

# Massage Therapy

**CUSTOM MASSAGE-** Personalized massage including Swedish and Deep Tissue techniques to improve circulation, ease tension and rejuvenate stressed muscles.

50 Minutes \$120 / 80 Minutes \$160

**MOMMY TO BE-** Relax and nurture yourself and your new baby while reducing common pregnancy pain such as backaches, leg cramps and insomnia. For your second and third trimester.

50 Minutes \$120 / 80 Minutes \$160

**AROMATHERAPY-** The use of essential oils are used to enhance physiological and physical well being. Essential oil aromas are used to balance moods, elevate spirit, stimulate regeneration of tissue and stimulate nerves.

50 Minutes \$130 / 80 Minutes \$170

**REFLEXOLOGY-** Targeting pressure points throughout the body to align energy, improve circulation and encourages overall healing.

50 Minutes \$130

**HOT LAVA SHELLS-** This unique treatment uses natural tiger clam shells recycled from the South Pacific. The combination of deep, nurturing, penetrating heat and Swedish style massage strokes melts tension and helps you experience a deeper state of relaxation.

50 Minutes \$140 / 80 Minutes \$180

**COUPLES MASSAGE-** This massage service for two includes your choice of Custom Massage enjoyed together in our couples Spa Treatment Room.

50 Minutes \$240 / 80 Minutes \$320

## *Reservations*

Reservations are required and advance reservations are highly recommended. Dial in-house extension 5605 or 858.356.2SPA for spa reservations.

## *Cancellation Policy*

To avoid charges, please honor our 4 hour advance notice cancellation policy for all treatments.

## *Gratuity*

As a courtesy to your Body Care Specialist, an 18% gratuity will be added to all services unless a higher amount is given at your discretion.

## *Hours of Operation*

Our Body and Skin Care Specialists are on-call from 9:00 am to 6:00 pm daily by appointment. In room treatments available 9:00 am to 6:00 pm daily and a \$20 in room surcharge will be added.



**Hilton**  
LA JOLLA TORREY PINES

**HILTON LA JOLLA  
TORREY PINES**  
10950 North Torrey Pines Road  
La Jolla, CA 92037  
(858) 558 - 1500