

Vista Blue Spa



MONTEREY PLAZA
HOTEL & SPA

THE ONLY LUXURY RESORT ON MONTEREY BAY

*P*erched over the Monterey Bay Marine Sanctuary, our luxurious European Spa offers over forty specialty treatments to soothe, rejuvenate and revitalize your body and spirit.

Relax on our rooftop sun deck and feel the calming breeze and salt air. Soak in the outdoor whirlpool tubs or indulge in a therapeutic massage. Renew in our ocean view fitness center, men's and women's relaxation lounges, saunas and steam room. Let our spa professionals design your day of personal pampering.



SIGNATURE MASSAGE TREATMENTS

Four Hand Foot and Scalp Massage

50 MINUTES - \$185

Indulge in the tranquility of two therapists working in tandem as one gently exfoliates and massages the feet and lower legs, while the other performs a soothing Brazilian propolis conditioning scalp treatment, followed by a soothing scalp and neck massage.

Warm Stone Massage

75 MINUTES - \$195

Warm stones are used to promote grounding, balance and a sense of deep relaxation.

Sea Mineral Massage and Body Polish

50 MINUTES - \$135 | 80 MINUTES - \$190

The treatment begins with a relaxing back and shoulder massage, followed by a fine scrub made from a blend rich in sea minerals and sea essence. An application of an opulent moisturizer will give your body a hydrated and polished feeling.

PRIVATE BATH RITUALS

25 MINUTES (INDIVIDUAL) - \$60

45 MINUTES (COUPLES) - \$80

Submerge your senses in one of our relaxing bath rituals while you savor the views of the Monterey Bay. Choose one of the following:

Vista Blue Re-mineralizing Marine

Enriched with seaweed extracts and trace minerals, this calming bath will help counter everyday stress.

Lavender Rose and Grape Seed

Aromatic and full of antioxidants, this foaming bath is infused with Vitamin C and E to relax and rejuvenate.

Arnica Tension Relief

Blended bath oil containing Arnica, Rosemary, Basil and Bay Laurel infuses this bath to relieve muscle tension and soreness.

MASSAGE TREATMENTS

Custom Massage

50 MINUTES - \$130 | 80 MINUTES - \$185
110 MINUTES - \$245

Our expert massage therapists will customize your treatment using a variety of body work modalities to provide total relaxation, muscle tension relief and stress reduction. Aromatherapy oils may be requested.

Deep Tissue

50 MINUTES - \$135 | 80 MINUTES - \$190

Slow focused pressure reaching deeper layers of muscle to help promote the release of tension, restore flexibility and reduce chronic pain.

Reflexology

25 MINUTES - \$80 | 50 MINUTES - \$125

Pressure point massage focusing on the reflex points of the feet and hands that correspond to different body areas, leaving you with a sense of health and well-being.

Mother-to-Be

50 MINUTES - \$130 | 80 MINUTES - \$185

Relax and unwind as you prepare for your new addition! A soothing massage using special techniques designed with your comfort in mind.

Athlete's Relief

50 MINUTES - \$135 | 80 MINUTES - \$190
110 MINUTES - \$245

This therapy is ideal for the serious athlete or weekend warrior. Therapeutic stretching, compression, and massage techniques will help relieve muscle and joint tension and increase flexibility, while improving range of motion and overall athletic performance.

In-Room Massage

Please inquire about the availability of in-room massage services.

MASSAGE ENHANCEMENTS

Vista Blue Body Bar

Combine any of the Vista Blue Body Bar menu items with a massage treatment to enhance your overall experience.

Dry Brush Exfoliation

\$15

Dry brushing promotes lymphatic drainage, stimulates the skin cells and generates blood circulation.

Peppermint & Tea Tree Foot Treatment

\$25

Brazilian Propolis Hair & Scalp Conditioning

\$25

Exfoliating Scrubs

\$25

Scrubs encourage healthy exfoliation to remove excess dry skin. Scrub Choices:

- Cinnamon Vanilla Brown Sugar
- Mandarin Orange
- Pineapple Papaya
- Herbal Spice



BODY TREATMENTS

Pumpkin Spice Body Peel

75 MINUTES - \$195

Combined pumpkin extract and malic acid result in an aromatic peel that smooths away rough areas. Cinnamon Vanilla Brown Sugar Scrub melts into your skin as you enjoy a revitalizing scalp massage, while your skin is relieved of dehydration, resulting in a glowing, velvety smooth look.

Espresso Limón Slimming Body Treatment

75 MINUTES - \$195

This detoxifying, firming treatment begins with a citrus herbal body brushing to stimulate lymphatic drainage. Espresso Limón Slimming Oil is applied before you are cocooned in a warm wrap. Enjoy a relaxing foot and scalp massage while your skin is quenched by the perfect blend of South American coffee oil, Italian lemons and Madagascan cinnamon. A refreshing enzyme body mist completes this luxurious experience and helps achieve sleek smooth skin.

Exfoliating Scrub

45 MINUTES - \$125

Choose from course organic sugar or Dead Sea salt scrub blended with essential oils to exfoliate your skin, stimulate cells and replenish moisture-deprived skin.

Bliss on the Bay

80 MINUTES - \$190

This ultimate experience is a perfect blend of pineapple papaya exfoliation, massage and metabolic detoxification. Our custom blend of pure essential oils, which includes lemongrass, blue cypress and juniper berries, promotes natural diuretic properties, boosts metabolism and eliminates toxins. The treatment is completed with a soothing scalp massage while your body is enveloped in a comforting, warming blanket.

VISTA BLUE FOR MEN

These treatments are created with today's modern gentleman in mind. Choose from skin care, body treatments, massage and nail care – all designed to provide you with the ultimate opportunity to relax, rejuvenate and be pampered. Enjoy the special attention that will leave you looking and feeling your absolute best.

Old World Salt Scrub

45 MINUTES - \$125

Exfoliates and hydrates your skin while increasing circulation and revitalizing skin cells.

Custom Massage

50 MINUTES - \$130 | 80 MINUTES - \$185

110 MINUTES - \$245

Our expert Massage Therapists will customize your treatment using a variety of body work modalities to provide total relaxation, muscle tension relief and stress reduction. Aromatherapy oils may be requested.

Gentleman's Facial

50 MINUTES - \$130

A relaxing and cleansing treatment to rejuvenate the skin as well as counteract skin irritants from shaving and sports related activities. This treatment includes a thorough massage of face, shoulders, neck, arms, hands and scalp.

Pedicure

25 MINUTES - \$45

Soothing foot soak, cuticle care, nail shaping and buffing.

50 MINUTES - \$60

Includes all of the above plus foot and lower leg massage.

Manicure

25 MINUTES - \$40

Soothing hand soak, cuticle care, nail shaping and buffing, relaxing hand and wrist massage.

VISTA BLUE BUNDLES

Rejuvenate

100 MINUTES - \$215 (A LA CARTE \$240)

This package will take care of you from tip to toe! A calming Brazilian propolis conditioning scalp treatment begins the journey to rejuvenation. A 50-minute massage with aromatherapy oils takes you to the next level of calm and for the finale, an invigorating Peppermint Pedicure to rejuvenate and glorify the most tired feet.

Renew

100 MINUTES - \$235 (A LA CARTE \$265)

This package combines your choice of a 50-minute Vista Blue Custom Massage and a 50-minute Vista Blue Custom Facial for a renewed you.

Refresh

110 MINUTES \$365 (A LA CARTE \$400)

Begin with a refreshing soothing soak in a mineral marine bath, followed by a Peppermint & Tea Tree foot treatment, an 80-minute Relaxing Massage and a 50-minute Personalized Facial. This will calm your mind, relieve tension and draw you into a state of pure bliss.

Revitalize

175 MINUTES \$430 (A LA CARTE \$460)

Enjoy a complete mind and body revitalization with a 50-minute Therapeutic Massage to soothe tension, a Pumpkin Spice Body Peel to hydrate and smooth your skin and an Epicuren™ Facial to increase cellular metabolism and give your face a healthy glow.

Vista Blue Day on the Bay

280 MINUTES - \$595 (A LA CARTE \$665)

- Choice of Espresso Limón Slimming Body Treatment or Bliss-on-the-Bay Body Treatment
- Choice of Custom Massage (50 minutes): Exfoliating Scrub or a Mineralizing Mask
- Choice of Rejuvenation Facial (50 minutes) or Epicuren™ Anti-Aging Facial (80 minutes)
 - Spa Pedicure (50 minutes)
 - Spa Manicure (25 minutes)
 - Two-Course Lunch

VISTA BLUE FOR TWO

Perfect for a day of romance or just two friends enjoying some time away.

Couple's Massage

50 MINUTES - \$240 | 80 MINUTES - \$360

110 MINUTES - \$480

Relax together as you receive a custom massage side-by-side in the comfort of our couple's spa suite.

Bubbly Package

50 MINUTES - \$320 | 80 MINUTES - \$440

Relax in the warmth of a 45-minute couple's bath while you savor the view of Monterey Bay with chocolate-dipped strawberries and chilled Champagne before enjoying the tranquility of a couple's massage.

Rendezvous for Two

PER COUPLE - \$505

Choose any two of the following treatments for couples:

- 50-minute Couple's Custom Massage
- 50-minute Personalized or Gentleman's Facial
- 50-minute Spa Pedicure
- 45-minute Couple's Vista Blue Hydrotherapy Bath

Followed by a candlelit three-course dinner in the privacy of your guest room. (Does not include beverages.)

Girlfriends Getaway

Escape for a day of pampering and relaxation. You and your friends will enjoy luxurious spa treatments and a delicious two-course lunch. Choose one or more of the following:

Custom Massage

50 MINUTES - \$130

Facial

50 MINUTES - \$130

Peppermint Pedicure

50 MINUTES - \$85

Body Treatment

80 MINUTES - \$190

Spa Manicure

25 MINUTES - \$65

SKIN CARE

Includes facials, skin care and specialty treatments. All facial treatments include a complimentary Being True™ mineral make-up protective finish.

Epicuren™ Signature Facial

50 MINUTES - \$130 | 80 MINUTES - \$190

An enzyme-based facial replenishes lost moisture, minerals, vitamins and other nutrients. Your skin will enjoy a healthy glow and increased cellular metabolism with a cleansing, thorough exfoliation and deep moisturizing.

Epicuren™ Anti-Aging Facial

80 MINUTES - \$190

This treatment works wonders on all skin types by improving the skin's elasticity, texture and overall health. Epicuren's active enzymes speed up your skin's natural cell turn-over and encourage detoxification. Includes an arm, hand, lower leg, and foot massage to enhance relaxation.

Naturopathica® Personalized Facial

50 MINUTES - \$130 | 80 MINUTES - \$190

After a skin analysis by one of our skin care professionals, a personalized facial will be designed to meet your needs. Sustainable and artisanal botanical ingredients are used to provide pure results. Naturopathica products contain active herbal enzymes and are free of toxins, parabens and petroleum-based ingredients to encourage well-being.

Naturopathica® Botanical Facial

80 MINUTES - \$190

Essential oils and fruit enzymes are used to exfoliate and rejuvenate your skin. An antioxidant-packed mask hydrates your skin while your scalp is massaged with warm essential oils. This luxurious treatment will leave you feeling replenished and revitalized.

Purifying Cleanse

50 MINUTES - \$130

Designed to improve congested, oily skin through a deep pore cleanse, extractions are performed to remove impurities and toxins from the skin, followed by a calming facial massage and mask.

Waxing Services

EYEBROW - \$35 | LIP - \$25 | CHIN - \$25

SKIN CARE SUPPLEMENTS

Our skin care specialists may recommend a supplement to your treatment that will complement your skin and provide the best possible results.

Bio Peptide/Collagen III Lip or Eye Treatment

\$35

Significantly reduces lines and wrinkles, plumps lips and stimulates the growth of collagen level III in the skin and eye treatment.

Pumpkin Enzyme Mask

\$25

An intoxicating pumpkin spice and herbal exfoliating peel that will revitalize dull, congested skin.

Environmental Defense Mask

\$25

A potent black cherry, pomegranate, tomato and red wine exfoliating peel that will help correct sun damage and premature aging.

Glycolic Acid Treatment

\$45

A safe, effective glycolic acid is buffered in a soothing aloe gel to smooth away fine lines and wrinkles. May also be combined with salicylic acid to help clear infected pores, congested skin and acne.

Atoxelene Infusion®

\$75

Atoxelene serum is designed specifically to refine the forehead, soften eye contour and immediately plump and smooth the lips. The natural amino peptide, Argireline, significantly targets expression lines and increases skin firmness, creating an instantly smooth and tighter look.

BROW WAX SHAPE UP - \$25

LIP/CHIN TOUCH UP - \$20



OXYGEN INFUSION® FACIAL TREATMENTS

Intraceuticals Infusion® treatments are the natural alternative to surgical procedures. Cooling, calming oxygen is applied directly to the skin's surface increasing the absorption of special serums. The immediate result is luminous, age-defying, re-hydrated, plumped and firm skin.

Rejuvenate Infusion®

50 MINUTES - \$190

Safe for all skin types, skin will emerge deeply hydrated, youthful and glowing with a noticeable reduction in fine lines and wrinkles and a visible lift.

Rejuvenate Anti-Aging Infusion®

80 MINUTES - \$240

Rejuvenate and Atoxylene Infusions® work together to significantly reduce the appearance of fine lines and wrinkles while creating a more defined facial contour. Special care is taken to smooth, open and refine the eye contour area, while the lips are plumped and hydrated.

Opulence Infusion®

50 MINUTES - \$190

Concentrated Vitamin C and natural plant extracts safely treat the cause of uneven skin tone while creating luminosity and radiantly balanced skin.

Fountain of Youth Ultimate Infusion

110 MINUTES - \$340

The red carpet treatment! Rejuvenate, Opulence and Atoxylene Infusion® work together to provide hydration, even skin tone and a significant reduction in fine lines and wrinkles. This treatment also targets the delicate neck and décolleté and includes a special treatment for the hands. Truly an ultimate experience.

The Course Kit – Series of Six Treatments

REJUVENATION INFUSION® - \$1,225

OPULENCE INFUSION® - \$1,300

REJUVENATION/ATOXYLENE INFUSION® - \$1,450

Results of the Oxygen Infusion® are cumulative and improvement continues with repeated application. A course of six treatments over six weeks is recommended to achieve optimal and longer lasting results. After the series of six has been completed, applications will only be required every four to six weeks. Complimentary products are included with a six series package.

NAIL CARE

Vista Blue Signature Manicure

25 MINUTES - \$45

Indulge in this classic treatment that includes a soothing soak, basic cuticle and nail care, a relaxing hand and forearm massage and polish of your choice.

French Manicure

45 MINUTES - \$65

A Signature Manicure with a French Polish finish.

Ginger Vanilla Manicure

50 MINUTES - \$70

Our luxurious treatment begins with a light exfoliation, followed by a relaxing warm paraffin treatment to moisturize as it penetrates your skin. A honey mask is applied prior to a comforting ginger vanilla cream massage, cuticle nail care and polish.

Vista Blue Signature Pedicure

50 MINUTES - \$70 | FRENCH POLISH FINISH - \$85

Transform and refresh your feet with a detoxifying foot soak, followed by an invigorating exfoliation, nail care, a relaxing foot and lower leg massage and polish of your choice.

Peppermint Pedicure

50 MINUTES - \$90

Enjoy the immediate benefits of the peppermint green tea salt scrub and a stimulating mint foot mask that promotes healthy cellular skin repair to revitalize and rejuvenate your feet and legs. Warm grape seed oil is applied to your hands with warm mittens for maximum hydration and soft skin. A soothing foot and leg massage, cuticle nail care and polish complete this opulent treatment.

Chocolate Bliss Pedicure

50 MINUTES - \$85

This treatment is all chocolate from beginning to end. A nourishing chocolate salt scrub exfoliates dry skin cells while the chocolate mask rehydrates and stimulates healthy skin development. Chocolate raspberry oil is massaged into the feet and legs for total bliss before finishing with complete nail care and polish.

Polish Change

15 MINUTES - \$25 | FRENCH FINISH - \$30

Nails are shaped and buffed; your choice of color applied.

NAIL CARE SUPPLEMENTS

Manicure/Pedicure Supplements

The following treatments may be added to enhance any Manicure or Pedicure Treatment.

WARM PARAFFIN HAND TREATMENT - \$20

CALLUS ELIMINATION - \$25

MAKE-UP SERVICES

We are delighted to offer TRUE Cosmetics™ powered by the super antioxidant, Idebenone, and pure minerals that protect against the sun with a chemical-free SPF 17.

Make-Up Application and Instruction

50 MINUTES - \$105

Includes a \$25 credit toward any TRUE Cosmetic™ purchase.

Bridal Consultation

50 MINUTES - \$85

Wedding Day Application

80 MINUTES - \$150

Includes lash application and complimentary lipstick.

Perfect Day Facial

75 MINUTES - \$160

A thorough cleansing, exfoliation and mask leaves your skin refreshed and hydrated, creating the perfect palate for a TRUE Cosmetic™ mineral make-up application for your special day or special occasion.

GIFT CARDS

Ideal for any occasion, gift cards are available for all services and retail products. Please call for details.

831-646-1700

SPA INFORMATION

- The Vista Blue Spa at the Monterey Plaza Hotel is an adult facility designed to promote relaxation and tranquility. All areas of the spa, including the sun deck and fitness center, are for our guests who are at least 18 years of age. Childcare can be arranged through the Concierge at extension 5310.
- Please make your appointments in advance to ensure availability. Guests are encouraged to arrive 15 minutes prior to their scheduled treatment. Keep in mind that arriving late for a scheduled service may require the spa to abbreviate the service duration, with full charges applied, so as not to inconvenience other guests.
- The spa facility includes the use of the co-ed sun deck with fireplace, whirlpools, steam room, fitness facility and sauna. Guests are advised to bring a bathing suit. Due to business volume, men's and women's lockers and relaxation lounges may be reserved for our guests receiving spa treatments.
- Cancellations must be made at least 24 hours prior to your first appointment to avoid being charged the full value of your service(s).
- Please remove all jewelry before coming to the spa.
- Cell phones are not permitted in the spa facility.
- All prices are subject to change.

Except for our wondrous scenic views nothing
else in Monterey even comes close!



MONTEREY PLAZA HOTEL & SPA®

400 CANNERY ROW, MONTEREY, CA 93940

800-334-3999 • 831-646-1700

