

Salon

Nails

Classic Manicure	\$25
Classic Pedicure	\$45
Spa Manicure*	\$45
Spa Pedicure*	\$55

*Experience relaxation as your hands and feet are exfoliated with our custom blended sugar scrub to help renew your skins' appearance. Followed by the scrub is a protein and mineral mask. For the final touch, your hands and feet will be saturated with warm, therapeutic paraffin to seal in moisture and revitalize the youthful look and feel.

French Add-on	\$10
Full Set	90 min. \$60
Fill	60 min. \$45
Makeup Application	From \$45
False Lashes	\$20

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

Prices may vary from Individual Stylist.

Fitness Center & Spa

Day Pass- Fitness Center Only \$5
No access to the Spa.

The Fitness Center and Spa is open for hotel guests and for our local guests with a spa reservation. Includes use of fitness center, locker room, heated whirlpool, herbal steam room and sauna. Robe and sandals are provided. Please check in at the front desk. Room key or ID is required. No one under 18 years of age is allowed and proper attire is required.

Inner Sanctuary Room

The Inner Sanctuary Room is available for classes in Self Improvement, Yoga, Meditation and other Inspirational Meetings or Seminars.
Contact: kbrown@bellatosca.com

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:

Fitness Center (<i>Open Daily</i>)	6:00 a.m. - 8:00 p.m.
Spa (<i>Closed Mon. & Tues.</i>) Open Wed.-Sun.,	10:00 a.m. - 6:00 p.m.
Salon (<i>Open Daily</i>)	8:00 a.m. - 8:00 p.m.

For your convenience, a 20% service charge will be added to all spa treatments including packages. This service charge will be dispersed amongst the spa staff members who served you during your visit. You may charge your services to your guest room. We honor cash and major credit cards including Visa, MasterCard and American Express.

Prices/Menu subject to change.
Prices may vary from Individual Stylist.
Gift Certificates available online.



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

www.bellatosca.com

1-11



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

Spa

MASSAGES

Bella Tosca Relaxation Massage 50min. \$120/80min. \$160
Relax your mind and body with our signature massage. Improve circulation and reduce stress, while your therapist will focus on your common stress areas. Gentle strokes are used to unwind tense muscles, while natural oils are used as well to nourish the skin.

Deep Tissue Massage 50min. \$130/80min. \$170
This massage is recommended for those who regularly receive massages and who really enjoy intense bodywork. Therapists will use specific techniques to work on acupressure points and deeper muscle layers to alleviate aching, soreness, and pain in sport-related or chronic muscle conditions while easing tension and releasing stress; increasing flexibility and range of motions.

Aromatherapy Massage 50min. \$130/80min. \$170
In this pampering therapy, besides the massage techniques, your therapist use organic aromatic essential oils that are customized blends for you to help invigorate tired muscles, detoxify and refresh the whole body.

Hot Stone Massage 50min. \$130/80min. \$170
This powerful restorative treatment helps induce deep relaxation. Heated basalt stones are used to penetrate to the cellular levels melting tension and aching muscle. This heavenly full body massage will eliminate toxins and stiffness to refresh and balance your body's energy.

Maternity Massage 50min. \$130
While side lying with supported pillows to help you feel comfortable and secure, your well trained therapist will perform a full body massage that is specially designed to reduce extra emotional and physical tensions caused particularly during pregnancy.

Reflexology 25min. \$75/50min. \$110
This is an ancient healing treatment where your therapist uses techniques to work on the reflexes of your feet (and hands, optional) to stimulate life force through the body's energy meridians, enhance circulation, balance your energy, relieve tension and toxins – not just in the feet or hands but the entire body to give you the pleasant sense of well-being and ultimate stress relief.

Neck, Back and Shoulder Massage 25min. \$75
These high-stressed retaining areas are specifically massaged to reduce stiffness, aching or soreness for regaining circulation and flexibility. This is ideal for someone who is pressed for time, or others who wish to add this on to another spa service.

Couples Massage
Our specially designed couples room and simultaneous massages from your therapists will provide you and your special one a total togetherness experience in blissful relaxation but still focus on each of your own personal preference.

FACIALS

Classic European Facial 25min. \$65/50min. \$110/80min. \$140
Awaken your own natural beauty with a skin care treatment perfectly tailored to your skin's needs. Your experience includes cleansing, full skin analysis, exfoliation, extractions, and a masque. Pampering the face, neck, shoulder, and hand bridges your personalized journey leaving you with stunning results

Healthy Aging Facial 80min. \$150
Indulge your skin in an enzyme based treatment designed to brighten, smooth, and nourish. This luxurious treatment includes a deep cleansing, exfoliating masque to promote skin health. It will dramatically improve your skin's firmness and elasticity.

Divine Signature Facial 80min. \$150
Achieve younger, healthier looking skin with exquisite Ice Wine Grapes from the Tokay Mountains along with Champagne Grapes that fight free-radicals, detoxify and hydrates your skin. A gentle fruit pulp peeling treatment removes dead skin cells and stimulates skin renewal. Followed by a masque to refine and brighten skin leaving your face noticeably smoother and radiant.

Custom Organic Facial 50min. \$110/80min. \$140
This treatment is customized to meet your individual skin care needs. We use organic products from Hungary to delight your senses and medicinal herbs and fruits to give lasting results for a clear balanced and revitalized complexion.

Machine-Free Micro-dermabrasion Facial 50min. \$130
This treatment is designed to gently treat fine lines, wrinkles, mild acne, blotches, pigmentation variation and small scaring, using a specialty formulation cream with microscopic magnesium crystal.

Gentlemen's Hot Towel Facial 50min. \$110/80min. \$140
Men have different skin care concerns and this detailed facial has been specifically designed to target a man's skin. This treatment begins with a deep cleansing followed by a gentle exfoliation to provide him a smooth and hydrated complexion, giving him high performance results.

Teen Facial 50min. \$85
Teen Facial is a relaxing treatment and promotes early habits for great skin care and hygiene. This specialized facial starts with a thorough skin analysis, followed by a deep cleansing, gentle extraction, and masque giving you results of a revitalized, smoother, healthier looking complexion

Glycolic Treatment 25min. \$60
Removes dead skin cells, allowing fresh cells to surface. Our glycolic treatment will help you diminish fine lines, lighten hyper pigmentation and loosen congested follicles. Your complexion will be restored to smoothness, firmness and clarity.

Add-ons

Eye Quattro Treatment \$30
This active, results-oriented treatment targets all the signs of aging around the eyes. Its main focus is to reduce circles, puffiness and fatigue.

Lip Trio Treatment \$20
Erase dryness and treat your lips to a naturally effective three-step treatment. Fruit enzymes refine the lip area, followed by a rich masque that deeply hydrates. Finish with minty non-petroleum based balm that stimulates collagen.

BODY TREATMENTS

These treatments are done in our Vichy Shower Room using six shower heads that allow water to cascade above you to help induce relaxation during your service. Perfect add on service with any Massage.

Brown Sugar Scrub 50min. \$130
A nutrient-rich treatment formulated for those who require aggressive exfoliation. This brown sugar scrub is antibacterial and great for variety of skin conditions. Its formulated with luxurious oils plus its loaded with omega oils and botanical extracts which help heal, rejuvenate, and revitalize the skin.

Citrus Body Polish 50min. \$130
Our Citrus Body Polish has the key notes of citrus twist with naturally derived fragrances of Orange, Lemon and Lime. While your skin is gently exfoliated by Apricot seed powder, Safflower seed oil moisturizes it, and a botanical blend of Lavender, Geranium and Chamomile will nourish your skin leaving the entire body silky smooth and hydrated.

Chai Soy Mud Mask 50min. \$130
Start with a dry brush of the entire body to make your skin smooth and receptive. Next 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 then rinsed and finalized with our revitalizing Herbal Spice Lotion application to your entire body.

Wrapped in Roses 50min. \$130
A dry brushing prepares your skin to be cleansed and detoxified with a full body hydrating mineral mask. While you are wrapped in European Rose Mud the therapist continues this luxurious treatment with a scalp massage using pressure points. For the finishing touch, we apply a Rose Moisture Lotion to restore and soften your skin.

Tanning

SunFX \$50/session
Have that healthy, sun-kissed glow all year-round. The SunFX Spray System delivers an even and natural looking tan in fifteen minutes.

Scrub with SunFX 50min. \$100
Your entire body is fully exfoliated followed by a rejuvenating SunFX spray which is meticulously applied. Your body is left velvety soft with a radiant glow.

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	\$55
Face	\$45