

S P A **ALILA**



Alila. | MAREA
BEACH RESORT
ENCINITAS

Align Your Inner Nature with the Natural World.

At the juncture of beach and bluff in one of the most bio-diverse regions of North America, Spa Alila at Alila Marea is a sanctuary deeply rooted in both land and sea. The area's abundance of indigenous gifts, such as minerals and botanicals used by the native Kumeyaay people, merge with the landscape's powerful unseen energies in treatments that restore your connection to the earth, and relinquish all that no longer serves you.

Spa Alila Treatments

A refuge of tranquility and calm, Spa Alila at Alila Marea is a safe haven to surrender the stresses and concerns of daily life.

No matter the service, our skilled team will guide you with a whole wellness approach that will leave you feeling aligned with both your inner nature and the natural world.

All Spa Alila guests receiving treatments are invited to take time to enjoy our saunas and soothing relaxation space complete with BioMat, a medical grade infrared crystal mat scientifically proven to reduce inflammation and boost relaxation, sleep, and overall health.

Facials

Emerge from our facial rituals renewed by the healing splendor of coastal California. Thoughtfully formulated by our Spa Alila team, each ingredient surrenders its restorative bounty to leave you renewed and radiant. Enhance your experience with gua sha, red light therapy, or masks with ocean-sourced ingredients for a refreshing and luminous result.

Nature

ESSENTIAL NOURISHMENT FOR ALL SKIN TYPES

This bespoke facial speaks to the genesis and deep roots of the natural world with a double cleanse, custom exfoliation created with mortar and pestle, facial massage using gua sha tools, mask, hand and arm massage, and serum to fit your skin type. Allow us to select powerful, antioxidant-rich chia seeds, white tea to soothe the nervous system, improve skin health and reduce inflammation. Astaxanthin combats free radicals. Amplifying, moisturizing and softening the skin, using wakame seaweed and Beetroot, which is high in vitamins and minerals, helps reduce blemishes and pigmentation while licorice extract brightens the skin.

50 Minutes \$286.70

Radiance

ANTI-AGING RESTORATION AND PROTECTION

Discover unparalleled youthful radiance, exclusively utilizing Skin Authority products and the innovative SGF-4 Technology™. A luxurious alternative to invasive treatments, this facial provides instant results while reducing the look of fine lines and uneven skin texture. Through advanced anti-inflammatory exfoliation and innovative Growth Factors, carefully selected to enhance, volumize, and brighten your skin. Begin with a purifying cleanse and precise exfoliation, followed by a luminous peel-off mask that stimulates collagen production and cell renewal. Then, conclude your treatment with a powerful blend of vitamin D, retinol, and peptides to fortify your skin's defense, and a protein-rich moisturizer to seal in the benefits.

50 Minutes \$311.10



Facials

Harmony

DRY AND SUN-DAMAGED RECOVERY

Bring balance back to your dry skin with a double cleanse featuring custom-made exfoliation, facial massage using warm gua sha tools, a series of two masks, and hand and foot massage. A gentle retinol treatment and serum application for the face and neck make the Harmony facial truly special. One of the most impactful products in this treatment, astaxanthin is a powerful antioxidant 65 times stronger than vitamin C in combating free radicals. When combined with chia seeds, also loaded with antioxidants and Omega-3 fatty acids, this dynamic duo effectively fights the signs of aging and keeps skin radiant. A core mask ingredient, Manuka honey helps ease inflammation, locks in moisture, and has wonderful antibacterial properties. Additionally, organic sake extract is full of amino acids and revitalizes the skin while CoQ10 evens skin tone, reduces sun damage and improves hydration.

80 Minutes \$384.30

Glow

ALPHA BETA PEEL

Awaken your skin and energize your cells with this “glow and go” treatment. In only 30 minutes, receive deep cleansing, targeted exfoliation, a nourishing massage and mask. Utilizing celebrity dermatologist Dr. Dennis Gross’ renowned Alpha Beta technology, your skin is immediately transformed. Enhanced results are achieved with our vitamin C massage, finished with a biocellulose mask that deeply penetrates active ingredients.

*Guests may experience sun sensitivity and should apply sunscreen prior to any sun exposure following this treatment.

30 Minutes \$152.50

Trinity

COLLAGEN FACIAL, PEEL, AND RED LIGHT THERAPY

Our three most effective modalities come together to create a super-charged facial treatment penetrating all the layers of the skin to deliver immediate and easily visible results. Begin with Dr. Dennis Gross’ Alpha Beta technology, leveraging seven diverse AHA/BHAs to refine pores, reduce wrinkles and restore radiance. A firming marine collagen mask further brightens and fills in fine lines for a smooth, plump appearance. Finally, a high-tech LED mask goes far beyond the reach of human touch and topical products by emitting red light wavelengths that eliminate any remaining deep-rooted inflammation and discoloration.

50 Minutes \$298.90

Facial Enhancements

FIT & FIRM MASK

A gentle yet mighty mask with the strength to resurface, hydrate, soothe, and refresh. Its power lies in a combination of brightening oil blended with a high concentration of amino acids, vitamins, and minerals. \$45

MARINE COLLAGEN MASK

Immediate radiance is yours with this transformative, two-step mask harnessing the hydrating and plumping properties of natural collagen sourced from the sea. \$45

RED LIGHT THERAPY MASK

Highly coveted results such as reduced wrinkles, diminished acne, and faded discoloration are the outcome of a session in a high-tech mask lined with LED lights. \$35

Body Renewal Rituals

Each Spa Alila body treatment begins by selecting the essential oil blend best suited for your desired results. Tableside with a mortar and pestle, your massage therapist blends your base scrub with the chosen nutrient-rich oils. Remain in a state of zen throughout the service as the therapist does all the work, removing the exfoliant with soothing, warm towels. Our essential oil blend choices, imbued by the native plants of our coastal locale, feature rosemary, juniper berry, wild sage, sweet orange, and bergamot.

Succulent

WALNUT HUSK AND SUGAR SCRUB

A customized succulent and sweet exfoliation for more sensitive skin is followed by a luxurious body butter application. Finely milled walnut husk powder provides a gentle polishing base and powerful source of antioxidants, with Calendula Flowers delaying cellular damage caused by free radicals, while sugar granules brighten and promote healthy, smooth skin. Fragrant lavender is one of the selections available to relax body and mind, ease tension and soothe anxiety.

50 Minutes \$274.50

Vitality

PACIFIC SALT SCRUB

This invigorating exfoliation inspired by the waves and bluffs of the Pacific leaves the body feeling and looking revitalized. A sea salt-based scrub crafted tableside encourages blood circulation and gives skin a rosy glow, using Arnica flowers, followed by a body butter application to lock in moisture. The lymphatic system is stimulated, and stiff muscles are eased. Using either Orange, Grapefruit, sage or dwarf pine to continue the release of tension.

50 Minutes \$274.50





Illumine

BODY PEEL

This full body resurfacing treatment uses natural, sugarcane-based glycolic exfoliators to remove dry, dead skin and brighten from the top of the shoulders to the toes. A rejuvenating mask with antioxidants, nourishing clays, avocado oil, and topical Vitamin D provides essential protection from environmental damage and illuminates skin; savor a face and scalp massage while the body soaks up this soothing blend. A decadent cream derived of jasmine, sage and citrus complete the transformation of your skin to its best self: brilliantly revived and velvety-smooth.

80 Minutes \$384.30

Savor

CHIA SEED SCRUB AND MASSAGE

Revel in your time at Spa Alila, creating space to savor the nourishing properties of chia seeds, which are indigenous to Southern California. Black obsidian gua sha soothes the lymphatic system and a full-body massage with a rich massage butter leaves a satin-smooth finish on your skin. Rounding out based on your selection a mighty group of botanicals, antibacterial elements, attributes and reduces swelling, while bergamot has anti-inflammatory properties, balances the nervous system, and relieves anxiety and stress.

80 Minutes \$372.10

Enrapture

SUGAR OR SALT SCRUB, MASSAGE, AND WRAP

During this service that completely envelopes the senses, obsidian gua sha tools ready the skin for a signature, curated exfoliation created tableside, followed by a hydrating body wrap and foot treatment experience. A full-body massage completes the ritual using a rich, creamy massage butter that leaves the skin soft and conditioned. Select from Thyme to relieve fatigue and muscle aches, and is combined with sustainably harvested rosewood, or a mild analgesic that helps alleviate headaches as well as muscle and joint pain.

95 Minutes \$427





Massages

Inspired by the soothing rhythm of the sea and the native people who first lived here on its shores, our massage and energy therapies wash away the tensions of both body and mind. As in ancient Kumeyaay practices, healing indigenous herbs including arnica, eucalyptus, dwarf pine and lavender are gathered into warm poultices and oils, simultaneously easing pain and enlivening the spirit when applied to the skin. Other natural tools, such as Himalayan salt, obsidian gua sha and basalt sea stones, permeate even the innermost layers of muscles while the transcendental vibrations of Tibetan sound bowls and focused energy work unburden the depths of the soul.

Massages

Talisman

HERBAL POULTICE AND HOT OIL SWEDISH MASSAGE

Our signature experience combines the curative power of local herbs and massage oils steeped in warming poultices. Spa lymphatic gua sha work is included in the 80 minute, the therapist applies pressure to the poultice and massage oil gently seeps onto the skin. Next, a Swedish-style massage invigorates and strengthens, while releasing tension and creating balance between the muscles. Enclosed in the warm poultice, ginger has been called the root of life. Clove's warming properties relieve fatigue, as well as the uplifting scent of eucalyptus, which eases joints through anti-viral action.

50 Minutes \$292.80 / 80 Minutes \$396.50 (includes Gua Sha)

Obsidian

HERBAL POULTICE AND THERAPEUTIC MASSAGE

This ritual applies herbal poultices heated with massage oils to work deeper into the layers of muscle tissue and improve peripheral circulation. Black obsidian gua sha tools push lymphatic fluid through the body as a prelude to the therapeutic massage, which incorporates ancient tui na-inspired techniques, is helpful for reducing muscular aches and pains. Obsidian is also renowned for its excellent anti-inflammatory effects in treating these maladies. Yerba mansa has antibacterial properties and soothes inflammation, while complementary chaparral leaf is a potent antioxidant protecting against cell damage.

95 Minutes \$433.10

Rhythm

SOUND BOWL MASSAGE

Discover and realign the natural rhythm of your body through vibrational sound therapy with a Tibetan singing bowl, aromatherapy breathwork, and a full-body relaxation massage. Tibetan bowls are thoughtfully applied to points in need of balance, their unique vibrations imparting a feeling of deep serenity and calm. After your selection of either lavender to ease tension and pain in muscles and joints and soothes anxiety. Sage stimulates the lymphatic system, boosts glandular function and releases stiff muscles, and Orange, Dwarf Pine, and Douglas Fir to increase immune function and reduce stress levels.

50 Minutes \$286.70

Nourish

PRENATAL MASSAGE

Prenatal-safe massage techniques and products nurture both mom-to-be and baby in this Swedish-style massage. Kukui nut oil, treasured for its soothing and healing properties, restores supple skin. Rosehip fruits nourish skin with essential vitamins and beta carotenes to resist damage and maintain elasticity throughout the remainder of the pregnancy journey

50 Minutes \$286.70

Zenith

DEEP THERAPEUTIC MASSAGE

This powerful massage works into all the layers of the body to alleviate tension and muscular stress with the aid of various herbs. Arnica flower and lavender calm inflammation in muscles and joints, while the latter also soothes the mind from mental stressors. Sage stimulates the lymphatic system, boosts glandular function and eases stiffness.

50 Minutes \$298.90 / 80 Minutes \$420.90



Percussion

PERCUSSIVE THERAPY MASSAGE

Rapid, targeted vibrations provide the deepest reach and relief of all our therapies in this massage combining high tech and human touch. A percussive therapy device quietly delivers soothing pulsations to muscles, stimulating blood flow, warming the body and loosening tension to prepare for hands-on work. A CBD-infused massage further relieves soreness, puts the nervous system at ease, and accelerates recovery from injury.

45 Minutes \$274.50

Euphoric

HOT & COLD BASALT STONE MASSAGE

Resembling the smooth wind- and water-swept rocks found along our beach, basalt stones melt away muscle tension and transport you to a state of bliss. The therapist glides the heated stones over the body in a full-body Swedish massage incorporating uplifting botanicals. After your selection, Lavender could be used which equally eases mental and physical tension while sustainably harvested sandalwood is also grounding and calming, and Sage to stimulate the lymphatic system, boosts glandular function and releases stiff muscles, or Orange, Dwarf Pine and Douglas Fir to increase immune function and reduce stress levels.

80 Minutes \$396.50

Halcyon

HIMALAYAN SALT STONE MASSAGE

Himalayan salt stones lightly and naturally exfoliate the skin during a deeply relaxing full-body Swedish-style massage that will reconnect you to the core of the natural world. With 84 naturally occurring minerals, Himalayan salt stones help support a healthy respiratory system and sinuses, boost bone health, and prevent muscle cramps. This purifying resource also improves circulation and digestion, relieves anxiety and addresses insomnia.

50 Minutes \$280.60

Balance

SPA FOOT REFLEXOLOGY

Spa Foot Reflexology uses pressure point work within reflex zones of the feet. These points correspond to areas of the body and help to alleviate stress. Includes a gentle salt exfoliation on lower legs and feet, supporting balance and calm. Each point on the foot corresponds to specific areas of the body, allowing for a comprehensive yet targeted approach to physical and mental stress release.

50 Minutes \$280.60

Chakra

REIKI ENERGY HEALING

Reiki is a Japanese technique for stress reduction that also promotes both physical and emotional repair. By opening and cleansing the chakras, our therapists enhance your energy flow and amplify your body's ability to heal naturally, leaving you with a sense of wellbeing. Wear yoga or exercise attire.

50 Minutes \$280.60

Paradigm

CRANIOSACRAL THERAPY

This form of energy therapy shifts the mind and body into a mode of rest and recovery. Light physical touch encourages the flow of curative cerebrospinal fluid throughout the brain and entire body, rebalancing the central nervous system and supporting an energetic paradigm shift through a clearer mindset. Wear yoga or exercise attire.

50 Minutes \$280.60

Massage Enhancements

CBD | PAIN RELIEF OIL

Powerful cannabidiol free of THC rebalances the surface of your skin, and also permeates the muscles to alleviate aches and pains. \$45

THERAGUN | PERCUSSIVE THERAPY

High tech delivers highly targeted and deep-reaching levels of relief, plus expedited muscle recovery. \$35

RECOVERY AIR | COMPRESSION BOOTS

Inflated sleeves apply therapeutic pressure to boost circulation, reduce muscle soreness, and decrease swelling and stiffness in the legs. 30 minutes | \$103.70

Revival Lounge

Step into a world of ultimate relaxation and rejuvenation at Revival Lounge, where we combine the latest in wellness technology with luxurious comfort to help you feel your best. Whether you're looking to recharge your energy, relieve stress, or recover from a long day, our state-of-the-art treatments are designed to give your body and mind the care they deserve.

Included in your 30-minute Revival lounge session:

THERABODY ZERO GRAVITY CHAIR & COMPRESSION BOOTS

Relax in our Zero Gravity Chair and let the advanced compression boots work their magic. Designed to enhance circulation and reduce muscle tension, this treatment helps you unwind and experience a deep sense of relief, all while promoting enhanced mobility and flexibility.

SMARTGOGGLES: EYE & TEMPLE MASSAGE

Soothe your senses with our SmartGoggles — the only eye mask powered by SmartSense Technology™. Offering a heated eye and temple massage, the SmartGoggles provide custom treatments that lower your heart rate, reduce stress, ease eye strain, and even promote better sleep. Perfect for relieving headaches or unwinding after a long day of screen time.

THERAMIND SOUND THERAPY

Enhance your experience with our TheraMind Sound Therapy, featuring binaural beats and thoughtful narrations scientifically designed to trigger specific psychological and physiological responses. Whether you need to energize, inspire, focus, relax, or sleep, TheraMind reduces stress, promotes relaxation, increases circulation, decreases muscle tension, and even enhances mobility. Let the sounds guide you toward a new level of mental clarity and physical comfort.

RECOVERYAIR PNEUMATIC COMPRESSION

Slip into our RecoveryAir compression boots for a total lymphatic drainage treatment. The sensation is similar to getting your blood pressure taken — air fills each chamber, applying pressure gradually from your feet to the top of your legs, before releasing and repeating the cycle. This treatment offers:

- Boosted circulation and lymphatic drainage
- Reduced delayed onset muscle soreness
- Decreased swelling and stiffness
- Relief from muscle fatigue

IV HYDRATION THERAPY (available for an additional charge)

Sink into our plush lounge chairs and experience the hydrating and rejuvenating benefits of IV therapy. Whether you're looking to boost your energy, recover from a tough workout, or simply stay hydrated, our treatments are customized to help you feel revitalized and restored.

IV Hydration Therapy requires a 24-hour advance reservation. Please see the next page to explore all available options.

To schedule your appointment, please contact Spa Alila to book by calling 760-452-3486.

IV Treatments with Fusion Hydration

Experience Fusion Hydration IV Therapy to rejuvenate your well-being from the inside out. Our tailored IV treatments help you feel your best, whether recovering from a night out, preparing for an event, or enhancing your natural glow, delivering essential electrolytes and minerals.

AFTER PARTY IV

Relieve nausea, fatigue, brain fog, and headaches from overindulgence. Replenish energy and focus through essential vitamins and hydration, flushing out toxins to revitalize the body.

60 Minutes \$200

PRE-PARTY IV

Revitalize your energy with this IV packed with B vitamins and hydration, ensuring you stay energized throughout the weekend.

60 Minutes \$200

SKIN GLOW IV

Achieve a radiant and luminous complexion with this IV treatment, designed to diminish blemishes while ensuring your skin remains firm and well-hydrated.

60 Minutes \$230

IMMUNE DEFENSE IV

Boost your immune system, energy levels, and stave off cold and flu symptoms with Vitamin C, Zinc, D3, and Glutathione.

60 Minutes \$240

THE JETSETTER IV

Rehydrate your body, enhance your mental clarity, strengthen your immune system, and restore your regular sleep pattern disrupted by jet lag.

60 Minutes \$240

CHILL OUT IV

Pamper your body with this IV treatment designed to reduce stress, alleviating anxiety while leaving you feeling rejuvenated, balanced, and well-hydrated.

60 Minutes \$230

BLOAT BUSTER IV

Alleviate belly bloat, lower stress levels, and clear mental fog with this IV therapy designed to assist with constipation, nausea, and bloating resulting from stress, IBS, or overall leaky gut.

60 Minutes \$235

NAD+ IV

This IV treatment is considered the gold standard for anti-aging, designed to repair and rejuvenate your cells, effectively reversing the biological clock to help you feel and appear younger.

60 Minutes \$600

SEMAGLUTIDE WEIGHT LOSS (4 SHOTS)

This peptide will help reduce your appetite, enhance your metabolism, and stabilize blood sugar levels to achieve the weight loss goals you aspire to.

60 Minutes \$595

Each IV comes with 1 liter of electrolytes and mineral hydration.
A \$50 fee will be applied for any IVs administered in a guestroom or during after-hours.
Most IV sessions last about 1 hour, while NAD+ may take between 1 to 2 hours.

To schedule your appointment, please contact Spa Alila to book by calling 760-452-3486.

Wellbeing

True, total wellness transcends the body. Nourish the mind and spirit with holistic sessions led by our resident master yoga teacher and healer in the privacy and comfort of your guestroom. 72 hours advance booking notice required.

Exhale

BREATHWORK

The sacred practice of breathwork offers deep healing through an active, breathing-based meditation technique that creates a heightened sense of awareness. Let us guide you through a session that will soften anxiety, release grief, and clear negative energies to expand your creativity, foster forgiveness and deepen your love of self and others.

60 Minutes \$225

Cosmic

ASTROLOGY READINGS

An ancient science, this detailed analysis of the stars' alignment during your birth reveals patterns, possible pitfalls and potential opportunities to achieve your life's purpose. We will thoroughly evaluate your sun, moon and rising signs, as well as the placement of other planets to better understand the influences affecting your energy and life path both in the past, present and future.

60 Minutes \$350

Align

PRIVATE YOGA SESSIONS

Elevate your practice during one-on-one yoga classes. Discover improved flexibility, deeper breath, enhanced focus and optimal alignment in your poses with undivided attention from our expert instructor.

60 Minutes \$255

Vibe

PRIVATE SOUND HEALING

Sound has the power to cleanse negative emotions, dissolve unconscious fears, and reset both brain and body to a more peaceful and mindful state. This private session begins with breathwork and meditation before crystal singing bowls, chimes and other soothing sound instruments lead you on a transformative healing journey.

60 Minutes \$396.50

Unify

ELEMENTAL HEALING

We are multi-dimensional beings, and one modality of healing cannot reach all the facets of your intricate self. A bespoke, in-depth session utilizing a mix of elements is the most effective and efficient path to recovery. Elemental sessions may integrate reiki, meditation, essential oils, crystals, sound healing, infrared therapy, breathwork and other remedies tailored to the many layers that make up the inimitable you.

60 Minutes \$475

Spa Alila Considerations

BOOKING

We suggest booking your experiences in advance to enable us to accommodate your needs and schedule. We require a credit card number to hold your reservation. Spa guests must be over 18 years old.

CANCELLATIONS

As a courtesy to other guests and our therapists, we require a minimum 24-hour notice for cancellations or rescheduling. Failure to do so, including no-shows, will result in being charged the full cost of booked experiences.

PRICES

All prices are in USD, and inclusive of a 22% service charge. Gratuities are at your discretion and appreciated.

MEDICAL CONDITIONS

Please inform us of any medical conditions, medications, allergies, or injuries that may affect the safety or quality of your experience. We will be happy to recommend ways to customize treatments to address your specific needs.

WHAT TO WEAR

We will provide you with a robe and slippers to change into after check-in, unless your service has a specific dress code noted in the description. To maintain privacy, therapists will cover you appropriately during your experiences.

ARRIVAL

Please arrive at least 15 minutes prior to your scheduled appointment time to ensure you have time to check in and prepare for your experience. Out of respect for all guests, services will begin and end at the scheduled time.

HONORING

We honor the Spa Alila space and seek to provide a peaceful setting for all guests. We ask that you respect all guests' right to privacy and serenity, and request that you refrain from using mobile phones or other electronic devices.

VALUABLES & JEWELRY

For your comfort, we recommend that you not bring or wear valuables to the spa. Spa Alila does not assume liability for the loss of any item.

SPA MENU

Nature

ESSENTIAL NOURISHMENT FOR ALL SKIN TYPES

This bespoke facial speaks to the genesis and deep roots of the natural world with a double cleanse, custom exfoliation created with mortar and pestle, facial massage using gua sha tools, mask, hand and arm massage, and serum to fit your skin type. Allow us to select powerful, antioxidant-rich chia seeds, white tea to soothe the nervous system, improve skin health and reduce inflammation. Astaxanthin combats free radicals. Amplifying, moisturizing and softening the skin, using wakame seaweed and Beetroot, which is high in vitamins and minerals, helps reduce blemishes and pigmentation while licorice extract brightens the skin.

50 Minutes \$286.70

Trinity

COLLAGEN FACIAL, PEEL, AND RED LIGHT THERAPY

Our three most effective modalities come together to create a super-charged facial treatment penetrating all the layers of the skin to deliver immediate and easily visible results. Begin with Dr. Dennis Gross' Alpha Beta technology, leveraging seven diverse AHA/BHAs to refine pores, reduce wrinkles and restore radiance. A firming marine collagen mask further brightens and fills in fine lines for a smooth, plump appearance. Finally, a high-tech LED mask goes far beyond the reach of human touch and topical products by emitting red light wavelengths that eliminate any remaining deep-rooted inflammation and discoloration.

50 Minutes \$298.90

Talisman

HERBAL POULTICE AND HOT OIL SWEDISH MASSAGE

Our signature experience combines the curative power of local herbs and massage oils steeped in warming poultices. Spa lymphatic gua sha work is included in the 80 minute, the therapist applies pressure to the poultice and massage oil gently seeps onto the skin. Next, a Swedish-style massage invigorates and strengthens, while releasing tension and creating balance between the muscles. Enclosed in the warm poultice, ginger has been called the root of life. Clove's warming properties relieve fatigue, as well as the uplifting scent of eucalyptus, which eases joints through anti-viral action.

50 Minutes \$292.80 / 80 Minutes \$396.50 (includes Gua Sha)

Zenith

DEEP THERAPEUTIC MASSAGE

This powerful massage works into all the layers of the body to alleviate tension and muscular stress with the aid of various herbs. Arnica flower and lavender calm inflammation in muscles and joints, while the latter also soothes the mind from mental stressors. Sage stimulates the lymphatic system, boosts glandular function and eases stiffness.

50 Minutes \$298.90 / 80 Minutes \$420.90