A PASSPORT TO TRANQUILITY
The Pala Spa creates an environment that promotes health and rejuvenation. Set against the tranquil backdrop of the Palomar Mountains, the Pala Spa, with 14 treatment rooms including two Signature Couples Suites, a state-of-the-art fitness center, a full-service salon, and a retail boutique delivers a perfect getaway just for you.
Spa Treatments

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Massages

Swedish Massage
This classic massage relaxes the body and improves circulation. Swedish massage is a traditional European technique that involves the use of oil, long strokes and light-to-medium pressure. If you are looking for a calming massage, this is ideal. This should definitely be the massage of choice if you’re a first-time spa visitor.

Deep Tissue Massage
This massage uses a deeper, therapeutic method to help alleviate tension by releasing tightness and reducing muscle pain. This firm massage is not recommended for the first time spa visitor or women who may be pregnant.

Traditional Asian Massage
This service is done in loose clothing and encourages the release of blocked energy. We use Asian-inspired techniques including acupressure and 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.

Foot Reflexology
This healing massage stimulates energy pathways. Your service will begin with a brief foot scrub using finely ground fresh Sea Salt, followed by a pressure point massage promoting relaxation.

Back, Neck and Shoulder Massage
This abbreviated massage helps relieve tension by working on the high stress muscles of the neck, shoulders and back. This is the perfect treatment to relieve tension if you are short on time.

Seasonal Body Butter
Enrich and moisturize your skin by enjoying a rich shea butter massage. After using a combination of techniques to facilitate your relaxation and rejuvenation, your therapist will present you with a small gift of this nourishing product to continue your spa experience at home! Your skin will be healthy and hydrated.
Palomar Stone
In this ancient healing journey, heated stones are used to massage the body and warm the muscles. Utilizing Swedish techniques, the deep penetrating warmth and scent of Wild Mint and Sage organic oil will melt away your tension, and you will experience peacefulness and relaxation.

Desert Rain: Aroma Mist Treatment and Full Body Massage
As the rain begins to pour against the warm desert, the scents of the earth unfold. Your spine will be adorned with small warm stones, to gently release tension as a light mist of healing aroma-rain caresses your back. Your journey begins as your body is massaged with a layering of aromatherapy oils, blooming its unique scent as a desert flower after the rain.

Couples Massage
Experience the afore-mentioned massages side-by-side in one of our Signature Spa Suites designed for couples. This luxurious accommodation is available for an upgrade of $10 per person. Please request this suite specifically at the time of reservation.

Body Treatments

Dry Brush Treatment
This brisk exfoliation with a honeycomb body mitt will stimulate blood flow and cellular renewal. Perfect alone or as an add-on to any massage.

Seasonal Body Polish
Your experience will begin with a vitamin-enriched exfoliation, followed by a shea butter application to renew your skin’s radiance. Your skin will feel nourished and pampered!

Seasonal Body Envelopment
A full body, dry brush exfoliation followed by a nourishing sea mud masque envelopment will invigorate and soothe your body simultaneously. A scalp massage further enhances your relaxation.

Morning Mist: Gentle Scrub Massage and Warm Compress
To revive your skin to a morning glow, your therapist massages your full body with a gentle sugar scrub infused with soothing botanical oil. As mother earth is warmed by the sun and the dew from the night glistens, your glowing body is nurtured with a steamy compress of herb-soaked towels, dissolving the sugar and nourishing your skin.
Body Rituals

Embrace the essence of the Pala Spa as you enjoy our signature rituals. Your experience will be enhanced if you are able to take the time before your service begins to engage in pre-treatment in the sauna or steam room for 15 minutes.

Energizing Spirulina Experience
Awaken your senses along this purifying journey of invigoration. Experience an energizing, deep cleansing salt scrub imbued with Juniper Essential Oil to help detoxify and promote circulation. Your body is then wrapped with Spirulina Algae for an instant nutrient boost. An energizing massage completes the treatment to further stimulate the skin for a firmer, more toned appearance.

Ginger Renewal
To begin, earthly minerals are combined with ginger’s healing properties in an invigorating full body exfoliation. Following is a pampering back, neck and shoulder massage with Organic Ginger Oil and warm healing stones. Next, nourish and relax inside a warm cocoon while a luxurious pressure point face massage complete this head-to-toe service.

Pre-Natal Treatments

Massage during pregnancy should be enjoyed after your first trimester.

Mellow Mama
Mellow Mama is our completely relaxing full body massage using safe but effective pre-natal techniques and Omega Massage Oil to relax those specific lower back muscles that are carrying that beautiful baby, and help you maintain fit skin throughout your pregnancy.

4th Trimester Healing Hour
Your baby is here and you are in need of a little rejuvenation. This restorative massage treatment using Omega Massage Oil helps your body realign as you remember how to be one person again. This is the perfect present for new mamas.

Organic Pre-natal Facial
This treatment is designed specifically for the mother-to-be, using nourishing organic products to smooth and revitalize skin texture, while encouraging skin renewal. Your skin is left conditioned and toned, enhancing your prenatal glow.
Facials

**Custom Facial**
After spending time learning about your expectations for treatment and conducting a skin analysis, your esthetician will compose a personalized facial with ingredients best suited to your skin type and concerns.

**Refresher Facial**
An introductory facial based on organic Moor Mud, which refines and remineralizes dull, lifeless skin.

**Gentlemen’s Hot Towel Facial**
A therapeutic facial designed specifically for the unique skin care needs of our male guests. We strive to relax your skin while we refine the pores and use a soothing masque to specifically address sensitivity and razor burn.

**Radiance Facial**
This skin-renewing treatment incorporates an exfoliating gel with fruit acids and a rich Vitamin-C mask to even out skin tone, brighten your complexion and leave you with a healthy, glowing appearance.

**Sea of Life Anti-Aging Facial**
The organic marine extracts, nutrients and oxygen contained in these ingredients combine to treat your skin to a sea vitamin boost, and deliver intense hydration. Suitable for even the most sensitive skin types.

**The Journey Facial**
This personalized 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 your skin type.

**Ultimate De-Stressing Facial**
Your experience begins with a soothing micro-crystal back exfoliation followed by an organic facial to restore your skin to its natural glow. The final touches of this treatment include the application of an SPF-30 tinted foundation and organic lip balm to enhance your already radiant complexion.
The following treatments are all performed with the use of advanced technology. Depending on your previous treatment experience and the expectations for your facial, the spa coordinator or your esthetician can best recommend a treatment suited to your needs. All the options are non-invasive procedures, developed using slightly varying and progressively more evolved technology as it appeals to the comfort level and desired results of each individual guest.

The best results for each treatment can be achieved when purchasing them in a series of 6 services.

A 10% discount is available with the advance purchase of a 6-series package of the following facials. A 15% discount is available with the advance purchase of a 12-series package.

**Youth Accelerator Facial**
A customized treatment using advanced technology to deliver improved muscle tone, smoother skin and a lifted facial contour. This high-performance system uses kinetic energy in three modalities: LED Red Light, advanced Impulse Micro-Current and a Transdermal Delivery System to achieve a more youthful, smooth, lifted appearance.

**Ultra Non-Surgical Face-Lift**
Incorporating all of the modalities of current, advanced esthetic equipment, this facial utilizes cutting edge technology for immediate and long lasting results. This facial begins with ultrasound exfoliation, followed by a relaxing muscle and tissue treatment using micro-current technology. Soothing LED therapy evens the skin tone and removes redness, as well as addresses problematic skin. Next, a deep hydrating mask is applied and infused. To conclude this results-driven facial, a customized serum is infused using ultrasound technology.

**Fitness for Your Face**
Using levels of micro-current that are similar to what our bodies produce naturally, this treatment quickly and effectively reduces the signs of aging by ‘re-educating’ the muscles of your face and neck to return to a more youthful position. This treatment is the perfect interim regimen to maintain the result of the two afore-mentioned treatments, or when your schedule may not allow for the 80-minute experience.
Facial Upgrades

Some of these upgrades can be included as an enhancement to any facial or booked a la carte. Certain upgrades will require additional time.

Ultrasonic Exfoliation
Ultrasonic sound vibrations are used for all skin types, including rosacea and acne, to comfortably and effectively remove dead skin cells. The next step in the evolution of exfoliation therapy.

Eye or Neck Lift
Non-invasive micro current technology lifts and tones the tired muscles around these focus areas without discomfort.

Back Facial
This deep-cleansing exfoliation targets an area of the body which is hard to maintain.

Serum Infusion
Ultrasonic sound vibrations are used to drive the active ingredients of any product deep into the skin, significantly boosting and prolonging the results of the service.

LED Light Therapy
Light Emitting Diodes calm redness, prohibits acne, and improves the overall skin tone without irritation. When combined with the option of micro-current, you can also treat fine lines.

Hydration Boost
This deeply hydrating gel-based mask is soaked in Hyaluronic acid, Collagen and Vitamins, and then infused using specialized micro-current rollers to increase the immediacy of the results.

Eye Rescue
This intensive eye treatment is designed to diminish fine lines and wrinkles, lighten dark circles, relieve puffy eyes and improve clarity.

Chitosan Masque
This super soothing peel-off masque hydrates, calms and improves skin texture and tone.

Paraffin Hand Treatment
An indulgent aromatherapy treatment to moisturize and treat the hands.

Waxing Services
A variety of waxing services are offered that can be performed during a facial or scheduled separately.
Salon Treatments

Nails
Both manicure and pedicure services begin with a luxurious soak, and will include nail shaping, cuticle trimming and polish application.

Classic Manicure or Pedicure

Express Manicure or Pedicure
If time is an issue, the abbreviated versions of our classic services would be the perfect choice.

Seasonal Manicure or Pedicure
Our classic nail services combined with a scent befitting the season. A pumice stone is yours to take home.

Shellac
Shellac is a breakthrough nail treatment that combines the ease of polish with the permanence of gels. A true innovation in chip-free, extended-wear color; Shellac applies like polish. The typical results of this service include a glorious, high-gloss shine.

Hand Rejuvenation Treatment
Your expert nail technician will hydrate, soften, exfoliate, relax and pamper your hands. This treatment is designed for pure indulgence with no regrets at all!

Signature Pedicure
Our pampering hand rejuvenation treatment starts your experience. Your technician then performs a Classic Pedicure enhanced with warm paraffin for the ultimate in hydration. A wet polish of your choice is yours to take home.

Custom Blend Pedicure
Begin your escape with a signature selection of aromas and fresh ingredients uniquely hand-blended to your specifications with the original Salt of the Earth blend. Reflect upon your journey as you create your own home spa experience with the remaining blend of your custom concoction.
Salon Treatments

**Lighten Up**
Lighten Up is a mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation and water retention.

**Foot Detox**
This naturally stimulating session uses ionized water to draw toxins from the body. Your body will feel lighter after this treatment.

**Upgrades**
Starting from $10
- Polish Change
- French Polish
- wHет Polish application
  - With free polish to take home
- Paraffin Treatment

**Hair Services**
- Brazilian Blowout
- Ladies’ Haircut
- Shampoo & Styling
- Partial & Full Highlights
- Color
- Color Correction
- Updo
- Bridal Updo
- Gentleman’s Haircut
- Scalp Treatments

**Make Up Services**
- Professional Make Up Application
- Airbrush Make Up Application
- Eyelash Application
Bridal Party Packages

• Our aim is to exceed your expectations on your special day!
• We strongly recommend that you schedule time beforehand to have a consultation with one of our experienced artists, and mutually determine your goals for your special day.
• A trial consultation, allowing the artist a chance to perform the service in advance, will allow you to preview your hair and make-up.

Consultation
Included with a guaranteed reservation for the special day
• Hair
• Makeup
    • Airbrush Makeup
    • Lash application

The Big Day For the Bride
• Hair
• Makeup
    • Airbrush Makeup
    • Lash application

Bridal Party Group of 2
• Hair
• Makeup
    • Airbrush Makeup
    • Lash application

Bridal Party Group of 3 or more
• Hair
• Makeup
    • Airbrush Makeup
    • Lash application

Here Comes The Bride
Includes bridal consultation and wedding day for hair, airbrush make up, and a pair of elegantly comfortable Oka B bridal slippers to wear on your special day when you need a break from your heels!

Bridal Gift Ideas
Say thanks to those who helped create lasting memories in preparation for your big day!
• Personalized Clarisonic Mia
• Nail She-Mergency Kits
• She-Mergency Kits for Mother of the Bride, Mother of the Groom, Bridesmaids and even the Groom!
• Oka B Casual/Bridal Slippers

It is recommended that you do not shampoo your hair when having an up-do. This will help your style last longer for your special occasion.
• Should you wish to confirm your service with your Pala artist on your special day, a 50% non-refundable advance deposit will be required to guarantee your appointment.
• The cancellation policy for bridal or other parties will be extended beyond the spa guidelines, based upon the number of guests in the party.
• Minimum cancellation period is 14-days in advance of the final reservation date.
Spa Packages

Express
This package is perfect for the guest short on time! Included in your experience is a Neck & Shoulder massage, a Refresher Mini-Facial and White Tea and Ginger Express Manicure and Pedicure, for true head-to-toe pampering. While you’ll experience shorter versions of our most popular treatments, you will leave feeling revitalized.

Inner Beauty
This luxuriously restorative experience includes an organic 50-minute Desert Rain massage. To complement your aromatherapy treatment, the organic Journey Facial is then customized for your skin type.

Especially for Men
Treat yourself to a 50-minute Deep Tissue massage and an essential Gentleman’s Hot Towel Facial. Feel reinvigorated in no time at all!

Wellness
Experience the healing power of nature as we combine the organic 80-minute Desert Rain massage with the Signature pedicure to restore harmony and well-being. The aromatherapy ingredients used during your escape are layered in a delicate balance to ensure a sense of well-being at journey’s end.

Suite Romance
This package includes a 50-minute Couples Swedish massage followed by an hour of relaxation in a signature spa suite. You will also receive a bottle of champagne and truffle chocolates to enjoy during this time. This is the perfect package for couples or friends celebrating a special occasion.

Tranquility
This pampering journey for two will include 2 50-minute Desert Rain massages followed by an hour of relaxation in a signature spa suite, along with a bottle of champagne and truffle chocolates. Each guest will also enjoy a Seasonal pedicure with a complimentary gift to take home.

Bliss
You and your guest will surrender an entire day to this unique program designed to create a renewed sense of inspiration for your being. Your full day program will include an 80-minute Palomar Stone Couples massage, an hour-long relaxation time in the spa suite together with complimentary champagne and chocolates, 2 50-minute Custom facials, a poolside cabana for the day along with 2 lunch entrees, and two lush keepsake robes.

All treatments must be completed on the same day. Unfortunately no services may be substituted.
Spa Etiquette

Spa & Salon Reservations
All guests must be over the age of 18 to utilize Pala Spa and its amenities. We recommend scheduling your spa appointments in advance of your arrival. Our spa and salon services are guaranteed with a credit card number. Please inform the reservation agent of any medical conditions, e.g. pregnancy, heart conditions, or other special needs that require our attention. If you are pregnant, we offer several pre-natal therapies during the second and third trimester only.
Reservations: (760) 510-2189

Our Facilities
The Spa & Salon features 10,000 square feet of organically inspired luxury, with outdoor relaxation and treatment areas. Two Signature Suites are available and perfect for a romantic couple’s massage or best friend’s retreat. Separate men’s and women’s locker rooms are each equipped with showers, steam room, dry sauna and indoor whirlpools. The use of the heated wet-therapy amenities are not recommended during pregnancy. Luxurious robes and slippers are available for use during your visit. Access to the shared outdoor pool and café is included with a day spa pass. A minimum $50 same-day treatment is required to enjoy the spa relaxation lounges from 9am-8pm. Alternatively access to the spa lockers and amenities is available for a nominal daily charge.

Arrival and Preparation
We recommend arriving 30 minutes before your first scheduled treatment. Late arrival will result in your treatment time being reduced accordingly, but still charged at full price. As a courtesy to the next guest, should you arrive late, your appointment will end as originally scheduled.

Quiet Environment
To preserve our tranquil setting, cell phones, smoking and alcohol are prohibited. We also request that guests enjoy our peaceful setting by keeping voices at a minimum.

Fitness Center
Located adjacent to The Spa, the Fitness Center features state-of-the art equipment, including a variety of cardio and weight machines, and free weights. Hotel guests aged 18 and over can enjoy complimentary 24-hour access to the fitness room with a valid hotel room key. For your safety, proper close-toed fitness shoes and clothing are required in the Fitness Center.

Pool Cabana Reservations
Half or full-day rental options are available daily. Cabanas may only be rented by registered hotel or spa guests who have reserved same-day appointments for at least 2 guests in the party (minimum charge of $50/guest).

Valuables
We recommend that you do not wear any jewelry or other valuables to the Spa. Pala Casino Spa and Resort cannot be held responsible for any loss or theft.

Gratuity
For your convenience, an 18% gratuity will be added to all services and packages.

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

Spa hours: 9am-8pm daily
Pool hours: Vary according to season
Prices, hours of operation and treatments are subject to change.
# Pala Spa Pricing

Service times 25, 50 or 80 minutes

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<thead>
<tr>
<th>Massage</th>
<th>Price</th>
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<tbody>
<tr>
<td>Swedish-50.</td>
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<td>Swedish-80.</td>
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<td>Deep Tissue-50</td>
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<td>Foot Reflexology-25</td>
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<tr>
<td>Couples Massage Upgrade</td>
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<table>
<thead>
<tr>
<th>Body Treatments</th>
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<tr>
<td>Dry Brush Treatment-25</td>
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<td>Seasonal Body Polish-50</td>
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<td>Seasonal Body Envelopment-50</td>
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<td>Morning Mist Scrub Massage-80</td>
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<thead>
<tr>
<th>Body Rituals</th>
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<tr>
<td>Energizing Spirulina Experience-80</td>
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<td>Ginger Renewal-80</td>
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<tr>
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<td>Mellow Mama-50</td>
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<td>4th Trimester Healing Hour-50</td>
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<td>Organic Pre-natal Facial-50</td>
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<td>Facial Upgrades</td>
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<td>Eye or Neck Lift-25</td>
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<td>Back Facial-25</td>
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<td>Serum Infusion</td>
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<td>Hydration Boost</td>
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<td>Eye Rescue</td>
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<td>Chitosan Calming Masque</td>
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<td>Paraffin Hand Treatment</td>
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<td><strong>Waxing</strong></td>
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| Nails (continued)                                  |       |     |
| Foot Detox-25                                      |       | $40 |
| Polish Change – Hands / Feet                       |       | $15 / $20 |
| French Polish Change – Hands / Feet                |       | $20 / $25 |
| wHET Polish application                            |       | $10 |
| Paraffin Treatment – Hands / Feet                  |       | $10 / $20 |

| **Nails**                                           |       |     |
| Classic Manicure / Pedicure-50                     |       | $50 / $60 |
| Express Manicure / Pedicure-25                     |       | $30 / $35 |
| Seasonal Manicure / Pedicure-50                    |       | $50 / $65 |
| Shellac-50                                         |       | $50 |
| Hand Rejuvenation-15                               |       | $15 |
| Signature Pedicure-80                              |       | $80 |
| Custom Blend Pedicure-80                           |       | $80 |
| Lighten Up-25                                      |       | $50 |

| **Hair**                                            |       |     |
| Services start from                                |       | $35 |

| **Make Up Services**                                |       |     |
| Professional Make Up Application-50                 |       | $85 |
| Airbrush Make Up Application-80                     |       | $105 |
| Eyelash Application-25                              |       | $15 |

| **Packages**                                        |       |     |
| Express-2 hours                                     |       | $230 |
| Inner Beauty-2 hours                                |       | $255 |
| Especially For Men-2 hours                          |       | $255 |
| Wellness-2.5 hours                                  |       | $285 |
| Suite Romance-2 hours                               |       | $325 |
| Tranquility-3 hours                                 |       | $495 |
| Bliss-full day                                      |       | $925 |

| **Bridal Party Packages**                           |       |     |
| Please call the Pala Spa at 760-510-2189 for pricing.|       |     |