



spa

L'AUBERGE



Join us in wellness
by the sea



Spa L'Auberge is the perfect combination of relaxation and renewal, with a focus on the healing powers of the ocean. Our beach house spa welcomes you to a variety of personalized treatments and luxurious services that use our 10 treatment rooms, herbal-infused steam rooms, and California open-air relaxation area with a warming fire pit and refreshments.

SPA APPOINTMENT HOURS:

Monday 9 am-4 pm • Tuesday-Sunday 9 am-6 pm

1540 Camino Del Mar | Del Mar, CA 92014
858.793.6493 | laubergedelmar.com/spa

Purify your being

FACIALS

L'AUBERGE CUSTOMIZED FACIAL 50 MIN | 80 MIN

Our Signature Facial is customized to meet your skin care needs using a variety of nourishing products from the sea. You begin with a light exfoliation, soothing steam, then an application of a treatment mask and a gentle massage of neck, shoulders and face. Our 80-minute service includes extractions and an uplifting enhancement.

OCEAN HYDRATION FACIAL 50 MIN

Give your face a healthy glow with this luxurious facial that oxygenates skin, brightens skin tone, improves cellular function, and refines pores. Infused marine and botanical products that include actives such as vitamin C and hyaluronic acid will restore dull, dry, and sun-kissed skin.

FOUNTAIN OF YOUTH FACIAL 50 MIN | 80 MIN

Our Anti-Aging facial uses a peel to stimulate cell metabolism, helping to dramatically improve the skin's appearance. The results have been proven to lift, tighten, brighten, and visibly firm the skin, increasing textural clarity and even skin tones. Our 80-minute service includes a retinol boost.

DEEP SEA CLEANSING FACIAL 80 MIN

This treatment includes a deep cleanse, effective exfoliation of the pores, and a detoxifying masque. Soothing, corrective, and protective products will be applied to finish this illuminating facial, giving you more confidence in your healthy glow.

*This treatment is ideal for the oily, acneic skin type sensitive to other products.

THE "DUDE" FACIAL 50 MIN | 80 MIN

A facial tailored specifically for a man's skin care needs, this facial will help counteract the aging process as well as provide a soothing effect for shaving areas, leaving the face healthy, toned, and invigorated. Our 80-minute service includes extractions.

BACK TO THE BEACH 50 MIN

With focus on the entire back, this treatment will cleanse, tone, and detox. Your skin will be swimsuit or little black dress ready, looking healthy and radiant.

The following enhancements may be added to any of our 50- or 80-minute skin care treatments.

LIP REJUVENATION

Treats lips to look smooth and full.

EYE REJUVENATION

Tightens and de-puffs eye area.

RETINOL BOOST

Application of pure retinol to revitalize the skin and help diminish signs of aging. Ideal for photodamaged, problematic, and congested skin.

PEEL

Improves texture and discoloration, and hydrates skin.

MICRO-CURRENT INSTANT FACIAL LIFT 25 MIN

A gentle micro-current contours and tones the face, giving you an instant lift you can see.

ANTI-AGING LIGHT THERAPY 25 MIN

Infrared light therapy reduces the appearance of fine lines and wrinkles. Through this light therapy, the dermis is penetrated to help increase the collagen and elastin fibers that are present in the skin.

NECK FIRMING TREATMENT 25 MIN

This treatment includes a specialized mask developed to penetrate the skin with peptides, antioxidants, hyaluronic acid, and aloe vera to strengthen skin, improve clarity, tone, and replenish skin's moisture loss for a firmer look and feel.

BODY AND FACIAL WAXING

Bikini
Underarms
Chin
Eyebrow
Lip
Full Face

Renew You

BODY TREATMENTS

SEA SALT CITRUS GLOW 50 MIN

Purify and detoxify the body while your senses are whisked away to the citrus groves and thick forests of California. A full body exfoliation using sea salt that has been extracted from our beautiful Pacific Ocean will smooth and rid your body of dull or dry skin, followed by a hydrating body moisturizer, leaving skin silky smooth.

MARINE RENEWAL 50 MIN | 80 MIN

This deliciously hydrating scrub is drawn from the essence of the ocean and is applied to the body, gently cleansing, exfoliating, and detoxifying every pore with granulated pumice and Undaria sea-algae extract. An application of sea minerals and botanical extract oils will finish this body treatment.

OCEAN DETOX 50 MIN | 80 MIN

Start with a dry brush exfoliation. A detoxifying ocean mineral clay is painted on the body, then you are wrapped in a series of layers to ensure warmth as you eliminate built-up toxins and impurities. After a refreshing rinse, you will finish with a moisturizing application, leaving you replenished and renewed.

SOOTHING BEACH ESCAPE 80 MIN

Relax and absorb the benefits of this revitalizing treatment. A gentle exfoliation is applied in a circular motion all over the body. You are then cocooned in warm blankets as the natural fruit acids smooth your body's skin texture. After a cool rinse, you are then moisturized with a hydrating, anti-aging body lotion.

HIGH TIDE HYDRATION 50 MIN

This ultra-hydrating body wrap is the perfect finish to a day at the beach. You start with a full body dry buff, then an application of pure cocoa butter is applied, followed by a warm cocoon of blankets. This allows your skin to drink in the nourishing benefits of nature. You finish with an intoxicating head and scalp massage.

BODY RITUALS

ANTI-AGING SUBMERGENCE 110 MIN

Combat the visible effects of aging skin and restore a youthful appearance with this collagen-boosting body treatment. Begin with a full body sugar rub, exfoliating dry and dull skin. This is followed by a full body mask application that is enriched with antioxidants to help repair damaged skin cells. You then lie enveloped in a series of warm blankets during a relaxing hot oil scalp massage. Finish with a massage of nourishing oils high in Vitamin C, boosting collagen production and improving elasticity.

OCEAN BODY INDULGENCE 110 MIN

Enjoy a true seaside journey that gives you all the benefits of the ocean without having to set foot in the salty water. Start with a full body exfoliation that will soothe and smooth the skin using nourishing ocean minerals, followed by a detoxifying marine-based body wrap to draw out impurities and toxins. You will then finish with a hydrating full body massage.

COASTAL REJUVENATION 110 MIN

Begin with our invigorating signature California Coast body scrub, increasing circulation and ridding unwanted dry skin. You then follow with a muscle-relieving body wrap that soothes tired, overworked muscles, and a relaxing scalp massage. This treatment then finishes with a de-stressing full body massage using Arnica lotion.

The following enhancements may be added to any of our 50- or 80-minute body treatments.

FACE MASSAGE

Close your eyes and relax while our skilled therapists massage your temples and other facial muscles, where tension is often forgotten.

ANTI-AGING HAND TREATMENT

This exfoliating and brightening scrub is worked into the hands, left to mask, and then is followed with our anti-aging hand lotion. Hands are left renewed and hydrated.

PARAFFIN HANDS OR FEET

Add an extra luxury component to your service with our softening hand or foot paraffin.

HAIR MASK

Our therapists will work a moisture and repair mask into your hair, giving it the extra boost and shine it needs as you relax with one of our body treatments.

MASSAGE THERAPY

L'AUBERGE SIGNATURE MASSAGE 50 MIN | 80 MIN

Our signature full body massage is customized especially for your needs, allowing your therapist to address imbalances and induce deep relaxation. Swedish massage strokes are incorporated with our customized local blend of nourishing oils.

FIRMING THERAPEUTIC MASSAGE 50 MIN | 80 MIN

This firm pressure massage focuses on the deeper layers of muscle tissue and is tailored to your body using sports therapy, deep tissue techniques, and slow strokes to relieve muscle soreness and release chronic tension, leaving you feeling balanced and relieved.

NECK, BACK, AND SHOULDERS 50 MIN

This massage focuses on the most intense areas we tend to hold our stress and bad posture. As you relax in a soothing environment, our skilled therapist will help release tension and loosen up those tight muscles.

SEA STONE MASSAGE 50 MIN | 80 MIN

By using specific body placements of hot rocks and a combination of traditional massage techniques with heated stones, this massage is a very therapeutic experience. Your mind and body will enter into a state of intense calmness and tranquility while clearing toxins and alleviating pain to return the body to a natural state of balance.

COUPLES MASSAGE 50 MIN | 80 MIN

Share a relaxing experience side by side as you enjoy our L'Auberge Signature Massage in our private couple's suite with soft lighting and gentle music.

JET LAG MASSAGE 50 MIN | 80 MIN

This treatment will take care of any travel inflammation, fluid retention, and stiffness that comes with the journey of your newfound adventure. Using an invigorating blend of oils, acupressure techniques, stretching, and lymphatic massage, your body and mind will be sure to recover from any treacherous travel.

Revitalize



Replenish

MASSAGE ENHANCEMENTS

The following enhancements may be added to any of our 50- or 80-minute massage treatments.

COCOA BUTTER

Rich, aromatic cocoa butter provides extra moisture to the skin, leaving your body deeply hydrated.

FACE MASSAGE

Close your eyes and relax while our skilled therapists massage your temples and other facial muscles, where tension is often forgotten.

MUSCLE RELIEF

Enhance your massage experience with Arnica oil and targeted muscle relief gel to ease joints and alleviate muscle stiffness, aches, and pains.

AROMATHERAPY OIL

Choose from our essential oil blends to focus on what your mind and body needs.

SCALP REFRESHER 25 MIN

Relax with a tension-relieving scalp massage using a citrus oil to help renew senses.

FOOT SURGE 25 MIN

Give tense and tired feet an uplifting renewal with an invigorating scrub and soothing foot treatment incorporating special techniques such as stretching, reflexology, and massage.

NAILS

HAND AND FEET RITUALS

Our luxurious manicures and pedicures begin with a relaxing soak to refresh and soften skin. Next, skin is smoothed with an exfoliation before a nourishing paraffin mask is applied. Hands and/or feet are then massaged with a hydrating moisturizer and finished with the perfect polish of your choice. *Does not include shellac or French polish.

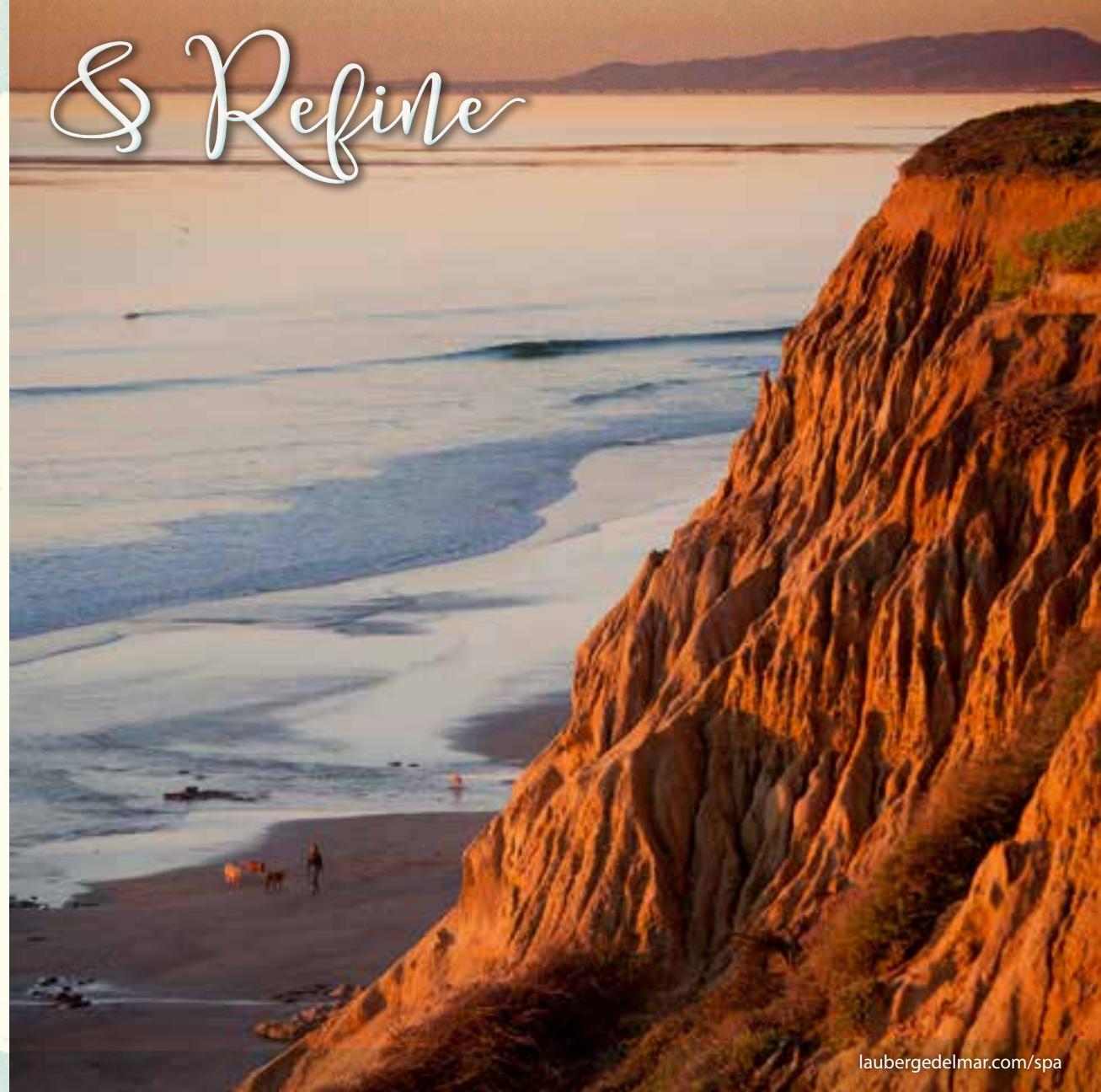
Choose from these services:

- BASIC MANICURE
- SPA PEDICURE
- SPA MANICURE & PEDICURE

Upgrades:

- GEL POLISH
- FRENCH POLISH
- CALLUS REMOVAL

& Refine



SPA PACKAGES

Treatments for packages must be scheduled and completed for same-day service and are offered on a per-person basis. Substitutions of services are not permitted.

BEACHSIDE BLISS PACKAGE

~ 50-minute L'Auberge Signature Massage
~ 50-minute L'Auberge Customized Facial

SURF RIDER PACKAGE

~ 50-minute "Dude" Facial
~ 80-minute Firming Therapeutic Massage

BUNDLE OF JOY PACKAGE

~ 50-minute Maternity Massage
~ 50-minute Mother's Glow Facial

AGE-DEFYING PACKAGE

~ 50-minute Fountain of Youth Facial
~ 110-minute Anti-Aging Body Submergence
~ Spa Lunch

CALIFORNIA COASTAL PACKAGE

~ 50-minute L'Auberge Seaside Radiant Facial
~ 110-minute Ocean Indulgence
~ 110-minute Spa Manicure & Pedicure
~ Spa Lunch

MOTHER-TO-BE SERVICES

MATERNITY MASSAGE 50 MIN | 80 MIN

This relaxing massage uses nourishing cocoa butter, specialized pillows and/or positioning to help relieve tired, overworked, and aching muscles. Our 80-minute service includes a gentle foot scrub and nourishing foot balm.

PAMPER ME, PLEASE 80 MIN | 110 MIN

Starting with a baby-safe all-over body buff, this treatment will renew your skin and help alleviate any water retention or still energy. After a refreshing rinse, a full body maternity massage is performed, relaxing your being and renewing sore and aching muscles using a 100% natural body balm. You will finish relaxed, and your skin will be feeling ever so soft.

MOTHER'S GLOW FACIAL 50 MIN | 80 MIN

You begin with light exfoliation and soothing steam, then application of a treatment mask and a gentle massage of neck, shoulders, and face. All products are customized to mom's current skin conditions.

Indulge



HOW TO SPA

GENERAL SPA GUIDELINES

Guests of Spa L'Auberge must be 16 years of age or older for spa treatments and use of the locker rooms. Salon treatments are available for guests under 16 with parental supervision.

RESERVATIONS

Guests are encouraged to arrange appointments in advance. Bookings made the day of service and walk-in appointments are welcome, based upon availability. All reservations must be secured with a major credit card and telephone number. To schedule your appointment(s), please call our spa reception desk at (858) 793-6493. Guests staying at the hotel may dial ext. 493 from any guestroom phone. While booking your treatment, please advise us if you are pregnant or have other significant health concerns.

ARRIVAL AND CHECK-IN

We invite you to use our facilities both before and after your spa treatments. Please arrive 15-20 minutes prior to your first service time. This will allow you ample time to check in, shower, and prepare for your service.

Arriving late will limit the time of your treatment, thus lessening its effects and your pleasure. Your treatment will end on time so that other guests are not delayed. The full value of your treatment will still be applied.

We request that you do not bring jewelry or valuables to your spa experience. Spa L'Auberge is not responsible for lost, stolen, or misplaced items. To ensure the tranquility of our spa environment, mobile devices should be turned off.

CANCELLATION POLICY

As a courtesy to our guests and therapists, we require a 24-hour notice should you need to change or cancel your reservation. Cancellations made less than 24 hours prior to the service, as well as no-show or missed appointments, will be charged the full service fee.

A person in a wetsuit is walking on a beach at sunset, carrying a surfboard. The sky is filled with colorful clouds in shades of orange, yellow, and blue. The ocean is visible in the background with gentle waves.

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