



# Personalized Relaxation

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Get back to your best self with massage treatments by Pure Body Spa. Revitalize and rejuvenate in the privacy of your room or in our Spa treatment room.

**THE WESTIN**  
SAN DIEGO  
GASLAMP QUARTER

# Spa Menu

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## Massage Therapy

### **CUSTOM MASSAGE**

\$120/50 MINUTES    \$160/80 MINUTES

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

**PRENATAL**    \$130/50 MINUTES    \$170/80 MINUTES

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.

**AROMATHERAPY**    \$130/50 MINUTES    \$170/80 MINUTES

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

**SPORTS THERAPY**    \$130/50 MINUTES    \$170/80 MINUTES

Ease muscle pain, alleviate tension and inflammation post-event or loosen muscles and relax pre-event with this custom tailored treatment.

**REFLEXOLOGY**    \$130/50 MINUTES

Target pressure points throughout the body to align energy, improve circulation, and encourage overall healing.

### **HOT LAVA SHELLS**

\$140/50 MINUTES    \$180/80 MINUTES

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 melt tension and soothe you into a deeper state of relaxation.

### **COUPLES MASSAGE**

\$240/50 MINUTES    \$320/80 MINUTES

This massage service for two includes your choice of Custom Massages enjoyed together in our couples Spa Treatment Room.

Additional \$20 per person for all in-room services.

Reservations are required and advance reservations are highly recommended. Dial extension 7124 from your guest room or call 619-610-8925 for spa reservations.

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

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.

Our Body Care Specialists are on-call from 9:00AM – 6:00PM daily by appointment only.