



VISTA BLUE  
— SPA —

*at* MONTEREY PLAZA



## **SPA YOUR WAY TO WELLNESS**

At Vista Blue Spa, tranquility surrounds you.

Welcome to the wellness found only on the shores of the Pacific Ocean. From the gentle rhythms of the Monterey Bay to the panoramic views from our sundeck, spa living supports the restoration and rejuvenation of your body, mind and spirit.

Let the warmth of the sun, the mist of the fog, and the fresh ocean breeze awaken your senses. Whether you are here for an hour, a day, or maintain a spa lifestyle, Vista Blue Spa is your tranquil sanctuary.



## SUPPORTIVE WELLNESS

*Balancing the stress of daily life can seem out of reach. Our highly trained technicians are here to provide support in maintaining a sense of wellness each and every day. These core treatments will aid in an instant sense of relaxation, while providing benefit beyond your spa day.*

### **Classic Massage**

Traditional Swedish massage to provide a sense of balance and refreshed body, mind and spirit. Light to medium pressure.

### **Warm Stone Massage**

Combining the traditional Swedish massage and the deep penetrating heat of warmed stones, this treatment will increase your level of relaxation and melt away stress and tension.

### **Mother 2 Be Massage**

This massage experience provides relaxation and aids in relieving physical discomforts during this beautiful time of change. Supportive cushions available.

### **Classic Facial**

Based on the classic European traditions, this facial will provide skin analysis, thorough cleansing, mask and light facial massage.

### **Wellness Facial**

Combining traditional European skills with locally derived essential oils, this facial provides a gentle and natural way to increase the health and vitality of your skin.

### **Replenish Body Scrub**

The remedy to the daily challenges that leave your skin feeling neglected. This sensorial experience of a body polish and hydration application will aid in exfoliating off the remnants of the day to day. Can be adapted for pregnancy.

### **Himalayan Salt Room Experience**

Sit, relax and inhale the purifying properties of the Himalayan Salt regions. Dating back to Ancient Greece, salt inhalation therapy has long been credited to be anti-inflammatory, detoxifying and a vital defense to respiratory issues such as allergies, asthma and the common cold.



## RESTORATIVE WELLNESS

*When environmental factors and the stress of a busy life presents itself, it is sometimes necessary to go deeper into wellness and re-arm yourself with proven techniques that assist the body and spirit to live well.*

### **Head to Toe Massage**

Dry brushing to aid in detoxification and to calm the nervous system, a gentle massage to ease muscle tension and a warm oil scalp massage to heighten awareness and relaxation.

### **Deep Tissue Massage**

Sports style massage providing deeper work into the muscle tissue. Can target specific muscle aches and issues. Perfect for the athlete and weekend warrior alike.

### **Aromatherapy Massage**

The healing benefit of pure essential oils blended to create a wellness journey. Based on your current state of being, a personal selection of blends are incorporated into a therapeutic and relaxing massage.

### **Brightening Facial**

Packed with antioxidants and anti-inflammatory properties, the specific ingredients provide instant brightening and hydration.

### **Clarifying Facial**

A treatment to reduce bacteria and acne while delivering powerful healing antioxidants to simultaneously nourish and hydrate your skin, leaving it feeling invigorated and clear.

### **Soothing Facial**

Instantly cool and soothe irritated and compromised skin with unique ingredients high in nutrients to reduce inflammation while repairing and rejuvenating your skin.

### **Bliss on the Bay**

Our Signature Treatment incorporating a body polish infused with lavender to deeply relax and replenish. This luxurious scrub will be followed by a hydrating cocoon wrap, warm oil scalp massage and back of body massage.





## REJUVENATING WELLNESS

*Results driven with specific techniques and ingredients. These treatments will make you feel refreshed and your skin revitalized.*

### **De-Stress Massage**

Profound purification through deep massage work and the utilization of mineral mud. Combined with warm towels, this treatment will assist in the detoxification of stress and impurities.

### **Warm Herbal Compress Massage**

Herbal compresses are locally crafted with wild and organic herbs. The heated compresses are rolled directly onto the body in an orchestrated and rhythmic signature treatment. Compresses are yours to take home.

### **Aroma-Soul Massage**

A unique massage resulting in a profound sense of grounding. A complete sensorial journey derived from various cultural disciplines, this treatment will provide enhanced vitality and a true sense of restoration.

### **Rejuvenating Oxygen Facial**

The cooling and calming effects of oxygen under light pressure increase the absorption of select serums to promote hydration, firming and plumping for immediate results.

### **Defense Facial**

The antidote to the urban lifestyle. Stressed and dull skin resulting from today's fast paced life will be corrected and the aging of the skin, slowed. Unique massage creates a true escape from the every day.

### **Wrinkle Repair Facial**

Infuse your skin with intelligent ingredients that will stimulate new cell growth, repair and rejuvenate all skin types, leaving a firm, luminous glow.

### **Detox Body Peel**

Combined benefits of a full body exfoliating alpha hydroxy peel and De-Stress Mud. A comforting wrap envelopes you and removes all the obstacles to your better self.



## PRIVATE SPA SUITE

*Find your peace in our new private spa suite with a unique relaxation space and generous amounts of natural light featuring two luxurious soaking tubs, double shower, fireplace and a private balcony.*

## SPA SUITE

Immerse yourself in a peaceful bath while overlooking the beautiful Monterey Bay. Be at one with the waves, find peace of mind and luxuriate in the surroundings that only Vista Blue Spa can provide.

The benefits of hydrotherapy have long been known to relieve stress, muscle aches, and aid in detoxification. Our soaking tubs and rain shower allow you to immerse yourself in the healing benefits of water.

Our Spa Suite is designed to allow you time to reflect, time to breathe, time to be. Whether you choose to use the time alone or with a companion, relax and rejuvenate surrounded by beauty.

Choose from the following selection of bath enhancements:

### **Coconut Milk**

Hydrating and soothing

### **Himalayan Salt**

Detoxifying and healing

### **Aromatherapy** – seasonal wellness blends

Renew and restore

---

## NAILS

### **Vista Blue Manicure**

Fully pampering nail care including scrub, hand and arm massage. Your choice of nail color.

### **Vista Blue Pedicure**

Relax and unwind while our technicians rejuvenate your tired and worn feet. Includes revitalizing foot bath, scrub and massage. Finished with nail color of choice.

### **Gel Manicure**

Removal of previous gel, nail care and re-application of new gel.

## SPA POLICIES

Vista Blue Spa strives to provide an authentic spa environment. We ask that the following guidelines be observed to ensure a relaxing experience for all.

- Vista Blue Spa welcomes all guests ages 18 and over. Our spa facilities include the sundeck with fireplace, two whirlpool tubs and steam room, fitness center, lockers, showers, saunas and guest amenities. A minimum purchase of (1) one 50-minute treatment per person is required to access the spa facility.
- We encourage booking appointments in advance to ensure availability. Please arrive 30 minutes prior to your scheduled appointment to allow ample time to prepare for service. As a reminder, your service will end on time so that the next guest is not delayed, regardless of how late you begin.
- We require all bookings to be guaranteed with a credit card. Your choice of payment will be accepted at time of service.
- Please note that an advance notice of 24 hours is required for any change or cancellation of confirmed services in order to avoid a full charge.
- For your convenience, an 18% gratuity will be automatically assessed on all services. Additional gratuities may be added at your discretion.
- The spa atmosphere is one of peace and tranquility. The use of cell phones is prohibited throughout the spa. We ask that you keep all electronic devices secured in your guest room safe or secured in your locker.
- Vista Blue Spa sundeck with whirlpools and steam room are co-ed. Bathing suits are required to be worn at all times.
- Vista Blue Spa is not responsible for items lost or stolen. Please remove all jewelry before coming to the spa and secure all valuables in your guest room safe.
- Outside food, drink or alcoholic beverages are not permitted in Vista Blue Spa. A light menu is available from Schooners Coastal Kitchen for your enjoyment.
- For the safety of both parties, services will not be rendered to those found to be under the influence of alcohol or any other controlled substance. Disruptive behavior will not be tolerated.
- All prices are subject to change without notice.
- Discounts and packages cannot be combined.
- Vista Blue Spa welcomes groups and celebrations. Please contact spa management directly for more information.



VISTA BLUE  
— SPA —

400 Cannery Row, Monterey, CA 93940

844.268.4081

[montereyplazahotel.com/spa](http://montereyplazahotel.com/spa)