EXPERIENCE YOU IN A WHOLE NEW LIGHT.

Named “Favorite Resort Spa Nationwide” by American Spa Magazine, The Spa at La Costa offers a unique opportunity to experience yourself from a relaxed perspective.
MASSAGE

LA COSTA CUSTOM
Achieve your treatment goals with this truly customizable experience, offering light to firm pressure in any areas of concern. Aromatherapy is inclusive if you choose.

ANTARA ACTIVE LIFE
Support physical activity before and after through stretching, acupressure, warm towel compresses and Antara CBD Relief Balm on areas of concern. For any sport enthusiast or everyday muscle fatigue.

LOMI LOMI
Encourage innate energy movement and alignment through continuous flowing and nurturing massage techniques.

COASTAL STONE
Ease muscle tension and instill a sense of comfort with warm basalt stones and the aromatic tranquility of bergamot essential oil, known for their clearing and cleansing properties.

RELAXATION
Attain an enhanced sense of wellbeing with this light to medium pressure massage providing flowing gentle movements and relaxation techniques.

PRENATAL
Soothe mother and baby with this customized aromatherapy massage.

TOGETHER
Delight in the individual experience together. Warm coconut oil sourced from an aromatic candle is utilized as a distinctive touch during your massage.

ANTARA HARMONY MASSAGE
Bring harmony to the body with this CBD enhanced coconut oil, full-body massage to care for tired muscles and soothe any skin type. Arnica and Passionflower contribute to a new level of relaxation. Facial massage with CBD Restore Balm provides Paracress, recognized for strengthening collagen, bringing ease to facial muscles and toning.
ENHANCEMENTS

Choose from the following 30-minute enhancements, to compliment your treatment:

FOCUSED BODY WORK
Focused attention to specific muscle groups or area of concern.

REFLEXOLOGY
Applied gentle pressure to acupressure points on the hands or feet promote energy movement and renewal.

DRY BRUSH EXFOLIATION
Exfoliation using a natural bristle body brush promotes healthy lymphatic flow and efficient skin elimination.

CRANIAL SACRAL
Support energy movement and spinal alignment with techniques that gently cradle the neck and sacral area for relief of full-body tension.

ANTARA CBD FOCUSED RELIEF BALM
A warming salve for muscle aches and pains.
FULL-BODY WELLNESS

REVITALIZATION FROM THE SEA
OSEA’s organic, anti-aging skin care formulations exfoliate with rich mineral salts and offer an introduction to Gigartina Algae’s ability to hydrate and nourish. Your gentle wrap of White Algae Mask promotes balance while firming and attracting moisture. Discover Vagus Nerve Oil’s calming contributions to an overall sense of tranquility. Experience this facial, now designed for your body.

KYPRIS FULL-BODY GLOW
Kypris Skin Care - from head to toe. This luxurious experience bathes you with Earth’s most vibrant treasures. Gentle dry brushing prepares the skin to receive Glow Philter and Cleansing Concentrate full-body enzyme mask-exfoliation, containing 30 active natural ingredients. Body Elixir replenishes as you receive 12 nurturing organic botanicals. Innate relaxation ensues during a face and scalp massage utilizing Beauty Elixir III as it releases bio-identical CoQ10 and Vitamin C Ester. Exquisite skin care for all bodies.

DETOXIFYING SEA MINERALS - EXFOLIATION AND WRAP
OSEA’s organic Undaria seaweed joins Volcanic Pumice to polish, tone and balance moisture levels. Your White Kaolin Clay relaxation wrap provides minerals galore for skin health: silica, iron, magnesium, calcium and zinc. Feel tension diminish during the application of warm seaweed-infused with aromatherapy body oils. Soothing, intentionally focused work on neck, scalp and the Vagus nerve are influenced by the restful aromatics sourced from Juniper, Chamomile and Lavender oils.

JASMINE RESPITE
This distinctive treatment offers the mind-body benefits of Jasmine. Coconut sugar polish renews before a rain-shower rinse and application of the luxurious and hydrating Jasmine Tuberose cream. Uplifting, yet sedative, Jasmine is also known for skin health, muscle tension ease and as an anti-inflammatory.
LA COSTA HYDRAFACIAL
Transform your skin health through the merging of innovative spa therapies and advanced medical technology. Resurface with Vortex-Fusion® to uncover layers of new skin and allow gentle suction to extract impurities and infuse intense moisturizers to nourish. Your skin surface is saturated with antioxidants and peptides to brighten, firm and maximize your glowing complexion. Safe for all faces and requires no social downtime.

HYDRAFACIAL TRANSFORMATION - Extended Experience
This transformational treatment provides the benefits of the La Costa HYDRAFACIAL and continues the experience with the following extraordinary enhancements:

- DERMABUILDER BOOST
  Patented combination of peptides to recharge skin and minimize signs of aging.

- LYMPHATIC DRAINAGE
  Detoxifies, decreases inflammation and removes unwanted build-up.

- LED LIGHT THERAPY
  Choose from:
  - Red Light: Reduces appearance of redness and decreases signs of aging.
  - Blue Light: Targets and disrupts acne bacteria and improves the appearance of oily or congested skin.

- OSEA WARM GIGARTINA
  Excellent detoxifying agent, provides antioxidants and rich in trace elements known to deeply hydrate.

- ALGAE MASK
  A soothing mask that deeply hydrates and replenishes skin.

HYDRAFACIAL ENHANCEMENTS
Tailor your treatment with award-winning super serums to address specific skin concerns:

- GROWTHFACTOR
  Minimizes the appearance of fine lines and wrinkles to restore skin health and vitality.

- DERMABUILDER
  Curtails signs of aging and recharges skin with a patented combination of peptides.

- BRITENOL
  Diminishes the appearance of dark spots and sun spots for an even complexion.

SKINCARE ENHANCEMENTS
- NUFACE
  Lift, contour and firm facial muscles using gentle micro-current technology to activate and increase collagen and elastin fibers.

- EXTENDED EXPERIENCE
  Extend any 50-minute facial into an 80-minute service customized by your esthetician to further accomplish your treatment goals.

- ANTARA CBD RESTORE EYE & LIP
  Age defying and hydrating

OCEAN ALCHEMY
Quench and soothe with Kypris’ icy blue Cereulan mask delivering over 32 active ingredients. Designed to drive oxygenation and quench free radicals while delivering nature inspired facial massage techniques to increase lymphatic and blood circulation. Ease fine lines, lift, tone and glow.

OSEA ANTI-AGING WELLNESS
Innovative active formulations made with organic bioavailable seaweed and cold pressed essential oils deliver powerful anti-aging solutions. Rich in vitamins, minerals and antioxidants, OSEA’s wild Patagonian seaweed contains elements that transform your complexion and reduce the appearance of fine lines and redness. Targets multiple skin concerns and supports all skin types.

VITAMIN D TONE & FIRM
Tone and firm with Skin Authority’s dynamic health-inspired facial. The wonder of topical vitamin D and active brightening infusions join transformational superfoods like spirulina, turmeric and quinoa for naturally flawless beauty.

KYPRIS BEAUTY
Transform your complexion with treasures from the forest, earth and sea while soothing the nervous system. Bioidentical antioxidants, plant stem cells and biomimetic peptides repair the appearance of sun damage, tone and brighten your overall complexion.

BRIGHTENING STONE CROP
Restore, lighten, firm and balance skin tone with this calming facial. This succulent, sourced from Hungary, includes green tea antioxidants to help protect from cell damage. Formulated for all skin types to assist in firming stressed skin and reducing signs of aging.

KNESKO GOLD
This dynamic and results-oriented facial provides deep cleansing and exfoliation before the application of a cooling mask. Nanogold intensely nourishes even the most dehydrated skin, fusing the active ingredients of Nanogold, marine collagen, elastin, hyaluronic acid and aloe vera. Calming properties of rose essential oil alleviates stress to soothe your inner wellbeing.

SKINCARE

SKINCARE ENHANCEMENTS
- NUFACE
  Lift, contour and firm facial muscles using gentle micro-current technology to activate and increase collagen and elastin fibers.

- EXTENDED EXPERIENCE
  Extend any 50-minute facial into an 80-minute service customized by your esthetician to further accomplish your treatment goals.

- ANTARA CBD RESTORE EYE & LIP
  Age defying and hydrating
SALON • NAILS

LUX PEDICURE
Nerves calm - mood elevates throughout this Geranium Cedarwood mineral rich foot soak. Detailed nail care and callus removal prepare for a refining Geranium Cedarwood polish as it joins with Foreo sonic foot and leg rejuvenation. Moisturizing body cream massage and warm stones bring muscle ease and helps relieve tension.

SLOW BEAUTY MANICURE OR PEDICURE
Settle into a soothing Jasmine Tuberose mineral rich salt soak. Calming yet exotic salt polish to gently exfoliate with nourishing Jasmine lotion to deeply hydrate. Detailed nail care and your choice of lacquer color to prepare you for any occasion.

REFRESH MANICURE OR PEDICURE
Relax with our Epsom and Citrus mineral soak. Refreshing Citrus Cardamom scrub mask soothes and refines, preparing the skin to receive an aromatic and nourishing moisturizing lotion. Enjoy detailed nail care and your favorite lacquer color.

ANTARA RESTORE PEDICURE
Soul to sole care is at the heart Antara’s luxurious infusion of CBD. Effervescent truffle foot soak and polish to exfoliate and smooth. A soothing leg and foot massage with our CBD and age defying paracress infused Restore Balm to ease muscle tension while caring for your skin.

ADDITIONAL SERVICES
Shellac Manicure (with removal)
Shellac Manicure
Shellac Removal
Polish Change
Children’s Manicure or Pedicure

ENHANCEMENTS
Warm Coastal Stones
French Polish or Mattify
Shellac Application
Antara CBD Bath Truffle
HAIR & MAKEUP

DAVINES HAIR CARE
Blow-out, Shampoo & Finish
Women’s Cut & Finish
Gentlemen’s Cut
Beard Trim
Up-Do & Event Styling
Children’s cut ages 10 and younger

ENHANCEMENTS
NaturalTech Deep Conditioning Treatment
Renewing Aromatherapy Scalp Massage
Texturizing – Curl or Straightening

COLOR
Partial Highlights
Full Highlights
Full Color
Root Touch Up
Flamboyage
Artistic Hair Color Techniques
Available upon consultation

LA BELLA DONNA MAKEUP ARTISTRY
Makeup Lesson Available for groups
Makeup Application
Eyelash Application

BRIDAL HAIR & MAKEUP
Trial Makeup
Trial Hair
Bridal Day Makeup
Bridal Day Hair
SPA DAY EXPERIENCES

SPA DAY • JUST FOR YOU
Allow us to assist in creating your perfect spa day with services totaling 180 minutes or more to receive a 15% discount.

INSPIRE
Your spa experience will include a Relaxation Massage, OSEA Anti-Aging Wellness Facial and Spa Café lunch.
THE SPA EXPERIENCE
Upon arrival you will be provided with a robe and slippers and escorted to our guest locker rooms. Experience a variety of amenities including: dry sauna, indoor whirlpool, steam room, relaxation room and co-ed lounge.

The Spa Courtyard offers a serene environment for spa guests to enjoy a private pool, whirlpool and Roman showers. Spa amenities are accessible on the day of your scheduled spa treatment.

RESERVATIONS
Advance reservations are recommended and may be arranged by calling 866-669-6051. Should you choose to change your treatment or cancel your reservation, please provide a 6-hour notice to avoid 50% cancellation fee. The Spa and amenities are reserved for guests ages 18 and over. Please notify us of any medical concerns at the time of scheduling. All prices and services are subject to change.

THE SPA & SALON BOUTIQUE
Take your spa experience home with skincare lines including: Skin Authority, Kypris, OSEA, Eminence, Knesko, SpaRitual and Davines. The boutique also features jewelry and fashion attire from Splendid, Beyond Yoga and more.

GIFT CARDS
Spa gift cards make an ideal year-round gift for any celebration or occasion and can be purchased online, over the phone or in-person at The Spa.

SPA CAFÉ
Discover tranquility when dining alfresco at the casual Spa Café. Our garden courtyard eatery offers an appealing array of satisfying and nutritious culinary delights prepared by skillful resort chefs. Receive the cool coastal breeze as you relish in a selection of smoothies, light entrées, desserts, bellinis or glass of wine.