

# **CASA MUNRAS** GARDEN HOTEL & SPA



**Open Daily from 10:00am – 6:00pm**  
*holiday hours could change; call spa for details*

**831-372-1829**

## **FACIALS**

### **MARINE BREEZE**

**60 min. / \$125**

Rehydrate tired skin with the freshness of the sea air. Rich in nutrients, this oxygenating and depolluting facial provides a thirst-quenching dose hydration of for the skin. The face is first treated to a delicious sea foam texture cleanse and a customized exfoliation. Pores are targeted with our specialized warming zeolite and sea clay balm, to sweep away impurities for a relaxing extraction step we are excited for you to experience! This facial ends with a dreamy creamy balm application of micro-droplets of seawater encapsulated in clay and glasswort oil to revitalize, hydrate, and refresh your face.

### **XMF- EXTREME MARINE FACELIFT**

**90 min. / \$185**

An ultra pampering combination of a relaxing back massage and a super luxurious facial leaves your head and neck relaxed and the skin plump, smooth, and lifted! The hero in this treatment is Morio Orchid oil paired with Dictyopteris, a brown algae that mimics hyaluronic acid to instantly volumize deep lines. Our secret to lifting the face and jowls lies within the facial massage techniques to create a muscle response at the ear to elevate tired muscles of the face. A gentle lip exfoliation and mask softens the contours of the mouth resulting in a kissable fuller pout. Dive right into serious pampering with this 90-minute treat!

### **MONTHLY SIGNATURE FACIAL**

**60 min. / \$155**

See our website or call the spa directly for details.

## **MASSAGE**

### **DEEP TISSUE**

**60 min. / \$120; 90 min. / \$175**

Hit the ground running with our deep tissue full body treatment. Designed to relieve sore and tired muscles, to prevent injury, relax the mind, and decrease recovery time. Our skilled therapists will design a therapeutic massage specific to your needs.

### **CALIFORNIA DREAMING (Full Body Massage)**

**60 min. / \$110; 90 min. / \$165**

A massage customized for each client incorporating a balance of modalities. Light to firm pressure for a stress relieving Central Coast experience.

### **AROMATHERAPY MASSAGE**

**60 min. / \$115; 90 min. / \$170**

Release your stress through the multi-sensory aromas of our Aromatherapy Massage. Uplifting for jet lag, relaxing for tension.

### **DE-STRESS MASSAGE**

**60 min. / \$130; 90 min. / \$170**

Focusing on the back of the body, this massage eases tense muscles and reduces stress levels, while restoring and realigning energy. The treatment draws toxins from the body and allows it to absorb magnesium to help reduce inflammation. Shiatsu pressure points along the body release tension and balance energy flow, followed by Swedish back and leg massage to help improve circulation. The treatment finishes with a relaxing reflex zone foot therapy.

## **BABYMOON**

**60 min. / \$130; 90 min. / \$185**

(Prenatal Massage is only offered for 2<sup>nd</sup> and 3<sup>rd</sup> Trimesters)

Indulge the spirits inside with our Prenatal Massage. Relax into maternity pillows and receive this nurturing massage that uses aromatherapy and a balance of massage techniques to reduce stress, and relieve backaches. We also include a leg treatment with this service to help reduce fatigue and water retention.

## **RELEXOLOGY WITH WARM PEPPERMINT OIL**

**60 min. / \$145**

Overall health begins in your feet and travels upwards through the body. Through methodical Eastern techniques focused on the feet, this ancient massage releases tight muscles, improves circulation, stimulates the nervous system, and clears the mind. Peppermint oil is applied for extra stimulation and healing.

## **BODY REPLENISH TREATMENTS**

### **PEACEFUL BODY SCRUB**

Relying on the power of plant extracts and essential oils, this botanically based treatment deeply relaxes the body while also quieting the mind. Passionflower extract has long been touted as an age-old solution for relieving tension, reducing stress, and even offsetting anxiety. Using potent passion flower paired with fragrant magnolia, this treatment leaves you feeling relaxed and renewed. This treatment includes a full body scrub followed by a massage of Passionflower Balm creating a peaceful fragrant venture for you and your skin.

**60 min. / \$125**

**90 min. / \$180**

### **OCEAN MIST SEA WATER SCRUB**

For those with particularly stressful lifestyles, we recommend this seawater treatment to re-energize and oxygenate the body. Enjoy all of the benefits of a day swimming in the sea, while surrounded in the peace and quiet solitude of the spa.

**60 min. / \$120**

**90 min. / \$175**

### **REPLENISH BODY SCRUB**

Exfoliate and hydrate your skin with this body scrub that will leave your skin feeling smooth, soft, and healthy. Guests may choose from coconut lime, mango or lavender to replenish dry skin and restores its healthy glow by providing the skin with essential vitamins and minerals. Enjoy a fantastic feeling and remarkable results.

ADD 20-MINUTE ADDITIONAL MASSAGE TO BODY TREATMENT FOR \$55.00

**60 min. / \$145**

**90 min. / \$185**

### **AROMA WRAP**

Indulge in an aromatherapy wrap which begins with full body dry brushing following by application of aromatherapy oils then wrapped into a comfortable cocoon of warm towels and blankets. This luxurious cocoon promotes detoxification through sweating as well as calming muscle tension and spasms all the while sedating the central nervous system.

**60 min. / \$145**

**90 min. / \$185**

### **DETOX WRAP AND MASSAGE WITH DOME MASSAGE**

Do more for your body with our purifying detox body wrap and exfoliating body treatment. Reduce the load of stress and environment factors while boosting circulation, stimulating metabolism and relieving the body of harmful toxins. This treatment is followed by a dome massage that stimulates the body with long-wave infrared rays, which produce pleasant warmth and increased well-being. Achieve total skin renewal with this ultimate body wrap and treatment.

**90 min. / \$225**

## ENHANCEMENTS

\*To be used only as an enhancement to any of our spa services. Not sold separately  
Private Soaking Tub Room is available for 30 minutes at \$50.  
(Included with couples package massage\*)

### CHAMPAGNE OF THE SEA

**\$25**

A bit of the bubbly...our natural hot foaming algae mud stimulates circulation and promotes detoxification while providing a warm massage to the central nervous system. The mud is applied down the spine to gently loosen and stimulate the muscles and ease tension from everyday spinal compression to facilitate a deeper, purifying massage. The hot foaming algae mud re-energizes the body with special self-heating properties while the ocean aromas invigorate the mind.

### TIRED TRAVELER LEG REVIVAL

**\$25**

Put your feet up with our Tired Travelers Leg Revival. Designed to rejuvenate and relax the tired legs of the weary traveler. Our technician uses a special Cryotonic leg gel that has a refreshingly cool effect to relieve feelings of discomfort while its plant and marine active ingredients help strengthen capillary walls and restore soothing comfort to your legs.

### DOME SCALP MASSAGE

**\$25**

Warm natural oils are massaged deep in to the scalp to relieve scalp tension, and increase blood circulation while also naturally stimulating and hydrating hair follicles to promote growth.

### HAND AND FOOT SUGAR SCRUB

**\$25**

Receive a hand and foot sugar scrub that will assist in exfoliation and skin nourishment to create the ultimate healthy glow.

### WILDERNESS WARM PINE BACK MUD PACK

**\$45**

Warm mudpack accompanied with pine essential oil is applied to the back to detoxify, stimulate circulation and relieve muscular pain.

### REPLENISH BACK SCRUB

**\$30**

Exfoliate and hydrate your back resulting in a smooth, healthy looking glow.

## SPA PACKAGES

### COUPLES RETREAT PACKAGE

**60 min. / \$125 each; 90 min. / \$180 each**

The couples retreat package. Enjoy a romantic massage getaway with your partner. Synchronize energy through a relaxing, stress relieving massage. Enjoy an additional 30 minutes soaking in a private tub. Allow us to create a sanctuary for two.

### BOTANIA

**3 hours / \$460**

Indulge yourself in a botanical scented delight with our Botania Spa Day. We start by cultivating your Botanical experience with a 2 hour full body massage with floral aromatherapy, hand, scalp, and a cooling herbal foot treatment. This botanical bliss ends with a 60 minute moisturizing facial that includes a self-heating clay mask for detoxification. We highly recommend soaking in our garden waterfall jacuzzi after your package for the ultimate relaxation.

### TROPICANA

**3 hours / \$460**

Find your inner tropical island paradise with our Tropicana Spa Day. This spa service is 90 minutes of full body massage and tropical based scrub which are done using coconut oils and finely grained coconut shell. We also include both a warming tropical foot and coconut oil scalp treatment to transition your service to your 60-minute papaya enzyme facial.

### OCEANIA

**4 hours / \$520**

Our signature spa getaway package. Wash away your stress and set sail with our Oceania Spa Day. Your voyage begins with a two-hour massage service that includes a Seawater Wrap & Scrub, and a 30-minute Marine Mud Foot Detox and a Seawater Scalp Treatment. The last leg of our journey will involve our ultimate 90-minute facial, and seaweed infused wax mask, with both extractions and a plumping lip treatment.

### SERENITY ON THE BAY

**4 hours / \$525**

Indulge in the ultimate getaway with four hours of complete body rejuvenation. Your day begins with the organic healing power of a hydrating body scrub followed by a full body dome scalp and aroma massage. Continue your journey with a skin-renewing extreme facial. Pure bliss!

## **THE SPA AT CASA MUNRAS**

### **Day Pass**

All spa guests will have complimentary use of showers, fitness facility, relaxation rooms, and the outdoor pool and waterfall Jacuzzi. If not a guest at the spa with a confirmed appointment, you may purchase a day pass for \$15.

### **Appointments**

Scheduling appointments prior to your arrival is highly recommended to ensure you receive your preferred time. Please arrive at least 15 minutes early for your appointment to prepare your body and mind for your treatment. Your late arrival will determine the length of your treatment to accommodate other guests. Please silence your cell phones.

### **Cancellation and Reschedule Policy**

We understand that unanticipated events happen occasionally in everyone's life. It is our desire to provide excellent and equal service to all clients, the following policies are honored: 24 - hour advance notice is required when cancelling or rescheduling an appointment to avoid a full charge of services scheduled. This allows the opportunity for someone else to schedule an appointment. If you are unable to give us 24 hours advance notice you will be charged the full amount of your appointment.

### **No-shows**

Anyone who either forgets or consciously chooses to forgo their appointment, for whatever reason, will be considered a "no-show." They will be charged for their missed appointment.

### **Gratuity**

Gratuity is not included in the cost of service. Gratuity is optional and solely at your discretion but always much appreciated.