

SPA

EXPERIENCE



RELAX & RENEW

SPA

THE ART OF LIVING WELL

Spa & Wellness Center emphasizes the healing benefits of the sea and opens a whole island of activities for health, exploration, and fun.

With a holistic approach, Spa & Wellness Center embraces health and wellness through conscious cuisine, luxury spa services, positive outdoor experiences, personalized nutrition, and fitness consultations; creating unforgettable life moments.

Welcome; we invite you to indulge in, *"the art of living well."*



MUSCLEASE RECOVERY

These spa and wellness treatments ease muscle tension and place your body in natural equilibrium. Personalized and guided spa experiences have the highest therapeutic benefits to recover and invigorate your body and mind.

Musclease Warming Ocean Wrap & Massage

This unique therapeutic experience includes invigorating body brush exfoliation, healing mud mask back application, and full body massage. Using a warm blend of essential oils, this specialized treatment eases aching and tense muscles. **80 minutes**

ELEMIS Deeper Than Deep Hot Stone Massage

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin. **80 minutes**

Signature Musclease Deep Tissue Massage

Alleviate stress, ease aching muscles and revive the senses with this powerful, customized massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension. **50/80 minutes**

ELEMIS Invigorating Lime & Ginger Body Scrub

Invigorating Ginger stimulates the metabolism and tones the body, while Lime peel works to energize, cleanse and purify the skin. Unrefined Sea Salt is uniquely blended with Kukui, Camellia and Jojoba oils to exfoliate and re-mineralize the skin, helping it to regain its natural moisture balance and silky softness. **50 minutes**

Back, Neck & Shoulders Massage

A customizable treatment that focuses on specific areas to release tension of tired and overworked muscles. Alleviate common discomforts, such as a stiff neck, aching lower back, and tight shoulders. **25/50 minutes**

PAMPER AND RELAX

Artfully tailored to rejuvenate and pamper your body, these treatments include mindful self-nurturing, radiant wellbeing, and the ultimate in spa luxury, to assist you in achieving a deep state of relaxation.

Coronado Island Ocean Memory Ritual

Surrender to island serenity and uncover skin's youthful glow with this ultimate spa experience. Following skin brushing exfoliation, a warm blend of essential oils and a deeply nourishing body cream are applied, the body wrapped and your scalp massaged. The treatment continues with a relaxing 80 minute Swedish massage. **110 minutes**

Total Tropical Bliss Ritual

Tighten and firm from head to toe with a tropical body scrub, moisturizing body wrap, and a facial. Enjoy the anti aging benefits of exotic, hydrating oils and plant-derived hyaluronic acid, and antioxidants, which will visibly improve skin tone and texture. **110 minutes**

Mindful De-Stress Massage

Balance mind and body with deeper awareness through breath work, aromatherapy and guided visualization during this extremely intuitive massage. This treatment reconnects your brain and provides deeper healing and stress reduction. **80 minutes**

Signature Frangipani Swedish Massage

A "welcome touch" and exotic essential oil blend are our signature twist on this classic relaxing therapy that uses long, smooth strokes with light to medium pressure. **50/80 minutes**

ELEMIS Exotic Frangipani Moni Salt Scrub

Mineral rich salts and Hibiscus cleanse and exfoliate dead cells to help brighten the skin. A nourishing coconut oil base melts on contact with the skin to seal in moisture while a rich infusion of Exotic Tahitian Monoi Oil and Frangipani Flowers leave skin delicately fragrant. **50 minutes**

ELEMIS Body Nectar Frangipani Nourishing Wrap

The velvety texture of the Monoi Oil offers super-hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. **50 minutes**

DETOX AND RENEWAL

Unique, customized therapies involving nature's elements are used to invigorate and detoxify your body while renewing your spirit.

Coronado Island Detox Master Ritual

An energetic and powerful treatment that combines a body brush exfoliation, wrap, and a 80 minute massage. Drawing deep toxins from the cells, the body is re-awaken with a euphoric feeling of calm. **110 minutes**

Cellutox Ocean Wrap & Massage

Combining the richness of sea plants and Marine Algae, this therapy reduces the appearance of cellulite and relieves the discomfort of fluid retention. The body is re-energized and skin is left silky smooth. **80 minutes**

Aroma Journey Massage

This thoughtfully guided experience uses two of the most powerful senses of the body - sense of touch and smell and takes your massage experience to the next level. The massage therapist pairs aromatherapy oil blends to take you to this amazing journey. **50/80 minutes**

Coronado Island Foot Reflex Massage

This ancient Eastern technique is used to relieve stress and bring balance to the entire body. Thumb and finger pressure are used to massage specific points on the feet corresponding to different body areas and will make you feel relaxed and rejuvenated. **50 minutes**

Sculpting Anti-Cellulite Massage

An invigorating and stimulating massage technique activates the lymphatic system and stimulates a natural detoxification process. It can be added to any treatment as an enhancement. **25/50 minutes**

FACIALS

Hydration, exfoliation and cleansing are the key elements to effective, renewing facials. We utilize state of the art tools and organic products that enable us to customize a facial specially designed to your specific needs.

BIOTEC Line Eraser Facial

The ultimate facial to help maintain a youthful, age-less appearance. BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin. **25/50/80 minutes**

BIOTEC Firm-A-Lift Facial

Uplifting facial to help fight the appearance of sagging and skin-ageing. BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin. **25/50/80 minutes**

BIOTEC Skin Resurfacer Facial

Revolutionary perfecting facial to reduce the appearance of even skin tone. BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin. **25/50/80 minutes**

Pro-Collagen Age Defy Facial

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. **25/50/80 minutes**

Pro-Definition Lift and Contour Facial

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect. **25/50/80 minutes**

Signature Marine Dream Facial

ELEMIS hero pro-collagen range is incorporated to firm, tone, and reduce fine lines and wrinkles. This signature anti-aging treatment focuses on improving the appearance of the face, neck and décolleté as a tell-tale area of age and sun exposure; targeting these concerns for a brighter more youthful appearance. **50/80 minutes**

Hydrating Organic Facial

This organic facial uses a selection of fruits, flowers, and herbs and is used to firm and revitalize skin, giving your face a tasty tune-up! **50/80 minutes**

Vitamin Sea Facial

Indulge in this luxurious organic facial to experience advanced age prevention and correction. **50/80 minutes**

Tropical Bliss Facial

Enjoy a tropical retreat with exotic neroli and monoi oils, hydrating coconut and strengthening bamboo as wrinkles and fine lines disappear. **50/80 minutes**



NAILS

Turn your back to everyday stresses and quiet your mind from the noise. Our signature nail services are uniquely designed to pamper your hands and feet, and bring you to a state of full relaxation.

Coronado Signature Pedicure

Created especially for Coronado Island Marriott Resort & Spa this decadent treatment combines the finest skincare products with the expert foot touch therapy. Includes a therapeutic mineral soak, hydrating mask and extended foot massage. **50 minutes**

Coronado Signature Manicure

Our signature nail services includes a therapeutic soak and exfoliating scrub followed by extended massage, nail shaping and cuticle maintenance completed with polish. **50 minutes**

Express Manicure

The perfect "tune-up" service created for when time is of the essence. **25 minutes**

Youth Nail Services

Ice Cream Manicure, *parent must be present for the full treatment.* **25 minutes**

Ice Cream Pedicure, *parent must be present for the full treatment.* **25 minutes**

Enhanced Nail Services

Polish Change

French Polish Change

French Polish Add-On

Paraffin Treatment For Hands

Paraffin Treatment For Feet

Shellac Dry Manicure

Shellac French Dry Manicure

Shellac Removal Only

Shellac Polish Add-On



MEN

Men's skin behaves differently than women's as shaving and lifestyle shape the quality and care of a gentleman's routine. ELEMIS responds with high-performance facial therapies designed to restore vitality and luster to male skin.

Men's Ritual

Using non-perfumed, non-greasy products especially selected for a man's skin, this perfect combination of back scrub and men's facial is invigorating and fantastic for keeping a man's skin in optimal condition. **80 minutes**

MEN- Super Charger Facial

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution. **25/50/80 minutes**

MEN- High Performance Skin Energizer Facial

The hard-working facial for aging, dehydrated skin, and tired eyes. It maximizes cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, while a scalp and foot massage cause deep relaxation. **25/50 minutes**

Real Man Get Pedicures

Relax and unwind after a busy day with a full pedicure, extended foot massage and your favorite drink from our bar. **50 minutes**

Man-I- Cure

Hands say a lot about a man. With a quick polish-free buff, clip, and file, a manicure adds the finishing touch to a well groomed man. **30 minutes**

COUPLE'S EXPERIENCES

Whether on a romantic getaway or a business trip, steal an hour or a whole day to relax, refresh and reconnect.

Coronado Island Signature Couple's Massage

A wonderful time to share with a loved one or a friend in our Couple's Massage Room. Re-connect and slip away into a blissful state with side-by-side massages for each of you with a complimentary champagne toast and quality time together. **50/80 minutes**

Couple's Retreat

This perfectly spoiling escape begins with him and hers scrub, followed by a 50-minute couple's massage. Complete with a scalp massage and complimentary glass of champagne. **80 minutes**

Instructional Couple's Massage Session

With this private instructional session, you and your partner will learn how to give each other a relaxing at home massage, and receive a short instructed massage from your partner. **50 minutes**

Couple's Manicure & Pedicure

A wonderful way to relax and savor special moments together, take time with your loved one or a friend to pamper your hands and feet in our luxury nail salon. **50 minutes**

THE ART OF CELEBRATION

Spa Coronado at the Coronado Island Marriott Resort & Spa is the ideal location for an intimate celebration or post meeting relaxation. From birthday celebrations, wedding getaways, to Board of Directors' retreats and options for full Spa corporate buyouts, our spa creates experience that all guests remember warmly. A professional staff is on hand to attend to every event detail, including decor, technology needs, accommodations, and activities.

Our Wellness and Beauty Concierge is happy to design a multi-day custom package created just for you during your stay. Our staff aims to put you and your health and beauty needs first. To speak with the Wellness and Beauty Concierge directly please call **619-522-3043**.



03 MUSCLEASE RECOVERY

Ease tension of the muscles with wraps and massage.

04 PAMPER AND RELAX

Rejuvenate and pamper your body with wraps, massage, and salt scrubs.

05 DETOX AND RENEWAL

Customized therapies involving nature's elements.

06 FACIALS

Hydration, exfoliation, and cleansing facial therapy.

07 MANICURES / PEDICURES

Signature nail services pamper your hands and feet.

08 MEN

High performance facials, manicures, and pedicures geared towards men.

09 COUPLE'S EXPERIENCES / THE ART OF CELEBRATION

Refresh and reconnect.

10 NUTRITION

Individualized consultation with a resident nutritionist.

11 FITNESS

Comprehensive fitness programs, by appointment only.



NUTRITION

Food is one of life's greatest pleasures, and today more than ever we are more and more aware of our body's ability to glow from the inside out through great nutrition. Have all your dietary questions answered in an individualized consultation with our resident nutritionist. Nutritional services by appointment only.

Jump Start Nutrition

Work with a nutritionist one-on-one to assess your current eating patterns. Learn portion control, assess the macronutrient breakdown of your diet, learn to make healthy choices while dining out, and walk away with a meal plan that is realistic for you. By appointment only. **50 minutes**

Jump Start Nutrition Follow-Up

A nutritionist will check on your Diet Master Pro food logging and FitBit energy expenditure online and further coach you on your short and long term goals. **30 Minute** Phone, Internet, or Email Session.

Weight loss Nutritional Consultation

Understanding your metabolism is the key to long lasting weight loss. This program includes measuring your exact metabolism utilizing the most advanced technology, full body composition (% Body Fat, Muscle Mass, Hydration), detailed education from our Clinical Nutritionist, and a customized meal plan to apply to your daily life to reach your goals. By appointment only. **50 minutes**

Sports Nutrition Consultation Session

Whether you are training for a marathon or working hard in the gym, your ultimate results start in the kitchen. This session includes measuring your exact metabolism, full body composition and a detailed personalized plan for reaching your athletic goals. You will receive education about pre and post-workout nutrition as well as a customized meal plan to apply to your daily life to achieve success. By appointment only. **50 minutes**

FITNESS

A well-rounded program of physical activities is crucial for longevity and good health. Within our state of the art fitness facility, we offer a comprehensive fitness program that will renew and energize your exercise routine. Fitness services by appointment only.

Personal Training Session

Our professional personal trainer is available to assist with a supervised, one-on-one cardiovascular and/ or weight training program. Instruction is by appointment only. **By appointment only. 60 minutes**

Corrective Exercise Session

Work with a personal trainer to assess flexibility, body movement, and correct muscle imbalances. Your trainer will provide you with a set of stability exercise to strengthen your core from the inside out, relieve low back tension, and correct your posture. **By appointment only. 60 minutes**

Posture & Movement Analysis

Begin with an extensive assessment of your fitness habits. Tests will assess flexibility, upper and lower body strength, and a submaximal treadmill test to estimate aerobic capacity and determine your optimal target heart-rate training zone. Together you and our instructor will review your test results and reveal comparisons to the averages for your age. Together, you'll develop an exercise prescription for improving your fitness in areas important to you. **By appointment only. 60 minutes**

Personal Yoga & Meditation Class

Activate mind, body, and spirit with the body's internal energy systems to bring balance to the skeletal, muscular, endocrine and circulatory systems. Leave feeling refreshed and rejuvenated. **By appointment only. 60 minutes**

ADDITIONAL INFORMATION

ARRIVAL

Please arrive 30 minutes prior to your appointment so that we may show you to your locker and allow you time to change into a robe and slippers. Your appointment is reserved exclusively for you. In order to honor each guest experience, late arrivals will receive only the remaining time of their appointment.

CANCELLATIONS

Should you need to cancel or reschedule your appointment, please notify us 24 hours prior to your service to avoid being charged in full. Group reservations are subject to terms of contract.

AGE REQUIREMENTS

Spa guests must be at least 18 years old to use the entire spa facility and receive any treatment. Minors ages 16-17 are permitted to receive facials and nail treatments with written consent from a parent or guardian. They may not use the steam facility.

CLOTHING OPTIONS

For spa services, bring a bathing suit to enjoy the vanishing edge pool on the outdoor coed spa terrace. Bathing suits are optional in the men's and women's lounge areas.

SECURING VALUABLES

We recommend you leave valuables at home or in your guestroom safe. Lockers are available for your personal items. We are not responsible for lost or stolen items.

GRATUITY

For your convenience, an automatic 20% gratuity will be added to all spa services. Menu prices do not reflect this charge. All prices and services at the spa and salon are subject to change without notification.

CELL FREE ZONE

In consideration of other spa guests and to preserve an atmosphere of serenity, please leave cell phones behind.

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MASSAGE

ELEMIS Deeper Than Deep Hot stone Massage	80 minutes	230.
Signature Muscleease Deep Tissue Massage	50/80 minutes	150. / 225.
Back Neck and Shoulders Massage	25/50 minutes	75. / 150.
Signature Frangipani Swedish Massage	50/80 minutes	145. / 210.
Mindful De-Stress Massage	50/80 minutes	145. / 210.
Aroma Journey Massage	50/80 minutes	145. / 210.
Sculpting Anti-Cellulite Massage	25/50 minutes	75. / 150.
Coronado Island Foot Reflex Massage	50 minutes	135.

FACIALS

BIOTEC Line Eraser Facial	25/50 minutes	75. / 150.
BIOTEC Firm-A-Lift Facial	25/50 minutes	75. / 150.
BIOTEC Skin Resurfacer Facial	25/50 minutes	75. / 150.
Pro-Collagen Age Defy Facial	25/50 minutes	75. / 150.
Pro-Definition Lift & Contour Facial	25/50 minutes	75. / 150.
Signature Marine Dream Facial	50/80 minutes	145. / 210.
Hydrating Organic Facial	50/80 minutes	145. / 210.
Vitamin Sea Facial	50/80 minutes	150. / 220.
Tropical Bliss Facial	50/80 minutes	150. / 220.

SCRUBS AND WRAPS

Musclease Warming Ocean Wrap & Massage	80 minutes	210.
ELEMIS Invigorating Lime & Ginger Body Scrub	50 minutes	145.
ELEMIS Exotic Frangipani Monoi Salt Scrub	50 minutes	145.
ELEMIS Body Nectar Frangipani Nourishing Wrap	50 minutes	145.
Cellutox Ocean Wrap	80 minutes	210.
Targeted Toning Tighter	50 minutes	150.

SPA RITUALS

Coronado Island Ocean Memory Ritual	110 minutes	280.
Total Tropical Bliss Ritual	80 minutes	230.
Coronado Island Detox Master Ritual	110 minutes	280.

MEN'S SERVICES

Men's Ritual	80 minutes	230.
MEN- High Performance Skin Energizer Facial	25/50 minutes	75. / 150.
MEN-Super Charger Facial	25/50/80 minutes	75. / 150. / 210.
Man-I-Cure	25 minutes	40.
Real Men Get Pedicures	50 minutes	85.

COUPLE'S EXPERIENCES

Coronado Island Signature Couple's Massage	50/80 minutes	310. / 445.
Couple's Retreat	80 minutes	445.
Instructional Couple's Massage Session	50 minutes	155.
Couple's Manicure	50 minutes	120.
Couple's Pedicure	50 minutes	175.

MANICURE AND PEDICURES

Express Manicure	25 minutes	45.
Coronado Signature Manicure	50 minutes	70.
Coronado Signature Pedicure	50 minutes	90.
Ice Cream Manicure and Pedicure	50 minutes	55.

NUTRITION

Jump Start Nutrition	50 minutes	115.
Jump Start Follow Up	25 minutes	35.
Weight Loss Consultation	50 minutes	115.
Sports Nutrition Consultation	50 minutes	115.

FITNESS

Personal Training	50 minutes	95.
Corrective Exercise	50 minutes	95.
Posture & Movement Analysis	50 minutes	95.
Personal Yoga & Meditation	50 minutes	95.

SPA

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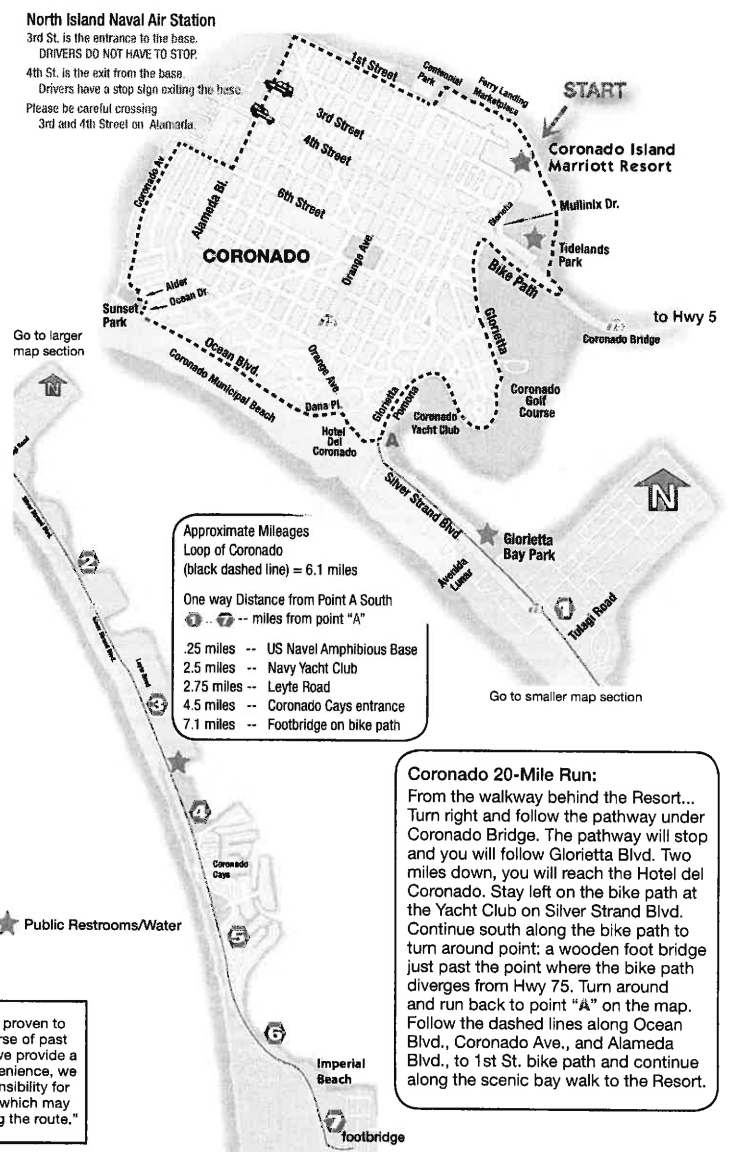
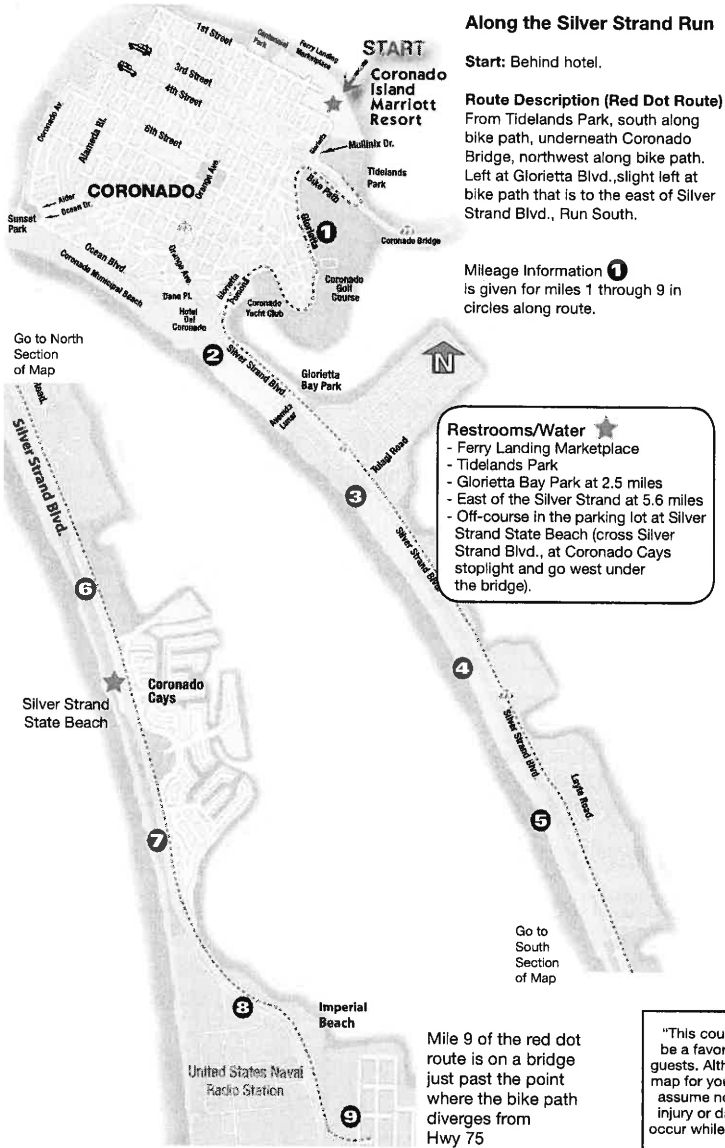


CORONADO ISLAND
RESORT & SPA
Maui

Weekly Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
	6:30 - 7:30am Sunrise Yoga with Rosi Wellness Center	6:30 - 7:30am Core Strength with Chelsea Wellness Center	6:30 - 7:30am Sunrise Yoga with Rosi Wellness Center	6:30 - 7:30am Sunrise Yoga with Chelsea Wellness Center				
8:00 - 9:00am Body Sculpting with Rosi Wellness Center	8:00 - 9:00am Core Strengthening with Anouk Wellness Center	8:00 - 9:00am Yoga Flow with Anouk Wellness Center	8:00 - 9:00am Body Conditioning with Anouk Wellness Center	8:00 - 9:00am Yogalates with Anouk Wellness Center				
							8:30 - 9:30am Body Sculpting with Rosi Wellness Center	8:30 - 9:30am Yoga Flow with Fernando Wellness Center
							9:30 - 10:30am Yoga Flow with Fernando Wellness Center	9:30 - 10:30am Yoga Flow with Fernando Wellness Center
17:30 - 18:30pm Sunset Yoga with Rosi Wellness Center					17:30 - 18:30pm Sunset Yoga with Rosi Wellness Center			

Sunrise/Sunset Yoga - Yoga classes focus on improving flexibility, posture and breathing techniques, energizing the body while reducing stress.
Body Sculpting- Fun, moderate intensity class, consisting of cardiovascular and muscle toning exercises that shape and tone the body.
Core Strengthening- A workout class that focuses on muscles of the mid-section and improves overall body strength.
Yogalates- Combination of the Yoga and Pilates exercises that strengthen the core and stretch the muscle groups.



"This course has proven to be a favorite course of past guests. Although we provide a map for your convenience, we assume no responsibility for injury or damage which may occur while utilizing the route."