



S P A



# awaken your senses

Experience the ultimate in luxury with customized spa treatments.

Listen to the rhythmic sounds of waves breaking outside your room. Smell the soft salty aroma of the Pacific Ocean. See the clear blue skies as they warm with a San Diego sunset. Feel the relaxation wash over you as you experience your customized spa service in the comfort of your own room at TOWER23 Hotel.

Experience true luxury with your in room T23 spa treatment. Our professional massage therapists offer facials, massages, body treatments, yoga, fitness services and complete spa packages. When the spa service is complete, your experience of relaxation can truly begin. Relax your mind and body as you awaken all your senses at TOWER23 hotel.



## massage treatment

---

Therapeutic, healing, relaxation – techniques to suit every individual.

**still water** Our Swedish massage circulates blood, lymph, and breath so that you can get in touch with your own unique flow.

*60 minutes: \$120*

*90 minutes: \$160*

**the rising tide** Your body is one of a kind; allow your massage to follow suit. Consult with your therapist and create a session that will address your body's specific needs.

*60 minutes: \$130*

*90 minutes: \$170*

**the pacific** Release further with our deep tissue therapeutic massage. As your therapist carefully works, you will notice a softening of the deeper layers of fascia and muscle. Soften the tissue and strengthen the spirit.

*60 minutes: \$140*

*90 minutes: \$180*

**harmony** Our couple's massage is a sweet way to increase union with someone you love. Your therapists will pamper you with our "still water" session as you lay head to head in pure bliss.

*60 minutes: \$240*

*90 minutes: \$320*

**still point** A combination of Swedish and pressure point massage performed on the feet & hands using nourishing treatment oil. An incredibly therapeutic treatment.

*60 minutes: \$120*

*90 minutes: \$160*

**due point** A special session for mothers to be. this soothing, relieving massage can promote circulation and relaxation, ease achy joints and muscles and bring on a sense of renewal. Great for the well being of mom and baby.

*60 minutes: \$120*

*90 minutes: \$160*

## fitness + yoga

---

Make your stay at TOWER23 a time of healthful rejuvenation by scheduling yoga and fitness sessions while you're here with us. Yoga classes may be available upon request.

*60 minutes: \$110*

*60 minutes couple session: \$135*

# body treatments

---

Soothing care from head-to-toe

**sea goddess salt scrub** Remove dead skin and encourage new cell growth with this aroma therapeutic blend of sea salt and healing treatment oil. This treatment is finished with a moisture application to seal in hydration. Your skin will feel brand new.

*60 minutes: \$135*

**sea lavish mud wrap** This warm seaweed based mud mask enhances circulation, detoxifies the muscles and joints and nourishes the skin with its high mineral content.

*90 minutes: \$175*

**sun soothe wrap** Be wrapped in renewing cool aloe vera gel as this treatment soothes the sting of sunburn, chaffed and dry skin.

*90 minutes: \$175*

# facials

---

All facials are customized for each and every client. We proudly use locally produced, all natural CA Botana products.

**calm stream** Deep cleansing, gentle exfoliation, skin specific mask, and vitamin hydration.

*60 minutes: \$135*

*30 minutes: \$70*

*(Add-on to another treatment)*

**koi calm** Deep cleansing, fruit enzyme peel, skin specific mask, pore clearing extractions, and vitamin hydration.

*60 minutes: \$145*

**laughing buddha** Our koi calm facial enhanced with hand & foot massage.

*75 minutes: \$165*

**the big drink** our men's facial. everything to polish you up plus acupressure massage to the head, neck and face.

*75 minutes: \$165*

# packages

---

Money-saving combinations offer the best of both worlds

**open sky** 90-minute still water massage & 30 minute calm stream facial

*120 minutes: \$215*

**clear the haze** 60 minute still water massage, 60 minute koi calm facial, 30 minute sea goddess salt scrub

*2.5 hours: \$325*

**the zen** 90 minute rising tide massage, 60 minute koi calm facial, 60 minute sea lavish mud wrap

*3.5 hours: \$430*

# enhancements

---

**aromatherapy** Customized for any treatment **\$10**

**TO SCHEDULE YOUR TREATMENTS  
PLEASE CALL: 619.750.9381**

**specials** Please ask your consultant about our specials. We offer a variety of treatments throughout the year. In addition, we are more than happy to customize or create a package for your special occasion.

**cancellation policy** Any cancellation must be received within 4 hours of your appointment. Any late cancellations will incur a 50% cancellation fee. A full fee will be imposed for a no-show client. A credit card number is needed to hold your reservation.

**refund policy** Treatment packages are non-transferable, non-refundable and non exchangeable.

**special consideration** Guests who have any medical issues are advised to consult a physician before signing up for spa services. Please report any medical conditions to your spa therapist.

## hours of operation

Seven days a week

8am - 8pm

Off hours fee:

extra \$20 per appt.