series of steps to exfoliate and nourish your skin. You will leave feeling relaxed and calm.
50 minutes – \$110

PEEL AND LIFT FACIAL

This skin-renewing treatment will provide you with a radiant complexion. Our Peel and Lift Facial uses an exfoliating gel with fruit acids and a mask with Vitamin C. All of these products together will give your skin a younger and fresher appearance.
50 minutes – \$110



Facial Therapies

EUROPEAN DEEP CLEANSING FACIAL

Our traditional deep cleansing facial is great for the person looking for a thorough cleansing and purification of the face. This facial is wonderful for all skin types.
50 minutes – \$110

HYDRATING VITAMIN C FACIAL

This revitalizing facial is truly luxurious and result driven. Using concentrated vitamin C, it leaves the skin glowing, radiant, and hydrated. This facial is perfect for all skin types, especially tired, stressed, and sun damaged skin. You will leave with your face looking revitalized and refreshed.
50 minutes – \$110

AGE-DEFYING FACIAL

Our Age-Defying Facial is the ultimate defense against wrinkles. This anti-aging facial uses a warm active firming mask, treatment serums, and hydrating creams. If your skin is normal to dry and you are looking to diminish fine lines then this comforting facial is for you.
50 minutes – \$110

THE JOURNEY FACIAL

This facial is a truly unique organic experience! With the use of natural aromatherapy you and your skin will go through a guided journey of relaxation and transformation. This facial will be customized to meet your and your skin's needs (all skin types). If you are looking for a facial that provides results and a memorable experience then this is the facial for you.
50 minutes – \$110

ULTIMATE DE-STRESSING FACIAL EXPERIENCE

Come and experience the ultimate facial. This facial treatment is specifically designed to meet your and your skin's needs. Your treatment will start with a relaxing and soothing back treatment and then continue with a healing and balancing facial treatment. During this amazing experience you will receive a hand treatment, additional massage on your face, décolleté, scalp, and shoulder areas. This treatment will leave you totally relaxed, stress free, and all of your tension will be relieved.
80 minutes – \$165

Body Rituals

Embrace the essence of the Pala Spa with your own private retreat. All forms of our specialty bath therapies are done in our luxurious spa suite.

REVITALIZING EUCALYPTUS RITUAL

If you are in need of refreshment and reinvigoration, this is the treatment for you. You will begin with an invigorating exfoliation using a Turkish salt scrub with eucalyptus to remove all dry and dull skin cells from your body. You will then relax in a therapeutic eucalyptus bath prepared just for you. After you step out of your bath you will finish with a full body massage using an energizing massage oil. The result is a feeling of complete renewal.

80 minutes – \$210

LAVENDER BLISS

This Thai inspired treatment will begin with an awakening toning body scrub followed by a relaxing lavender bath. You will then be treated with a warm bolus massage using marine salt crystals and French lavender. This treatment will leave you feeling peaceful from head to toe.

100 minutes – \$240



Pre-Natal Therapies

MOTHER-TO-BE MASSAGE

Designed to give relief and relaxation, tailored to the specific needs of a pregnant woman. Let our highly trained team provide a comforting and soothing massage for the mother-to-be. *(Massage during pregnancy should be enjoyed after your first trimester.)*

50 minutes – \$105

PRENATAL FACIAL

We designed this facial specifically for the mother-to-be. During this time in your life you and your face need extra care. This facial uses nourishing organic products to smooth and revitalize skin texture, while encouraging skin renewal. Your skin is left conditioned and toned, enhancing your prenatal glow.

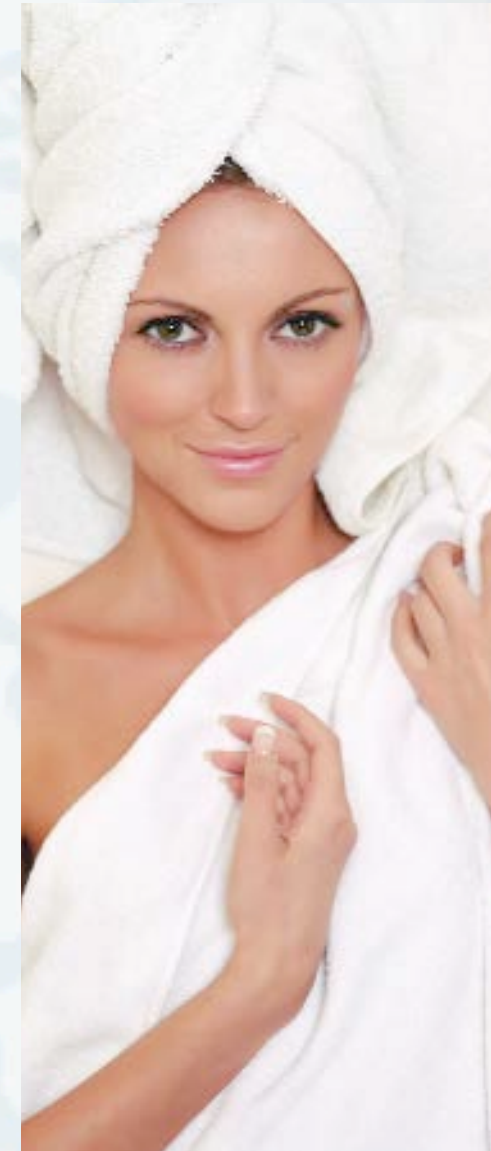
50 minutes – \$110

PRENATAL BODY WRAP

Nourish your body and baby with a relaxing, hydrating, and re-mineralizing body wrap. This treatment will help to maintain skin and tissue elasticity, while providing a unique pampering experience. This treatment is recommended on a monthly basis throughout your pregnancy.

50 minutes – \$105

 Pala Spa organic treatments



Couples Suite Serenity Programs

Designed with sensuality and romance in mind, Couples Suites are the ideal way to commemorate a new marriage, anniversary or other special occasion. Facilities include an outdoor lounge area, a shower for two, attached treatment room with side by side massage tables, and a private whirlpool tub.

SENSUAL PACKAGE

This package includes a fifty (50) minute Couples Massage, and then an hour of relaxation in our couple's suite. You will also receive a bottle of champagne and chocolate truffles to enjoy during your relaxation time. This is the perfect package to enjoy with the person you love!

\$355

HALF DAY INDULGENCE PACKAGE

Your pampering day will include a fifty (50) minute Couples Massage, fifty (50) minute European Facials for two, and relaxation time in your own private spa suite. The special couple will also receive a light spa snack during your time with us.

\$635

DAY OF TRANQUILITY

You and your guest will surrender the entire day to restful relaxation with this package. Your full day program will include an eighty (80) minute Couples Massage, fifty (50) minute European Facials, relaxation time in your suite, poolside lunch, a poolside cabana, and two lush keepsake robes.

\$930



Spa Indulgences

Whether you are coming for the entire day or just a few hours, we have designed packages that will compliment each other, giving you the ultimate spa experience.

THE PALA JOURNEY EXPERIENCE

We created the Journey Experience for the guest who is looking for the perfect escape. We have paired the power of touch and scent by combining our Journey Facial and Journey Pedicure to create a treatment that feels like a soothing voyage. All of the products used in this package are organic and deliver natural aromatherapy. You will leave feeling as though you've just taken a short trip to a breathtaking place.

\$218

THE EXPRESS SAMPLER PACKAGE

If time is an issue for you, then this is the ideal package! During this session you will start with a Neck and Shoulder Massage and continue your relaxation with a Refresher Facial. You will finish your experience in the Salon with our Express Manicure and Pedicure, for a true head-to-toe pampering. You will leave relaxed and refreshed having completed your treatment in under two hours. This is the perfect package for people on the go or who would like to sample just a taste of what the Pala Spa has to offer.

\$240

DAY OF RENEWAL – HALF DAY PROGRAM

Rejuvenate with our most popular spa and salon services. You will start your day with a fifty (50) minute Wellness Massage, followed by a fifty (50) minute Pala Spa Facial. Your day will continue with poolside lunch and end with a pampering Pala Pedicure.

\$359

ESPECIALLY FOR MEN – HALF DAY PROGRAM

For the perfect men's escape you will be treated to a Marine Salt Glow and a fifty (50) minute Therapeutic Massage. You will then end your day of relaxation with a refreshing Men's Facial.

\$395

PALA'S ULTIMATE DAY OF SERENITY – FULL DAY PROGRAM

Indulge yourself with an extravagant day of pampering. Your spa day will start with a full body Chamomile Body Polish finished off with a Rose Clay Mud Wrap. You will then be taken poolside for a light lunch and your day will be completed with a full body Swedish Massage plus a Pala Facial tailored just for you.

\$510



All package pricing include gratuities; all treatments must be completed on the same day.

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Manicure & Pedicure Treatments

EXPRESS MANICURE

Your hands can still enjoy the pampering they need with our express manicure. The service includes cuticle and nail work, a stress reducing application of lotion, and a polish application. If time is an issue, this is the manicure for you!

25 minutes – \$30

PALA MANICURE

This luxurious manicure uses Pala's own signature products to provide a calming and relaxing treatment. Your treatment will include nail shaping, massage, and enamel.

50 minutes – \$50

EXPRESS PEDICURE

The Pala Salon now offers you a meticulous pedicure in half the time. Your treatment will start with a harmonizing foot bath followed by cuticle and nail work. The treatment continues with a nourishing, moisturizing treatment, followed by a polish application. Your feet will look amazing.

25 minutes – \$35

PALA PEDICURE

A classic treatment. You will experience a sugar exfoliation, cucumber heal treatment, relaxing massage, cuticle and nail work, and an enamel application of your choice.

50 minutes – \$60

SPA JOURNEY PEDICURE

Sit back, relax and be pampered from sole to soul. This treatment begins with a foot soak in a coconut milk bath, followed by a rich coconut milk and honey infused exfoliating scrub. Essential oils will penetrate your skin leaving your feet and legs soft and supple. Your feet will then be treated to a warm lava shell massage followed by a coconut mask that will further hydrate your skin. Finally your choice of color is applied to remind you daily of your blissful, sensual excursion.

80 minutes – \$75

FOOT DETOX

Our Foot Detox is done with a state of the art, computerized ionic foot bath. This naturally stimulating session uses ionized water to draw toxins from the body. Your body will feel lighter and healthier after this treatment.

25 minutes – \$40



 Pala Spa organic treatments

Additional Salon Services

ADDITIONAL SERVICES

- Polish Change
- French Polish Upgrade
- Nail Repair
- Paraffin Treatment for Hands & Feet

HAIR & SCALP TREATMENTS

- Nourishing Scalp Treatment
- Nourishing Scalp Treatment with Style

HAIR SERVICES

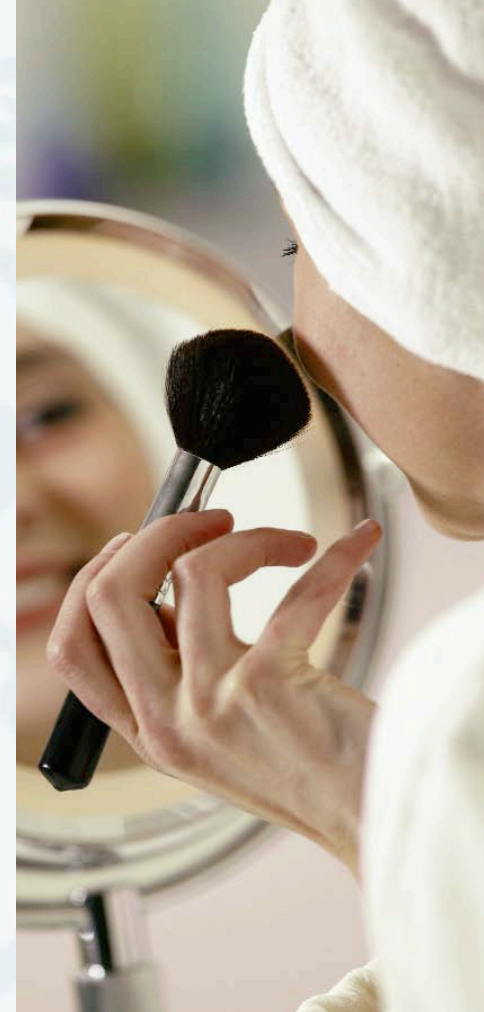
- Gentlemen's Haircut
- Ladies' Haircut
- Shampoo & Styling
- Color
- Color Correction
- Special Occasion Style
- Bridal Design
- Bridal Design Consultation
- Partial Highlights & Lowlights
- Full Highlights & Lowlights
- Mustache, Beard, & Eyebrow Trim

MAKE-UP SERVICES

- Make-Up Application
- Make-Up Application with Lesson
- Wedding Make-Up Consultation
- Wedding Make-Up Application
- Special Event Make-Up

WAXING SERVICES

- Brow
- Lip
- Chin
- Full Face
- Leg
- Bikini
- Arm
- Back



Suggestions to Improve Your Pala Spa Experience

We recommend scheduling your spa appointments one week prior to visiting the resort for the maximum availability of services and appointment times. Our spa and salon services are guaranteed with a hotel confirmation number or credit card number.

Please allow time to come and utilize the tranquil spa facilities prior to your treatment. We recommend arriving 30 minutes before your first scheduled treatment. Arriving late will deprive you of your treatment time. As a courtesy to the next guest, should you arrive late, your appointment will end as originally scheduled.

A luxurious bath robe and spa sandals will be provided for your use during your stay. For your personal comfort, undergarments may be worn during treatments. However, our therapists are trained on proper draping procedures to ensure your complete comfort at all times.

Proper athletic footwear, exercise clothes or t-shirt and shorts are required to use the cardiovascular and free-weight room.

As a courtesy to other guests and our team members, we have a 4-hour change or cancellation policy. If you do need to change or cancel your appointment within this 4-hour period, you will be responsible for 50% of the treatment cost. And, without notification, you will be charged the full amount of the service.

Please inform us of any special needs that may require extra attention. If you are pregnant, we offer several pre-natal therapies during the second and third trimester only. Using the steam room, sauna and jacuzzi is not recommended during pregnancy. Drinking alcohol is prohibited in the spa, and not suggested before, during and following spa treatments.

All guests must be over the age of 21 to utilize the Pala Spa and its amenities.

Please remove jewelry and valuables prior to visiting the spa. Private safes are located in all guest rooms. However, if you have brought valuables to the spa and need to secure them, please see the spa attendant at the front desk for safe access.

An automatic 18% gratuity will be added to all spa and salon services.

Prices, hours of operations and treatment are subject to change.

