

Salon

Spa Manicure 45 min. \$45

Relax as your personally-chosen fragrances envelop your senses. After exfoliating and renewing the skin's appearance, hands are dipped in warm, therapeutic paraffin to seal in moisture and revitalize hands' youthful look and feel.

Spa Pedicure 50 min. \$55

This rejuvenating treatment for tired, sore feet includes an exfoliation, foot mask, relaxing foot massage and paraffin treatment.

Regular Pedicure	45 min. \$45
Regular Manicure	25 min. \$25
French Add-on	\$10
Full Set	90 min. \$60
Fill	60 min. \$45
Makeup Application	From \$45
Bridal Makeup	From \$65
Lash Perm	\$50
Lash or Brow Tint	\$40

Waxing

Full Leg & Bikini	\$90
Half Leg & Bikini	\$65
Brazilian	\$55
Bikini	\$35
Full Leg/Half Leg	\$65/\$35
Full Arm/Lower Half	\$55/\$35
Underarms	\$25
Brow	\$20
Lip	\$15
Chin	\$15
Back	From \$55
Face	\$45

Hair Services

Women's Shampoo, Cut and Style	\$55
with Flat Iron	Add \$15
Men's Haircut and Style	\$30
Bang Trim	\$15
Children's Haircut	\$25
Shampoo, Style and Dry	\$40
with Flat Iron	Add \$15
Updo Bridal/Formal	From \$80
Shampoo, Style & Perm	From \$80
Conditioning Treatment	\$45
Hair Color	From \$65
Touch Up	\$55
Full Highlights	From \$100
Partial Highlights	From \$70
Foil with Full Color	From \$140
Foil with Touch Up	\$140

Fitness Center

Fitness Center

Day Pass- Fitness Center Only	\$10
3-Day Pass- Fitness Center Only	\$25

Day Pass- Fitness Center and Spa Use*	\$25
3 Day Pass- Fitness Center and Spa Use*	\$65

*Hotel Guests Only. Includes use of fitness center, locker room, heated whirlpool, herbal steam room and the sauna. Robe and sandals are provided. Please check in at the front desk. Room key or ID is required before using the Fitness Center or Spa. No one under 18 years of age is allowed in the Fitness Center and proper attire is required.

Inner Sanctuary Room

Yoga Classes	
Tuesday	8:00 a.m. - 9:00 a.m.
Wednesday	1:00 p.m. - 2:00 p.m.
Thursday	8:00 a.m. - 9:00 a.m.

Hours and days may vary. Please Call the spa front desk. 24 hour advance notice needed to reserve day and class time and availability.

Reservations: Your spa experience at Bella Tosca should be as unhurried and relaxing as possible. Therefore, we suggest that you arrive at least 15-30 minutes before your scheduled appointment time. If you are calling to schedule an appointment, please have your credit card ready to guarantee the reservation.

Cancellation Policy: The services and times you have selected will be reserved for you. Please notify Bella Tosca Day Spa 24 hours in advance if you wish to cancel or reschedule. Hotel Guests may reschedule with only a 4 hour notice. Without such notification, you will be charged 50% of the cost of your reserved services.

Hours of Operation: Open Daily

Fitness Center	6:00 a.m. - 8:00 p.m.
Spa	8:00 a.m. - 8:00 p.m.
Salon	8:00 a.m. - 8:00 p.m.

Gratuities are not included in the price of treatment. Gratuity envelopes are available at the desk. Customary tipping is 15-20%.

Prices/Menu subject to change.
Prices may vary from individual Stylist.
Gift Certificates available, Non-refundable.
No one under 18 years old allowed in Spa.



500 Hotel Circle North • San Diego, CA 92108
 For Reservations or Information,
 Call: 866 - 91RELAX(917-3529) • 619.220.0014 • Fax: 619.220.0343
 Hair Salon: 619.220.7426
 Hotel (619) 291-7131 Extension 5800
www.bellatosca.com



Immerse yourself in the luxurious elegance of Bella Tosca Day Spa & Salon. Signature massages, body treatments, facials, hair and nail services, will rejuvenate and soothe in body, mind and soul. Guests are invited to visit our state-of-the-art fitness center. We welcome you to experience the sophisticated charm of Bella Tosca, where our experts nourish and pamper within and out.



MASSAGES

Guests are encouraged to arrive early for appointments to utilize our spa facilities. Use of our fully-equipped Fitness Center, separate men's and women's whirlpools, eucalyptus steam saunas, and cedar dry saunas enhance any spa treatment.

Swedish Massage 50 min. \$115 / 80 min. \$140

Relax both mind and body with this full-body massage. Long fluid strokes unwind tense muscles while natural oils nourish the skin. This spa favorite can improve circulation, relieve sore muscles and reduce stress.

Deep Tissue Massage 50 min. \$130/ 80 min. \$170

This form of massage uses a deeper pressure and more specific techniques for those who desire a firmer, more focused treatment and is designed to therapeutically target aching, injured, or overworked muscles.

Therapeutic Massage 50 min. \$120/ 80 min. \$160

A blend of swedish & deep tissue massage, customized for your specific needs.

Aromatherapy Massage 50 min. \$130/ 80 min. \$170

This full-body massage combines the healing properties of aromatic essential oils with the stylistic trademarks and benefits of a swedish massage. Your massage therapist will create a specialty blend for you to invigorate tired muscles, detoxify and purify, or relax and refresh.

Pregnancy Massage 50 min. \$125

This full-body massage is designed to relax mother and child by reducing the tension and swelling associated with this time of increased bodily stress. Body support pillows help the expectant mother feel secure and comfortable.

Hot Stone Massage 50 min. \$130/ 80 min. \$170

Benefit from the addition of heated basalt stones in this heavenly, full-body therapeutic massage. Hand-selected, smooth stones are heated and used with massage oil by the therapist to perform long, gliding strokes that penetrate muscles and melt tensions.

Reflexology Massage 25 min. \$70/ 50 min. \$110

Relieve tension and restore energy flow with this treatment that benefits your entire body by focusing on the pressure points on the feet. The sensory exploration of this session begins with hot towels to the feet and finishes with a cooling peppermint cream foot massage.

Neck, Back and Shoulder Massage

25 min. Swedish \$65/ Deep Tissue \$80

For some, these are the areas that require the most attention.

For others who are pressed for time or who wish to add a massage treatment to another spa service, the neck, back, and shoulder massage is ideal. Schedule a Swedish or Deep Tissue massage according to your preference.

BODY TREATMENTS

Wrapped in Roses 50 min. \$145

A dry brushing prepares your skin to be cleansed and detoxified with a full body hydrating mineral masque. While you are wrapped in rose petals the therapists continues this luxurious treatment with a scalp massage using pressure points with Rose Oil. For the finishing touch, we apply a rose moisture lotion to restore and soften your skin.

Tri-Crystal Microderm Body Polish 50 min. \$140

This treatment starts with full-body dry brushing, followed by an application of Tri-Crystal Microdermabrasion Body Scrub for the ultimate exfoliation leaving your skin smooth and supple. Your body is then misted with our rosemary essential oils, followed by an application of our rosemary moisturizing lotion.

Chai Soy Mud Mask 50 min. \$130

Start with an aromatic herbal spice body scrub to make your skin smooth and more receptive. Then receive our chai soy mud mask which is high in minerals and protein that helps to balance the body, followed by a scalp massage. After the mask has dried, your body is rinsed under a cascading vichy shower and finalized with our revitalizing herbal spice lotion application.

SunFX Tanning 1 Session \$50/ Buy 4, Get 1 Free \$200

Have that healthy, sun-kissed glow all year round. The New SunFX System delivers an even and natural looking tan in five minutes or less.

Scrub with SunFX 50 min. \$100

Super hydrating body treatment with a golden sun glow. Your body is exfoliated with our papaya pineapple scrub, a rejuvenating SunFX spray is meticulously applied. Your body is left velvety soft with a radiant glow.

Cellulite Treatment 80 min. \$145

This treatment begins with a stimulating body brushing to encourage lymphatic draining. This is followed by an anti-cellulite massage with a cellulite cream. To continue the enhancement of detoxification, a calcium sea thermal body mask is applied. This will tone and firm the body by boosting cellular activity and improving the elasticity of the skin. Best done in a series.

Brazilian Rain Forest Body Wrap 50 min. \$140

From the Brazilian rainforest, honeybees collect the raw materials to produce propolis. Propolis is high in antioxidants. Propolis is applied to your skin and your body wrapped for complete absorption of the elixir. Enjoy and relax while you are treated with a scalp massage. To further seal in the Propolis, warm Coconut Milk is poured over your entire body and gently massaged in for astonishing healing and moisturizing results.

SKIN CARE TREATMENTS

* ASK US ABOUT OUR FACIAL PACKAGES

Roses All Over Moisturizing Facial 80 min. \$150

Essential Jurlique products and oils are used to re-hydrate and revitalize dry, parched skin. This intensely nourishing facial is rich in minerals and aids in deeply moisturizing all layers of the skin, leaving it healthy and radiant. A hand and arm massage complete this indulgent treatment.

Lavender Fields Facial 50 min. \$120

Lavender soothes and hydrates the skin in this calming and relaxing facial. Hands, arms, and shoulders are massaged while a combination of deep cleansing Jurlique masks and essential oils are applied, resulting in a look and feel of renewed vitality.

Gentlemen's European Hot Towel Facial 50 min. \$105

Hot towels are soaked in essential oils and wrapped gently around the face to deeply cleanse and tone. Jurlique products specifically designed for men are combined with age-old, European facial massage to provide the ultimate experience for him.

Vitamin C Facial 50 min. \$120

Our Vitamin C Facial is a patented skin rejuvenation treatment that incorporates the latest in medically based skin care technology. Lifts, firms, and exfoliates, leaving your skin retexturized and revitalized.

Classic European Facial 50 min. \$105/80 min. \$135

This revitalizing treatment begins with a deep cleansing followed by a gentle exfoliation to reveal smooth, glowing skin. A face, neck and shoulder massage eases mind and spirit. A revitalizing masque, followed by a nutrient-rich moisturizer, hydrates, protects and helps restore the skin's natural balance.

Refresh Facial 25 min. \$60

An amazing and quick Epicuren treatment that will leave you looking radiant. Cleansing and toning is accompanied by a hydrating treatment. The focus is revitalizing tired, stressed skin.

Microdermabrasion 30 min. \$75 / With Facial 50 min. \$125

The Power Peel gently clears away the outer layer of skin. After one treatment the skin will feel smooth and soft, and clogged pores are vacuumed clean. Results after repeated treatments include reduced acne breakouts, equalization of skin color and improvement of fine lines.

Glycolic Treatment 25 min. \$60

Removes dead skin cells, allowing fresh cells to surface. Our Epicuren Glycolic Treatment will help diminish fine lines, lighten hyperpigmentation and loosen congested follicles. Your complexion will be restored to smoothness, firmness and clarity.

Anti Aging Facial 80 min. \$150

This Intense customized enzyme exfoliation deeply cleans and refines pores while lifting and softening the skin. A tree bark enzyme mask rejuvenates and stimulates the epidermal layer and increases circulation in the facial tissue. The process helps to strengthen and tighten the skin.

Add-Ons

Ultimate Eyes \$30

This Jurlique eye treatment can be customized to suit your needs. Whether your concern is wrinkles and fine lines, dark circles, pigmentation, or red, puffy eyes, this treatment will leave you feeling rejuvenated.

Machine Free Microdermabrasion \$25

A great add on for any facial. Using the same aluminum oxide crystal the Esthetician applies the cream and manually manipulates onto the skin. What a finish!!!