Wellness Redefined

Spa Pendry invites you to take the time and space you need, whether for relaxation or revival. Our menu of experiences focuses on discovery and wholeness of self, from aromatic awakenings and soul nurturing massages to curative baths and meditative bliss.

Our treatment rooms are escapes where modern techniques meet traditional healing practices in perfect harmony. Our signature solutions use native ingredients, embracing the healing energy of the sea, nourishing features of flora and restorative characteristics of earth.

We are passionate about sharing a new perspective on wellbeing. We believe that true wellness is about empowerment and pursuit of life’s passions through self-care: healthy living by way of nutrition and exercise, mindfulness, meditation, connection, innovation and renewal.

Every day brings new opportunity. Breathe, reconnect, discover and be transformed.
Radiant Facials

Advanced Repair Facial
60/90 Minutes $168/$258
A reparative precision treatment tailored to combat oxidative degeneration. Highly effective ingredients, including plant stem cells, are combined to reduce the appearance of fine lines and wrinkles while improving skin tone and firmness. A Vitamin C serum helps firm and brighten skin while a special lifting facial massage increases circulation and brings tired, dull skin back to life.

Luminous Marine Facial
60/90 Minutes $168/$258
The intense hydration of marine plants and algae has been captured and preserved to bring powerful radiance to your complexion. Prepared 24 hours in advance, this special sea oxygenating and age-defying treatment includes multiple levels of exfoliation, deep penetration of nutrient-rich marine ingredients from the most pristine waters of Patagonia, and rejuvenating massage. Allow your skin to glow.

Recovery Therapeutic Facial
60/90 Minutes $168/$258
Delivering dramatic results, this facial focuses on reducing inflammation. Perfect for highly congested skin requiring a deep cleanse and extractions, or a highly sensitive skin requiring a lighter touch and more soothing aroma-neutral ingredients. The Recovery Therapeutic Facial calms the skin and balances sebum production manifesting in either dry or oily skin. A nourishing facial massage using organic, healing serums leaves skin radiant and protected.

The Refinery Men’s Facial
60/90 Minutes $168/$258
Catering to men’s specific skin care needs, this facial effectively balances tone and texture while helping soothe devitalized, sun damaged or razor-burned skin. Steamed herbal towels aid in eliminating congestion; pores are deep-cleansed, redness calmed and oil production regulated in this targeted treatment. The Refinery Men’s Facial also includes a relaxing scalp, neck, and shoulder massage.

FACIAL ENHANCEMENTS

Bright Eyes Contour Treatment
Add-on 20 Minutes $60
This cooling, calming eye treatment reduces fluid puffiness, discoloration and adds nutrients to the face’s most delicate tissue reducing fine lines and crepiness.

Age Defense Hand Treatment
Add-on 20 Minutes $60
Powerful antioxidants and rejuvenating botanical extracts deliver deep hydration and reduce the visible signs of aging.

Glycolic Refining Peel
Add-On Face $60
Add-On Face, Décolleté and Hands $80
This 15% glycolic peel promotes cellular renewal, reduces blemishes and brightens the complexion with exceptional results. No discomfort or recovery time.

Premier Facials

Power++ Therapeutic Facial
90/120 Minutes $280/$360
The Power++ Facial is a fully advanced, customized, results-oriented, non-invasive complete skin overhaul. This comprehensive facial allows the proper amount of time to effectively prepare the skin for a multi-step, multi-process deep cleanse, exfoliation, extraction and rebalance. The Power ++ deep cleanse addresses not only congestion in the pores, but addresses lymphatic drainage and environmental stressors. A series of therapeutic serums and masks complete the Power++. We encourage you to choose our longer facial which includes, a bright eye contour treatment, hydrating lip rescue, age defense hand treatment and wonderfully relaxing foot exfoliation and massage, extensive head, neck and shoulder massage as well as our Wild Lime Scalp Treatment.

SJÄL Biotech Transformational Energy Facial
90/120 Minutes $280/$360
The ultimate complexion transformation. SJÄL (SWED) (SCHÁL) SPIRIT, MIND, HEART AND SOUL. Our SJÄL facial bridges elements of ancient eastern medicine with the latest in western biotechnology utilizing an integrative approach to anti-aging skincare. 250+ powerful bio-actives, bioengineered complexes, gemstones, and minerals are sourced from around the world. Ingredients are selected based upon clinicals, purity level and origin. These include colloidal silver, gold, and platinum, combined with SJÄL’s gemstone blend of diamond, sapphire, ruby, amethyst and citrine to assist in micro-circulation, clarity and cellular detoxification. Layers of serums and masks are applied, including specialized peptide complexes combined with platinum particles for targeted cellular delivery, a patented collagen peptide complex, hexapeptide complex, oil-soluble Vitamin C, and malachite complex. The results are an unparalleled synergy which noticeably transforms your skin. The epitome of the perfect facial, this must-have treatment is perfect for those desiring the very best in skin science and transformational energy. The two-hour SJÄL facial includes an advanced non-sensitizing peel, extended massage, and the Pendry Experience Scalp Treatment.

Extended Relaxation Massage
Add-on 20 Minutes $60
Enjoy additional relaxation massage. Choose from foot, leg, hard, arm, neck, shoulders, and/or scalp. It’s your time to be nurtured.

Extended Aromatherapy Massage
Add-on 30 Minutes $90
Enjoy our Extended Relaxation Massage above, but for 30 minutes and a fully personalized aroma-therapeutic experience. You’ll go on a sensory journey and choose from organic aromatics from around the world. You will also go home with your choice of your personalized aroma mist or bath and body oil.

A 20% service charge will be added to all services.
Massage Therapy

Deep Tissue Recovery Massage
60/90 Minutes $168/$258
Beneficial in releasing chronic muscle tension, this intensive treatment focuses on the deepest layers of muscle tissue. Relax sore muscles and stiff joints, increase circulation, and rehabilitate chronic discomfort with spot-specific therapies and the best pain relievers from nature’s pharmacy. (Medium to Deep Pressure)

Repose Stress Relief Massage
60/90 Minutes $168/$258
This soothing treatment combines aromatherapy with long, nurturing strokes to relax the body, and relieve stress. Special care is given to areas you desire focus including tension in the hands, arms, feet and scalp. Choose from a selection of organic aromas included with this treatment. (Light to Medium Pressure)

Therapeutic Fusion Stone Massage
60/90 Minutes $168/$258
The perfect blend of soothing Swedish, therapeutic deep-tissue and warm stone massage using hand-carved salt stones from the Himalayas. Experience the phenomenon of reconnecting with your body. Whether you enjoy a light or deep touch, our highly specialized therapists guide you on a fully customized journey to restore balance.

Precious Prenatal Massage
60/90 Minutes $168/$258
Special care is taken when ensuring your safety and comfort during our Prenatal Massage. Your therapist will utilize a unique combination of support cushions and pillows suitable for any stage of pregnancy. Your entire experience will be personalized from the temperature, lighting, aromas and massage techniques. Spa Pendry draws from an extensive repertoire to design an experience that is best suited for our soon-to-be-mothers. (First trimester mothers, please contact the Spa for consultation.)

MASSAGE ENHANCEMENTS

Pendry Experience Scalp Treatment
Add-on 30 Minutes $90
This soothing, nurturing neck and scalp treatment begins with aromatic inhalations, warm neck roll, and hair brushing. Slip into bliss while warm oil is poured through your hair and you receive a Tibetan style scalp massage followed by a warm towel wrap. The epitome of bliss.

Cooling Mint Foot Therapy
Add-on 20 Minutes $60
This revitalizing foot and lower leg treatment invigorates with a stimulating peppermint massage, alternating warm and cool stone massage, and a steaming hot towel cocoon to wake up tired feet.

Indigo Sea Restorative Massage
70/90/120 Minutes $198/$278/$358
The Indigo Sea Restorative Massage, from the depths of the ocean to the peaks of the Himalayas, this treatment draws from all the earth and ancient traditions have to share. Inspired by the ocean, the Indigo Sea uses Undaria oil with extracts harvested from the world’s purest waters of Patagonia and heated, hand-carved salt stones. Our 90-minute massage includes extended back massage and our Pendry Experience Scalp Treatment. Our 120-minute massage includes a Salts of the Earth foot scrub, warm foot wrap, scalp treatment and extended massage on areas you desire focus.

Illuminating Wonder Massage
120 Minutes $368
This integrative therapy combines massage, aromatherapy, chakra therapy, energy work and gemstones. It is perfect for those wanting to induce a deeper state of relaxation and invite a more peaceful mind. Begin with conscious breathing and a sensory journey to select the aromas and gemstones that will be used to enhance and activate your body’s subtle energy. After you are draped in soft sheets, exfoliated and drizzled with warm aromatic oils, the Illuminating Wonder Massage begins with a light touch that gets progressively deeper each time around the body releasing long held tensions, aches, pains, or discomforts for two hours. This treatment bridges the gap between the physical and the exquisite ethereal. Finish with an anointing warm oil foot treatment, marma point facial balancing and supremely soothing Pendry Experience Scalp treatment.

Tandem Bliss Massage Ritual
50/70/90 Minutes $298/$398/$498
A must-have experience for spa aficionados—or any discerning connoisseur of the luxury experience. Find stillness with this four-handed journey into self. Two therapists move in perfect cadence while rhythmically moving over your body with soft, soothing touch increasing to deeply therapeutic muscle penetration. Enjoy moments of perfect harmony and allow your mind to wander while your therapists complement each other’s stretching and focused expertise. As the mind cannot concentrate on more than one area of the body — this is the perfect experience for those who are overstressed, overworked and need to reclaim peace. We add warm salt stones and anointing of precious aromatics to assist in obtaining a state of equilibrium.

A 20% service charge will be added to all services.
**Full Body Experiences & Packages**

**BATH CURES**

**Coastal Renewal Bath Cure**
40 Minutes $110
Inspired and empowered by the ocean, this balneotherapy organic algae bath experience is an indulgent soak and both detoxifying and nourishing. After your soak, experience a full body application of Undaria Algae Oil and lime essential oil. This unique experience will ease muscular tension and stress, induce a state of calm and provide deep hydration.

**Deep Muscle Recovery Bath Cure**
40 Minutes $110
Release tension and recharge with this powerful therapeutic soak designed specifically to alleviate tension and muscular stress. Concentrated herbs including sweet birch magnesium and arnica are combined in both the bath cure and the warm oil application to lubricate joints and soothe muscles. Perfect to receive prior to your massage experience.

**REFINING BODY POLISHES**

**Purifying Lemongrass Body Polish**
60 Minutes $140
Perfect for oily skin and deep cleansing. Zesty lemongrass scrub with a bergamot moisture treatment following. Exfoliant Level: Deep

**Coffee and Coconut Body Polish**
60 Minutes $140
Perfect for reducing inflammation and water retention. Rich espresso aromatics with a coconut moisture treatment following.
Exfoliant Level: Deep

**Citrus Body Polish**
60 Minutes $140
Perfect for an uplifting and energetic rebalancing. Lime, bergamot and sweet orange scrub with a mandarin orange and coconut moisture treatment following.
Exfoliant Level: Moderate

**Floral Body Polish**
60 Minutes $140
Perfect for a smooth and soft exfoliation, gentle but uncompromising. Ylang Ylang cream scrub with a rose, jasmine, and neroli moisture treatment following. Exfoliant Level: Gentle to Moderate

**BLISSFUL BODY WRAPS**

**Ocean Dew Warm Healing Cocoon**
90 Minutes $288
A gentle full-body exfoliation prepares the body to be nourished. Receive a 30 minute aromatic steam therapy while reclined and enjoying a cool scalp massage and facial balancing treatment. After your steam, warm Undaria algae oils are drizzled all over your body and gently massaged into the skin. Includes the Pendry Experience Scalp Treatment.

**Aromatherapy Hydrating Body Wrap**
90 Minutes $288
A deep full-body exfoliation prepares the body for hydration — perfect for those with dry, rough, dehydrated skin. This unique aromatic experience includes a 30 minute aromatic steam therapy, hydrating hair mask, and cooling eye therapy. After your steam, warm aromatic oils are drizzled all over your body and gently massaged into the skin. Includes the Pendry Experience Scalp Treatment.

**JUST CHILL RITUALS**

**Ocean Drift Package**
Allow 4 Hours $498
Combine your choice of Radiant Facials and Massage Therapy (60 minutes each) plus our Pendry Experience Scalp Treatment and Cooling Mint Foot Therapy. This half-day spa experience includes a $50 spa lunch credit.

**Pacific Waters Package**
Allow 4½ Hours $548
Combine your choice of Refining Body Polish, Bath Cure and Body Wrap. This extraordinary half-day spa experience includes a $50 spa lunch credit.

**Gentlemen’s Power Package**
Allow 5½ Hours $648
The perfect energetic and physical overhaul package. The Gentlemen’s Power Package includes a fully customized 90-minute Indigo Sea Restorative Massage, $50 spa lunch credit, 60-minute Men’s Refinery Facial, and Men’s Manicure and Pedicure.

*A 20% service charge will be added to all services.*
**Duo Companion Suite**

Any of our Massages and Body Treatments may be received together in our Duo Suite with tables side-by-side offering the experience of shared relaxation.

**Couple’s Massage**
- 60 Minutes $168 per person
- 90 Minutes $248 per person

Experience synchronized renewal with individually tailored massages. Choose from any of the following 60 or 90-minute massage experiences: Deep Tissue Recovery, Repose Stress Relief, Therapeutic Fusion Stone or Precious Prenatal massage. The Couple’s Massage is performed in our private Duo Suite side-by-side.

**Couple’s Romance Package**
- Allow two hours, 60-minute massage $218 per person
- Allow 2½ hours, 90-minute massage $308 per person

Begin your experience with a glass of champagne and side-by-side rose petal foot soaks. You are then escorted to a beautifully appointed Romance Couple’s Suite complete with rose petals and candlelight. This experience is best enjoyed in the evenings. If you would like a late night experience, an after-hours fee may apply.

**Girlfriends Or Mother/Daughter Package**
- 60 Minutes $168 per person
- 90 Minutes $258 per person

Allow us to create an unforgettable experience you can share with each other for a lifetime. Perfect for birthdays, special moments, or to share pre-wedding with your Maid-of-Honor. Each of you receive individually tailored massages. Choose from any of the following 60 or 90-minute massage experiences: Deep Tissue Recovery, Repose Stress Relief, Therapeutic Fusion Stone or Precious Prenatal massage. Please provide us with any special details when scheduling. Spa Pendry loves creating magical memories.

A 20% service charge will be added to all services.

---

**SPA PENDRY**

**POOL & SPA MEMBERSHIP**

As San Diego’s premier downtown health, wellness and beauty spa, Spa Pendry San Diego entices guests desiring a relaxing and rejuvenating full day experience. Membership grants guests complimentary access to the spa’s abundant amenities, including an organic herbal steam room, showers, separate locker rooms and access to the Pendry rooftop pool, whirlpool, and dining venues. Casually elegant and relaxing garden cabanas offer a resort-style urban escape with living plant walls and access to our full Pool House menu. Seasonal organic refreshments, teas, and tinctures are complimentary.

The carefully curated, modern and clean-lined setting creates a soothing backdrop to nurture your personal wellbeing. A state-of-the-art Fitness Center overlooks Pendry’s rooftop pool and provides a space for rejuvenation through movement. It offers a wide range of cardiovascular equipment with individual entertainment monitors, an extensive variety of weight training machines, dumbbells, kettlebells and the most up-to-date fitness training equipment.

Personal transformation is always paramount to Spa Pendry’s highly trained therapists, who target each guest’s needs with personalized therapies featuring customized blends of natural and organic ingredients. All who enter this nurturing and serene sanctuary are sure to enjoy a restorative, and often transformative, respite.

For more information, please contact SpaMembership@PendryHotels.com or 619.738.7066