



VISTA BLUE  
— SPA —

*at* MONTEREY PLAZA





FIND YOUR BLISS *by* THE BAY.



*At Vista Blue Spa, tranquility surrounds you.* From the gentle rhythms of Monterey Bay to the panoramic views from our rooftop whirlpool, our philosophy is that every massage, treatment and service rejuvenates the body, renews the spirit and revives the senses.

Welcome to Vista Blue Spa, a rooftop oasis above the Monterey Plaza Hotel. Here, the ocean's soothing and healing properties inspire everything we do. And create a refreshingly classic spa experience—both innovative and comforting, using only nature's finest ingredients.

Come for our rooftop deck with whirlpools, fireplace and fresh ocean breezes, spacious state-of-the-art fitness center, treatment rooms tended by knowledgeable spa therapists, and above all, the tranquility that is yours for the taking.

A black and white photograph of a woman lying on her back, receiving a massage. Several dark, smooth hot stones are placed along her spine. Her eyes are closed, and her expression is relaxed. The background is a light, neutral color.

# Massage

## TREATMENTS

### CLASSIC MASSAGE

50 Minutes • \$130

80 Minutes • \$180

Our refreshingly classic full-body massage service incorporates deeply relaxing and circulation-stimulating techniques, warm aromatherapy towels and gentle acupressure point stimulation. Our highly skilled therapists will customize the service specific to your needs to create the ultimate in relaxation.

### ARNICA INTENSIVE DEEP TISSUE MASSAGE

50 Minutes • \$140

80 Minutes • \$190

This deep therapeutic massage uses a blend of arnica, lavender and sage to ease discomfort, unwind chronic muscle tension and stimulate soft tissue repair. Stretches, compressions and deep tissue work restore mobility, vitality and body comfort.



### HEAD to TOE MASSAGE

80 Minutes • \$205

This indulgent service begins with a full-body dry brushing to exfoliate the skin while increasing circulation, followed by a full-body Swedish massage. The treatment concludes with a luxurious scalp massage and Moroccanoil® scalp and hair treatment.

### MOTHER-TO-BE

50 Minutes • \$130

80 Minutes • \$180

Celebrate and prepare for a new life. This massage experience provides relaxation and aids in relieving physical discomforts during this beautiful time of change.

### WARM STONE MASSAGE

75 Minutes • \$195

The warmth of smooth, heated basalt stones is combined with the expert touch of the massage therapist to melt away stress and tension for an extraordinary spa experience.

### COUPLES MASSAGE

50 Minutes • \$260

80 Minutes • \$360

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

### MASSAGE ENHANCEMENTS

*(add to any massage service)*

*Dry Brush Exfoliation (Full Body) • \$15*

This invigorating treatment exfoliates the skin and enhances circulation.

*Warm Stones (Back of Body Only) • \$15*

Gently warmed basalt stones are incorporated into the back portion of your massage to further relax tense and tired muscles.

*Moroccanoil® Hair and Scalp Conditioning • \$20*

A relaxing scalp massage releases tension and stress as Moroccanoil® conditions and hydrates.

# Body

## TREATMENTS

### ORGANIC GINGER *and* ROSEMARY SEA SALT SCRUB *and* WRAP

80 Minutes • \$190

Organic ginger and rosemary in a foaming Pacific Ocean salt scrub combine to awaken the energies of the body in this scintillating body scrub. Rosemary and ginger both stimulate circulation, tone and tighten tissue, and encourage detoxification. While you are wrapped, you will receive a luxurious hot oil scalp treatment and massage with vetiver and pink grapefruit essences to add shine and luster to hair.

### OCEAN DEW MARINE CLEANSING BODY POLISH

80 Minutes • \$185

Our Ocean Dew blend of coastal herbs and red marine algae extracts supports the body's detoxification process while helping skin maintain its moisture-retaining properties. The treatment begins with an aloe vera-based marine body polish that cleanses the skin while soothing any irritation or dryness, followed by a moisture-rich massage with olive extracts and organic oils of rosemary, juniper and lemon to relax and refresh. The experience is rounded out with a brief reflexology foot massage and energy balancing to leave you with renewed vitality.

### BLISS *on the* BAY

80 Minutes • \$190

Organic lavender and blue chamomile are both deeply relaxing and wonderfully healing. Reminiscent of warm summer days, sweet organic lavender encourages release of stress and worry, while blue chamomile is soothing and anti-inflammatory. Our signature treatment begins with a replenishing body polish of lavender and blue chamomile, followed by a back of body massage. Next, a light, sweetly fragrant oil is applied to the full body to encourage relaxation. While enveloped in a hydrating cocoon wrap, a stress-relieving head, neck and shoulder massage is performed.

### COASTAL QUENCH BODY WRAP *and* MASSAGE

80 Minutes • \$190

110 Minutes • \$235

Enjoy a deeply hydrating shea butter wrap and hot oil hair treatment. Revive and rehydrate skin with this luxurious head-to-toe body quench in your personalized Zents aroma. Warm organic shea butter is painted onto the body and you are wrapped in a luscious cocoon, soaking in potent antioxidant vitamin E to soothe, plump and smooth skin. The scalp is then cared for with a therapeutic scalp massage and a deep-conditioning hot oil treatment that leaves your locks shiny and your scalp healthy and glowing. Includes a rejuvenating full-body massage to deliver shea butter deeply into the skin and restore the body.

### FOREST AIR BATHING RITUAL

80 Minutes • \$190

110 Minutes • \$235

*(includes a 25-minute soak followed by a 50- or 80-minute massage)*

The Japanese tradition of *Shinrin-Yoku* (literally “Forest Air Bathing”) involves spending time in forests for the health benefits this can bring. Increased immune function, reduced stress levels and lower blood pressure are just some of the measurable health benefits of breathing the essential oils released by trees. Your service includes a 25-minute stress-relieving foaming salt soak with frankincense, sandalwood and pine. Following the bath you will receive a full-body Swedish-style massage using techniques to open joints and loosen muscles.







*Bath*

— • RITUALS • —

## PRIVATE BATH

*25 Minutes (Individual)* • \$60

*45 Minutes (Couples)* • \$85

All baths are accompanied by fresh fruit, hot tea and chilled water.

### *Turquoise Sage Foaming Salt Soak*

An abundance of soft bubbles, relaxing salts and the airy, purifying herbal scents of wild sage, lavender and mint promotes healing and relaxation. Mineral-rich sea salts detoxify, relax and soothe tired muscles.

### *Stress-dissolving Mineral Salt Soak*

Designed to support a state of relaxed alertness, this delightful blend combines the airy notes of lemon, violet leaf and mint, with the soft charm of sandalwood to help dissolve patterns of stress and carry you to a state of carefree bliss.

### *Coconut Milk Soak*

Enjoy a rich, thick milk bath that instantly calms dry skin. Coconut milk, cow's milk, chicory root, sea salt and sweet almond oil work in conjunction to soothe upset skin and reduce inflammation and swelling. This special milk blend is rich in 20 essential amino acids, vitamins and sweet buttery fats.

# Skin

## CARE

### MOISTURE DRENCH HYDRATING FACIAL

50 Minutes • \$130

Nature's cure for moisture-deprived, thirsty skin, this hydrating facial immediately replenishes the skin with deeply hydrating botanical blends. A soothing Hibiscus Enzyme Peel smoothes and calms environmentally stressed skin. A nourishing facial massage utilizing the Gotu Kola Healing Balm leaves skin radiant and protected from environmental elements.

### SUPERFRUIT CLARIFYING FACIAL

50 Minutes • \$130

80 Minutes • \$190

An exotic cocktail of goji, pomegranate, acai and bilberry creates the perfect solution for symptoms of acne, large pore size, hyper-pigmentation and fine lines. This deliciously aromatic blend of superfruits is packed full of vitamin C, minerals, proteins and age-defying antioxidants to leave the skin looking smooth and vibrant.

### SOOTHING SEA FACIAL

50 Minutes • \$135

80 Minutes • \$195

Utilizing a Green Tea and Seaweed Soothing Mask that detoxifies then replenishes the skin, this facial is an extremely calming treatment and is beneficial for even the most sensitive skin. This treatment also delivers rich minerals, vitamins and enzymes from the ocean to your skin.



### WRINKLE REPAIR FIRMING FACIAL

50 Minutes • \$145

80 Minutes • \$205

Fall in love with your skin again! This regenerating treatment combats the signs of aging using cutting-edge, active skin care ingredients in 100% skin-loving formulas. Our natural blend of products work together to dramatically reduce fine lines and wrinkles, while improving skin tone and firmness.

### VITAMIN C15 BRIGHTENING FACIAL

50 Minutes • \$155

This treatment reverses the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize and even skin tone. This treatment features a clinically-proven 15% Vitamin C serum that helps firm, brighten and dramatically reduce the appearance of wrinkles.

### GENTLEMEN'S FACIAL

50 Minutes • \$125

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.

### WAXING

*Eyebrow* • \$25

*Lip* • \$20

*Chin* • \$20

### SKIN CARE ENHANCEMENTS

*(added to any facial service)*

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

*Fruit Enzyme Mask/Peel* • \$30

Depending on your skin's needs, a pumpkin spice, sweet cherry enzyme or pear fig enzyme peel will be applied to correct sun damage and revitalize dull, congested skin.

*Glycolic Acid Treatment* • \$40

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

# *Oxygen Infusion*®

— • FACIAL TREATMENTS • —

Cooling, calming oxygen under light pressure is applied directly to the skin's surface, increasing the absorption of special serums to promote hydration, firming and plumping for immediate results.

#### 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.

#### 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.

#### 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.





# 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.

### GEL MANICURE

50 Minutes • \$65

Enjoy all the benefits of our Signature manicure as well as a Gel polish application. *If Gel removal is required, additional time and charges will be applied.*

### WHITE TEA *and* GINGER MANICURE

50 Minutes • \$60

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 • \$65

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.

### WHITE TEA *and* GINGER PEDICURE

50 Minutes • \$75

Chinese white teas combined with ginger are the key ingredients in this rejuvenating pedicure. Start with a warm soak followed by a gentle sugar scrub exfoliation, a warm soothing mask for hydration and a relaxing foot and leg massage, followed by nail care and a polish of your choice.

### PEPPERMINT PEDICURE

50 Minutes • \$85

This refreshing treatment begins with a peppermint and green tea salt scrub followed by a stimulating mint foot mask. Warm grape seed oil is applied to the hands with warm mittens for maximum hydration. A soothing foot and leg massage, basic cuticle and nail care and a polish of your choice complete this opulent treatment.

### POLISH CHANGE

15 Minutes • \$20

Nails are shaped and buffed. Your choice of color is applied.

*French Polish Finish* • \$15

May be added to any manicure or pedicure.

### MANICURE/PEDICURE ENHANCEMENTS

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

*Warm Paraffin Hand or Foot Treatment* • \$15

*Pumpkin Enzyme Peel* • \$15

### PEDICURE ENHANCEMENTS

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

*Warm Stone Leg Massage* • \$15

*Callus Elimination* • \$10

# Vista Blue

## PACKAGES

### BAYSIDE GETAWAY

Escape for a day of renewal and relaxation. Enjoy the company of your close friends, luxurious spa treatments and a \$30 food credit to be enjoyed at the spa overlooking beautiful Monterey Bay.

#### *Classic Massage*

50 Minutes • \$155 per person

#### *White Tea and Ginger Manicure*

50 Minutes • \$85 per person

#### *Signature Facial*

50 Minutes • \$155 per person

#### *Bliss on the Bay*

80 Minutes • \$215 per person

#### *White Tea and Ginger Pedicure*

50 Minutes • \$100 per person



### VISTA BLUE DAY *on the BAY*

230 Minutes • \$445 (\$520 Value)

This is the ultimate spa escape. Spend your day indulging in a series of treatments designed to renew your spirit, body and mind.

- Private Aromatherapy Bath | 25 Minutes
- Signature Pedicure | 50 Minutes
- Bliss on the Bay | 80 Minutes
- Signature Manicure | 25 Minutes
- Signature Facial | 50 Minutes
- \$30 Food Credit

### VISTA BLUE CUSTOM PACKAGES

Create your own special package that incorporates different facets of skin care, body therapy and nail care to rejuvenate your body and refresh your mind. *Excludes Oxygen Infusion Facials.*

#### *Renew with Two Treatments*

10% Off A La Carte Menu

#### *Rejuvenate with Three Treatments*

15% Off A La Carte Menu

#### *Refresh with Four Treatments*

20% Off A La Carte Menu

### RENDEZVOUS *for TWO*

Per Couple • \$525

A perfect romantic getaway that begins with a shared bath, massage and pedicure, and finishes with a candle lit, three-course dinner to be enjoyed in the privacy of your hotel guest room.

- Couple's Vista Blue Hydrotherapy Bath | 45 Minutes
- Couple's Custom Massage | 50 Minutes
- Couple's Spa Pedicure | 50 Minutes

### COUPLES BUBBLY PACKAGE

50-Minute Massage • \$340

80-Minute Massage • \$440

Relax together in the serenity of a 45-minute couple's bath in our private hydrotherapy suite overlooking Monterey Bay. Savor chocolate-dipped strawberries and a glass of chilled sparkling wine before enjoying the tranquility of a couple's massage.

## SPA INFORMATION

The Vista Blue Spa at the Monterey Plaza Hotel is 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 13 years of age. Children between the ages of 13-17 must be accompanied by an adult at all times while visiting the spa facility. Minors may receive spa treatments provided an adult is present for the duration of the treatment. Children ages 12 and under are not permitted at the Spa. Childcare can be arranged through the Concierge at extension 5310.

*To ensure that you and those around you reap the full benefits of the spa experience, we suggest the following:*

- Arrive at least 30 minutes prior to your scheduled treatment. Remember that your service will end on time so that the next guest is not delayed, regardless of how late you begin.
- Respect other guests. The spa atmosphere is one of peace and tranquility. Please respect the other guests' right to privacy and quiet. Please refrain from engaging in loud conversation, talking on cell phones or utilizing electronic devices with the volume on.
- The spa facility includes the use of the co-ed sun deck with fireplace, whirlpools and steam room, as well as the fitness center. Guests are advised to bring a bathing suit. *Due to business volume, men's and women's lockers and relaxation lounges are reserved for our guests receiving spa treatments.*
- Please make your appointments in advance to ensure availability. As a courtesy to other guests and to our therapists, we strictly adhere to the spa cancellation policy. If you must reschedule or cancel an appointment, please advise us 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.
- All prices are subject to change.
- For your convenience an 18% gratuity will be automatically added to all services. Additional gratuities may be added at your discretion.



— *Refreshingly Classic* —



VISTA BLUE  
— SPA —

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