

CASA MUNRAS

GARDEN HOTEL & SPA



Guests of the Inns of Monterey are invited to schedule a spa treatment at our sister hotel, the Casa Munras Garden Hotel & Spa conveniently located in downtown Monterey. In-room massage is also available.

FACIALS

MARINE BREEZE

60 min. / \$125

Rehydrate tired skin with the freshness of the sea air. Rich in nutrients, this oxygenating and depolluting facial provides a thirst-quenching dose hydration of for the skin. The face is first treated to a delicious sea foam texture cleanse and a customized exfoliation. Pores are targeted with our specialized warming zeolite and sea clay balm, to sweep away impurities for a relaxing extraction step we are excited for you to experience! This facial ends with a dreamy creamy balm application of micro-droplets of seawater encapsulated in clay and glasswort oil to revitalize, hydrate, and refresh your face.

THE SEA CALM FACIAL

60 min. / \$125

Instantly rescue skin with a combination of high tech marine extracts infused with plankton and sugars to quiet, smooth, and soothe. We comfort your sensitive skin with a Coralline based treatment, as the pro-biotic sugars strengthen vulnerabilities in your skin and the Marine flavonoids and peptides improve your skin's barrier functions to help

reduce redness and inflammation either caused by environmental exposure, rosacea, or aggressive beauty treatments.

XMF- EXTREME MARINE FACELIFT

90 min. / \$185

An ultra pampering combination of a relaxing back massage and a super luxurious facial leaves your head and neck relaxed and the skin plum, smooth, and lifted! The hero in this treatment is Morio Orchid oil paired with Dictyopteris, a brown algae that mimics hyaluronic acid to instantly volumize deep lines. Our secret to lifting the face and jowls lies within the facial massage techniques to create a muscle response at the ear to elevate tired muscles of the face. A gentle lip exfoliation and mask softens the contours of the mouth resulting in a kissable fuller pout. Dive right into serious pampering with this 90-minute treat!

FACIAL ENHANCEMENTS ONLY

EYE SOOTHING

\$45

A gentle sea retinol exfoliates the delicate eye area preparing for a sleep inducing eye massage with featherlight brushes. The draining movements sweep away fluid and dark discoloration and a sparkling aquamarine plasticizing mask take years off tired eyes.

LIP PLUMPING

\$45

To volumize and soften a red alginate polishes lips followed by a topical marine filler to plump and smooth.

BODY TREATMENTS

OLIGOMER SPA (oligo= small/mer=sea)

Phytomer's signature replenishing holistic treatment literally brings the sea to the spa. The body is first exfoliated with a delicious creamy body scrub utilizing a combination of marine AHA's and mineral replenishing seawater crystals. Next, enjoy a sense of floating on waves as a nutrient rich concentrate to nourish the epidermis is massaged into the skin.

60 min. / \$120 (60 min. = 30 scrub + 30 application of hydrating cream)

90 min. / \$175 (90 min = 30 scrub + 60 min of application of cream during massage)

60-MINUTE VACATION

Recommended for very dry skin. This treatment will take you away to a distant island, Archipelago. Combining coconut shell and volcanic sand, the body is exfoliated with a deliciously scented cream-scrub. The body is then massaged with a cocktail of virgin coconut oil and Jania, a small red colored vegetal coralline, and is regarded as a marine concentrate that better offers both the benefits of seaweed nutrients and seawater minerals. A divinely exotic hour leaving you superbly soft and smooth.

60 min. / \$120 (60 min = 30 scrub + 30 application of hydrating cream)

90 min. / \$175 (90 min = 30 scrub + 60 min of application of cream during massage)

PEACEFUL BODY

Relying on the power of plant extracts and essential oils, this botanically based treatment deeply relaxes the body while also quieting the mind. Passionflower extract has long been touted as an age-old solution for relieving tension, reducing stress, and even offsetting anxiety. Using potent passion flower paired with fragrant magnolia, this treatment leaves you feeling relaxed and renewed. This treatment includes a full body scrub followed by a massage of Passionflower Balm creating a peaceful fragrant venture for you and your skin.

60 min. / \$125 (60 min = 30 scrub + 30 application of hydrating cream)

90 min. / \$180 (90 min = 30 scrub + 60 min of application of cream during massage)

SAIL AWAY WRAP (Add-On to Any Service)

For those with particularly stressful lifestyles, we recommend adding our seawater wrap to re-energize and oxygenate the body. Enjoy all of the benefits of a day swimming in the sea, while surrounded in the peace and quiet solitude of the spa.

30 min. / \$90

MASSAGE

CALIFORNIA DREAMING (Full Body Massage) 60 min. / \$110; 90 min. / \$165

An eclectic massage customized for each client incorporating a balance of modalities. Light to firm pressure for a stress relieving Central Coast experience.

AROMATHERAPY MASSAGE 60 min. / \$115; 90 min. / \$170

Release your stress through the multi-sensory aromas of our Aromatherapy Massage. Uplifting for jet lag, relaxing for tension.

BABYMOON

60 min. / \$130; 90 min. / \$185

(Prenatal Massage is only offered for 2nd and 3rd Trimesters)

Indulge the spirits inside with our Prenatal Massage. Relax into maternity pillows and receive this nurturing massage that uses aromatherapy and a balance of massage techniques to reduce stress, and relieve backaches. We also include a leg treatment with this service to help reduce fatigue and water retention.

DEEP FLOW (Deep Tissue Massage)

60 min. / \$120; 90 min. / \$175

Hit the ground running with our deep tissue full body treatment. Designed to relieve sore and tired muscles, to prevent injury, relax the mind, and decrease recovery time. Our skilled therapists will design a therapeutic massage specific to your needs.

ENHANCEMENTS

*To be used only as an enhancement to any of our spa services. Not sold separately
Private Soaking Tub Room is available for 30 minutes at \$50.
(Included with couples package massage)*

TIRED TRAVELER LEG REVIVAL

\$45

Put your feet up with our Tired Travelers Leg Revival. Designed to rejuvenate and relax the tired legs of the weary traveler. Our technician uses a special Cryotonic leg gel that has a refreshingly cool effect to relieve feelings of discomfort while its plant and marine active ingredients help strengthen capillary walls and restore soothing comfort to your legs.

CHAMPAGNE OF THE SEA

\$45

A bit of the bubbly...our natural hot foaming algae mud stimulates circulation and promotes detoxification while providing a warm massage to the central nervous system. The mud is applied down the spine to gently loosen and stimulate the muscles and ease tension from everyday spinal compression to facilitate a deeper, purifying massage. The hot foaming algae mud re-energizes the body with special self-heating properties while the ocean aromas invigorate the mind.

DOME SCALP MASSAGE

\$45

Warm natural oils are massaged deep in to the scalp to relieve scalp tension, and increase blood circulation while also naturally stimulating and hydrating hair follicles to promote growth.

SPA PACKAGES

COUPLES ROMANCE PACKAGE

60 min. / \$125 each; 90 min. / \$180 each

The couples retreat package. Enjoy a romantic massage getaway with your partner. Synchronize energy through a relaxing, stress relieving massage. Enjoy an additional 30 minutes soaking in a private tub. Allow us to create a sanctuary for two.

SPA DAYS

BOTANIA

3 hours / \$460

Indulge yourself in a botanical scented delight with our Botania Spa Day. We start by cultivating your Botanical experience with a 2 hour full body massage with floral aromatherapy, hand, scalp, and a cooling herbal foot treatment. This botanical bliss ends with a 60 minute moisturizing facial that includes a self-heating clay mask for detoxification. We highly recommend soaking in our garden waterfall jacuzzi after your package for the ultimate relaxation.

TROPICANA

3 hours / \$460

Find your inner tropical island paradise with our Tropicana Spa Day. This spa service is 90 minutes of full body massage and tropical based scrub which are done using coconut oils and finely grained coconut shell. We also include both a warming tropical foot and coconut oil scalp treatment to transition your service to your 60-minute papaya enzyme facial.

OCEANIA

4 hours / \$520

Our signature spa getaway package. Wash away your stress and set sail with our Oceania Spa Day. Your voyage begins with a two-hour massage service that includes a Seawater Wrap & Scrub, and a 30-minute Marine Mud Foot Detox and a Seawater Scalp Treatment. The last leg of our journey will involve our ultimate 90-minute facial, and seaweed infused wax mask, with both extractions and a plumping lip treatment.

THE SPA AT CASA MUNRAS

Day Pass

The Spa, Casa Munras guests will have complimentary use of showers, fitness facility, relaxation rooms, and the outdoor pool and waterfall Jacuzzi. If not a guest at the spa you may purchase a day pass for \$15.

Appointments

Scheduling appointments prior to your arrival is highly recommended to ensure you receive your preferred time. Please arrive at least 10minutes early for your appointment to prepare your body and mind for your treatment. Your late arrival will determine the length of your treatment to accommodate other guests. Please silence your cell phones.

Cancellation and Reschedule Policy

We understand that unanticipated events happen occasionally in everyone's life. It is our desire to provide excellent and equal service to all clients, the following policies are honored: 24 hour advance notice is required when cancelling or rescheduling an appointment. This allows the opportunity for someone else to schedule an appointment. If you are unable to give us 24 hours advance notice you will be charged the full amount of your appointment.

No-shows

Anyone who either forgets or consciously chooses to forgo their appointment, for whatever reason, will be considered a "no-show." They will be charged for their missed appointment.

After Hours

The spa closes at 7pm but we can accommodate after hour treatments with enough notice and therapist availability. There will be an after-hours fee of \$20.

Gratuity

Gratuity is not included in the cost of service. Gratuity is optional and solely at your discretion but always much appreciated.