

Dear CSA Members and Friends of the Industry:

1521 "I" STREET
SACRAMENTO
CALIFORNIA
95814
(916) 441-2251
FAX (916) 446-1063
www.calseed.org

BOARD OF DIRECTORS

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CHRIS ZANOBINI
Sacramento

On behalf of the 2017 California Seed Association (CSA) Convention Planning Committee, I would like to invite you to attend the 77th annual CSA Convention, March 5-8, 2017 at The Coronado Island Marriott Resort & Spa.

Our convention program has been carefully crafted to provide something of interest for everyone. The theme this year is "Innovation Moving The Industry Forward to Sustain Progress". The annual golf tournament will be held on Monday at the Coronado Golf Course and Bocce Ball will be played at the hotel on Tuesday. There will also be options to attend a San Diego brewery tour experience as well as an evening ghost frightseeing tour.

Plan to register soon so you don't miss out on the group room rates negotiated for our association. Please make your reservations directly with the hotel by February 11th on our personalized website link. (see www.calseed.org/events.html) State that you are with CSA to secure the convention rate.

The facility and setting are the perfect combination for interacting with everyone in our industry. We have lined up an outstanding panel of speakers to discuss Innovation Moving The Industry Forward to Sustain Progress. They will specifically be addressing mechanical harvesting and new innovations. This meeting is an essential link in bringing greater communication and stability within the seed industry. Your support and participation are invaluable in keeping our association strong.

Enclosed is the convention program and additional informational materials including a sponsorship form. Your registration must be received by the CSA office no later than February 26, 2017. If you have any questions regarding the convention please call the CSA office. Your past support and involvement are sincerely appreciated and we look forward to seeing you in beautiful San Diego.

Sincerely,



George Gough, Monsanto Company
CSA President

California Seed Association

77TH ANNUAL CONVENTION

*INNOVATION MOVING THE INDUSTRY
FORWARD TO SUSTAIN PROGRESS*



THE CORONADO ISLAND MARRIOTT RESORT AND SPA
MARCH 5-8, 2017

CSA 77th Annual Convention

Schedule of Events

SUNDAY ~ MARCH 5, 2017

4:00/6:00	Registration/Hospitality	Group Registration Desk
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MONDAY ~ MARCH 6, 2017

7:00/5:00	Registration/Hospitality	Group Registration Desk
7:30/9:00	Board of Directors' Meeting	Board Room
9:00/11:00	Individual Committee Meetings:	
	<u>Room 1: Ballroom Salons AB</u>	<u>Room 2: Ballroom Salon D</u>
9:00/9:55	Plant Breeders/Biotechnology Committee	Legislative Committee
10:00/10:55	Field Seed /Seed Certification / Turf Seed Committee	Vegetable / Flower Seed / Grower & Shipper Liaison & Plant Health Committee
11:00/11:55	Industry Communications/Youth Activities Committee	
12:00/5:30	Golf Tournament at the Coronado Golf Course with Lunch	Meet at the Course
1:00/4:30	San Diego Brewery Tour Optional Event	Meet in Lobby to Load Van
5:30/7:00	Group Reception	Patio & Poolside
7:30/10:00	Ghost & Gravestones Old Town Trolley Frightseeing Tour Optional Event	Meet in Lobby to Load Van

TUESDAY ~ MARCH 7, 2017

7:00/7:45	Past Presidents Breakfast <i>(for past presidents only by invitation)</i>	Board Room
7:00/5:00	Registration/Hospitality	Group Registration Desk
7:45/9:15	Spinach Committee Meeting	Ballroom Salons AB
9:15/11:30	General Session	Ballroom Salons CD
	Committee Chair Panel Reports and Group Discussion	
	ASTA Report and Update	
	Keynote Speaker's Panel: Innovation & New Technology in California Agriculture - A Key to Our Future Success	
12:00/4:30	Bocce Ball Tournament with Lunch	Check in at 11:45 am on Bayview Lawns
1:00/4:30	San Diego Brewery Tour Optional Event	Meet in Lobby to Load Van
6:00/7:00	Group Reception and Industry Auction	Skyline Terrace
7:00/9:00	President's Dinner and Entertainment	Ballroom Salons ABC

WEDNESDAY ~ MARCH 8, 2017

6:30/7:30	5K Run/Walk	Around Property/Meet in back by 6:25 am
8:00/10:00	Registration/Hospitality	Group Registration Desk
8:00/10:00	Group Breakfast & Annual Meeting	Ballroom Salons ABCD
	President's Address & Welcome	
	Election of Officers & Directors	
	Scholarship Announcements and Sports Awards	
	Annual Meeting: President's Report / EVP Report	
	Vice President's New Member Report	
	CSA Video Projects Including A Day In The Life Of A Seed Person And Student Success Stories	
10:30/11:30	Board of Directors' Meeting	Coronado 2 and 3

California Seed Association



THE CONVENTION

Join the California Seed Association for the 77th Annual Convention at The Coronado Island Marriott Resort & Spa. Coronado Island Marriott Resort & Spa provides a comfortable atmosphere for relaxation and renewal with a variety of luxurious on-site features. Explore the tranquil beach community by renting a bike or taking a day trip into San Diego to see the famous zoo or take a trip to the USS Midway Aircraft Museum. Attendees will enjoy the convenience of beautiful sandy beaches, shopping and fine dining at the Ferry Landing on Coronado.

CSA COMMITTEE MEETINGS

All members are encouraged to attend the various committee meetings which will be held Monday and Tuesday. This is the first step in CSA's policy development process. The Plant Breeders & Biotechnology Committee, the Legislative Committee, the Field Seed/Seed Certification/Turf Seed Committee, the Vegetable/Flower Seed/Grower & Shipper Liaison & Plant Health Committee as well as the Industry Communications & Youth Activities Committee will have their meetings on Monday. The Spinach Committee will meet on Tuesday. During the General Session on Tuesday morning, reports will be given by each committee chair in a panel format to discuss specific highlights and action items that developed at each meeting. Attendees are encouraged to participate in these meetings.

WELCOME RECEPTION

California Seed Association invites everyone to the welcome reception on Monday evening. This is an opportunity to meet fellow convention attendees in an informal setting with appetizers, drinks and music.

GENERAL SESSION

This year the **General Session** will be held on Tuesday morning at 9:00 am. Topics will include updates from **Committee Chairs** and an **ASTA report**. This session will also feature the **Keynote Speaker's Panel – Innovation & New Technology in California Agriculture. A Key to Our Future Success**. Whether you're able to keep up or not, new technologies are being rapidly deployed throughout our personal and business lives. Learn how new varieties of crop species are being developed for integration into California agricultures' evolution towards mechanized harvest and other innovative processing techniques, helping keep growers and shippers competitive in a problematic labor supply environment and ever changing marketplace. *Invited Panelists are from the UC Davis Agricultural Engineering Department, Taylor Farms and other large companies, as well as, Western Growers Association Center for Innovation and Technology.*



RECEPTION/GROUP DINNER AND ENTERTAINMENT

Tuesday evening the group will meet on the Skyline Terrace to enjoy a light reception, the bay view and the silent auction. The President's Dinner will follow the reception, which will include top-notch after dinner entertainment.

GROUP BREAKFAST / ANNUAL MEETING

This year our annual meeting and group breakfast program will be held on Wednesday morning and will include the scholarship announcements, new member report, sporting event winners and the CSA Annual Meeting, showcasing CSA's activities for the 2016/17 year. We will hear President **George Gough's** report, comments from the CSA incoming President **Manny Silva III** and the annual report by Executive Vice President, **Chris Zanobini**. We will also have the election of our incoming Officers and Board of Directors.

The breakfast program will feature new projects from the Industry Communication and Youth Activities Committee. Come and watch the recently filmed CSA video, A Day in the Life of the California Seed Industry which showcases the experience of a college student shadowing a successful employee in the industry. Video testimonials from past seed tour attendees who went on to launch a career in the industry will also be shown. We will also discuss future projects that are advancing CSA's goals of increasing the awareness of the many jobs and career opportunities in the California Seed Industry.

HOTEL INFORMATION & RESERVATIONS

The 2017 CSA Annual Convention will be held at **Coronado Island Marriott Resort & Spa**. The Association has negotiated group room rates at \$210.00 for standard single/double resort guestrooms or \$230.00 for a bayview room between the dates of **March 5-8, 2017**. In addition, there will be a discounted resort fee of \$12.50 per room, per night which includes internet access, in-room bottled water, resort equipment rentals and access to fitness center and daily fitness classes.

MAKE YOUR RESERVATIONS EARLY!!!! THE DEADLINE FOR HOTEL RESERVATIONS is February 11, 2017 to receive the discounted group rate of \$210.00.

Our personalized link to reservations can be found on CSA Website. The link is on the CSA Website - on the calendar of events page (<http://www.calseed.org/events.html>) or call the hotel directly at 800-228-9290 or 619-435-3000. Please mention the CSA Annual Convention at Coronado Island Marriott Resort & Spa to secure the group rates. The group rates established for the meeting will be offered 3 days prior and 3 days after the meeting dates, subject to availability of group rate and run of house rooms at the time the reservation is made.

CORONADO ISLAND MARRIOTT RESORT & SPA

2000 Second Street
Coronado, CA 92118
(800) 228-9290 / (619) 435-3000
www.marriott.com/SANCI

OPTIONAL ACTIVITIES

GOLF TOURNAMENT The Coronado Golf Course is nestled in the serene, upscale island beach community of Coronado, just minutes from bustling downtown San Diego. The course is considered by many as one of the premier municipal golf courses in the country and was rated Four Stars by Golf Digest "Best Places to Play", 10 out of 10 by the San Diego Union-Tribune, and Best Value in Southern California by GREENSKEEPER.org for 2015. The course has four holes situated along beautiful Glorietta Bay, views of the famous Hotel Del Coronado, Coronado Bay Bridge and the San Diego Skyline.



BOCCE BALL TOURNAMENT Throwing balls toward a target is the oldest game known to mankind. The object of the game is for individual or team players to roll a larger ball (bocce) closer to a smaller target ball (pallino) than their opponents. The exceptional democratic spirit of the game of "Bocce" is the basis on which its deeply peaceful character is founded. It is often the beginning of long friendships. Join us on the three courts located next to the spa at the resort Tuesday afternoon for a memorable tournament! The players will be limited to the first 48 signed up.



OPTIONAL TOURS:

Brewery Tours of San Diego Join in with industry friends as you tour a select group of San Diego's famous craft breweries, like Karl Strauss Brewing Company and Mission Brewery. The price includes round-trip transportation from the hotel, knowledgeable and engaging BREWERY TOURS of SAN DIEGO host services, guided tour at one brewery (upon request and availability), beer tasting's at each brewery, bottled water and a souvenir glass.

Ghosts & Gravstones Old Town Trolley Tour in San Diego Join in on a spirited & entertaining tour built on stories of history, mystery and legends of San Diego's past & DARKER SIDE!" Dying to Take a Ride on the Dark Side? Travel back in time with us and learn of the spirits of the notorious wild characters like Gunslingers, Gamblers and Ladies of the Night who lived and died in San Diego. It is possible that their spirits live on in the dark recesses of our historic buildings and neighborhoods.

5K RUN/WALK Your chairperson, along with many of the committee members, will be up and running Wednesday morning! To ensure a good fit on the shirts, please indicate the desired size. With your entry fee you will receive a custom shirt, first class awards, post-race refreshments, exercise and a great time!

CONFERENCE DEADLINES

Coronado room reservation deadline is **February 11th** or until our block fills.
Conference pre-registration deadline for California Seed Association is February 26th.

CANCELLATIONS

Conference registrations cancelled by February 26th will be refunded in full. There will be no refunds for registrations cancelled after February 26th. The Coronado Island Marriott Resort & Spa room reservation cancellations must be made directly with the hotel and received 72 hours prior to your scheduled arrival to avoid a cancellation penalty.

SPONSORSHIP INFORMATION

An unlimited number of sponsorship opportunities are available. Please refer to the enclosed sponsorship form.

QUESTIONS???

Please contact us at **California Seed Association, 1521 I Street, Sacramento, CA 95814**, by email (donna@agamsi.com), by phone at (916) 441-2251 or by fax at (916) 446-1063.

~ In Appreciation to Our Committee Members ~

*President George Gough, Monsanto
Susan DiTomaso, Seed Biotechnology Center
Kraig Kuykendall, Tozer Seeds
Paul Scaroni, White Seed Co.*

*Lisa Branco, Radicle Seed Co.
Nicole Hostert, CA Crop Improvement Assn.
Matt Linder, Sakata Seed America
Manny Silva III, Santa Maria Seeds*

*Brian Crummey, Bejo Seeds
Mac Keely, Blue River Technology
Todd Rehrman, Lockhart Seeds
Doug Sumpter, VoloAgri Group*

CALIFORNIA SEED ASSOCIATION
77th ANNUAL CONVENTION
 March 5-8, 2017
 The Coronado Island Marriott Resort & Spa

REGISTRATION FORM

Your check or credit card information for registration fees must accompany this form in order to pre-register for the convention. Please make check payable to California Seed Association. Registration fees include a \$15 per person contribution to CSA's Political Action Committee which may be deducted from the package price if desired. The CSA office must be notified of any cancellations by February 26th to qualify for a full refund.

REGISTRATION NAME(S)

COMPANY NAME & ADDRESS

 _____ Zip _____

Phone _____ Fax _____

REGISTRATION FEES (indicate # attending)

_____ Industry Representatives @ \$425/person \$ _____

_____ Spouse Registration @ \$325/person \$ _____

_____ Non Member Representatives @ \$525/person \$ _____

_____ Non Member Spouse @ \$375/person \$ _____

(Registration fees include all meeting materials, speakers, breaks, two receptions, dinner, and breakfast for each attendee)

_____ Golf Tournament @ \$115/person (includes lunch)

Player Name: _____ Handicap _____

Player Name: _____ Handicap _____ \$ _____

_____ Bocce Ball Tournament Player @ \$115/person (limit to 48 players / includes lunch & refreshments) \$ _____

Names: _____

_____ Lunch/Refresh Option Only at Bocce Ball @ \$50/person (lunch, refreshments & observe only) \$ _____

Names: _____

_____ San Diego Brewery Tour @ \$95/person (Monday or Tuesday circle one) \$ _____

Names: _____

_____ Ghost & Gravestones Old Town Trolley Frightseeing Tour @ \$50/person \$ _____

Names: _____

_____ 5K Run/Walk @ \$40/person \$ _____

(price includes silk screen tee shirt; prizes - see flyer for details)

Names: _____ (Size: S M L XL XXL)

PAYMENT METHOD:

Send Invoice

Check payable to "CSA"

Or you can go the CSA Website and use your PayPal account - www.calseed.org

Credit Card: _____ Visa _____ Mastercard _____ Amex

Card No. _____ Exp. _____

Verify # _____ Signature: _____

Zip Code: _____

TOTAL AMOUNT \$ _____

Return this form with payment choice to: California Seed Association 1521 I Street, Sacramento, CA 95814 (916) 441-2251
 Fax: (916) 446-1063 or email: donna@agamsi.com ~ Deadline for Receipt of Advance Registration is February 26, 2017

Contributions or gifts to the California Seed Association or the Political Action Committee are not deductible as charitable contributions for federal income tax purposes, check with your tax consultant for more details.

**California Seed Association ~ Annual Convention
March 5-8, 2017 ~ Coronado Island Marriott Resort & Spa**

SPONSORSHIP INFORMATION

In grateful recognition of your partnership with CSA we are delighted to offer the following:

PLATINUM Level Package

\$5,000

- Complimentary Registration for Two (can be two industry representatives or one ind. rep and one spouse/guest)
- Full page advertisement in on-site program.
- Company logo recognition in the program and the sponsor power point.
- Named as sponsor at all events and included as part of the sponsor power point.
- Sponsor ribbons for company staff.
- Dedicated premium signage at the convention.
- Company Ad/Logo in the emailed newsletter, "Seed Shorts" for one month after the convention.
- Logo/Ad featured on CSA's Facebook Page.
- Complimentary Membership Roster Advertisement.

GOLD Level Package

\$2,500

- Your Choice of Sports Activities for Two (2) (select two: golf / bocce / tennis / 5K run/walk)
- Company logo recognition in the on-site program and the sponsor power point.
- Named as sponsor at all sporting events.
- Sponsor ribbons for company staff.
- Premium signage at the convention and included as part of the sponsor power point.
- Company Ad/Logo in the emailed newsletter, "Seed Shorts" after the convention.
- Listed as Sponsor of the Week on CSA's Facebook Page.
- Complimentary Membership Roster Advertisement.

SILVER Level Package

\$1,000

- Your Choice of One Optional Event/Recreational Event
- Named as sponsor at all sporting events.
- Sponsor ribbons for company staff.
- Signage at the convention and included as part of the sponsor power point.
- Company Ad/Logo in the emailed newsletter, "Seed Shorts" after the convention.

BRONZE Level Package

\$500

- Named as sponsor at 3 sporting events of your choice.
- Sponsor ribbons for company staff.
- Signage at the convention and included as part of the sponsor power point.
- Company Ad/Logo in the emailed newsletter, "Seed Shorts" after the convention.

Other Sponsorship Opportunities (company recognition will be given at each individual event)

Golf Tournament

❖ Hole Sponsor @ \$150.00 ea.

Bocce Ball Tournament

❖ Sponsor @ \$150.00 ea.

5K Run/Walk

❖ Sponsor @ \$150.00 ea

Auction

❖ Item @ \$250.00 ea.

Transportation at Events

❖ Sponsor @ \$150.00 ea.

Past President's Breakfast

❖ Sponsor @ \$500.00

Keynote Speaker

❖ Sponsor @ \$2,500.00

Display Table

❖ @ \$500.00 (*manned*)

❖ @ \$250.00 (*unmanned*)

TO SIGN UP AS A SPONSOR, PLEASE COMPLETE THE FORM ON REVERSE SIDE WITH YOUR CHOICES AND RETURN TO CSA

**California Seed Association ~ Annual Convention
March 5-8, 2017 ~ Coronado Island Marriott Resort & Spa**

SPONSORSHIP OPPORTUNITIES

Thank you for your generosity and support of the CSA Annual Convention!

- PLATINUM Level Package @ \$5,000.00**
- GOLD Level Package @ \$2,500.00**
- SILVER Level Package @ \$1,000.00**
- BRONZE Level Package @ \$500.00**

Other Sponsorship Opportunities (company recognition will be given at each individual event)

Golf Tournament

Hole Sponsor @ \$150.00 ea.

Bocce Ball Tournament

Sponsor @ \$150.00 ea.

5K Run/Walk

Sponsor @ \$150.00 ea

Auction

Item @ \$250.00 ea.

Transportation at Optional Events

Sponsor @ \$150.00 ea.

Past President's Breakfast

Sponsor @ \$500.00

Keynote Speaker

Sponsor @ \$2,500.00

Display Table

@ \$500.00 (*manned*)

@ \$250.00 (*unmanned*)

Name: _____ Company: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ Email: _____

PAYMENT METHOD:

Check payable to "CSA" _____ Send Invoice _____

Credit Card: ___ Visa ___ Mastercard ___ Amex

Card No. _____ Exp: _____

Verify # _____ Signature: _____

ZipCode: _____ Email Copy of Receipt: _____

**Please return to the CSA office: 1521 "I" Street, Sacramento, CA 95814
Phone: (916) 441-2251 * Fax: (916) 446-1063 * Email: donna@agamsi.com**

CSA Auction Donation Form

The California Seed Association is asking for your support through the donation of items and/or services to be auctioned at the Annual Convention. All proceeds from the auction will go to support CSA and our efforts to promote and protect the seed industry in California. This is a great way to show your support for CSA. The Auction will be held during the reception on **Tuesday, March 7th** before the President's Dinner.

Please fax or email completed form to:

Donna Boggs at donna@agamsi.com phone: (916) 441-2251, fax: (916) 446-1063

Item Description: _____

Value of Item: _____

Need to be picked up please call me Will mail to the CSA office

Items Can Be Shown on Pictures and Mailed Later to Winner!

Name: _____ Company: _____

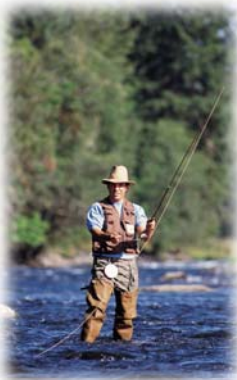
Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ Email: _____

Please send a photo and/or a description of the donated item and your company logo (if applicable) to donna@agamsi.com

CSA Auction Ideas



Adventure Excursions



Equipment, Tools



Logo Merchandise



Wine



Golf Outings



Gift Cards



Hotel Gift Certificate



Event Tickets

CSA 5K Run/Walk

What better way to start your day than to get up and run along the waterfront on the Coronado Island? The committee has put together another fun run/walk behind the hotel along the Coronado waterfront. There will be prizes and lots of fun! Every participant receives a silk screen T-Shirt (advance registration will assure you of a shirt in the correct size).



WHEN: Wednesday, March 8th - 6:30 am

WHERE: Outside the Hotel
(check at registration for location)

WHY: To Get In Shape and Have A Blast!

ENTRY FEE: \$40.00 per participant

*** Prizes will be awarded in many categories!

ENTRY FORM:
CSA 5K RUN/WALK!

NAME _____

FIRM _____

ADDRESS _____

EMAIL _____

Shirt Size (circle) S M L XL XXL

WAIVER OF LIABILITY (must be signed):

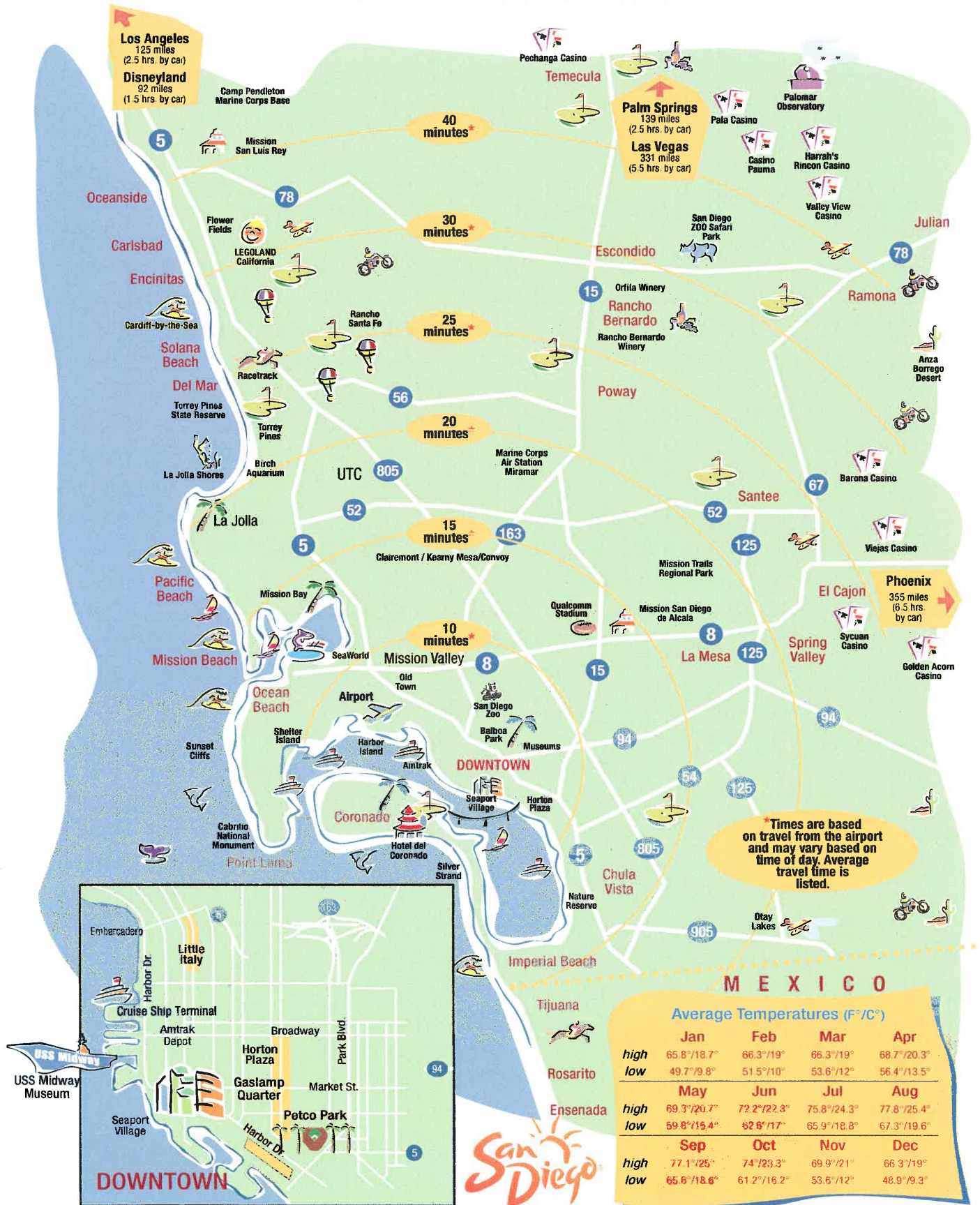
In consideration of the acceptance of this entry to the CSA Run/Walk, I waive claims for myself, my heirs, and assigns against the race sponsor or promoters for injury or illness which may result from my participation. I further state I am in proper physical condition to compete in this race, and am an amateur runner.

Signature

Date: _____

ENTRY FEE PAYABLE WITH OTHER MEETING REGISTRATION
(Signed Waiver Form Must Accompany Registration Form - Return to CSA)

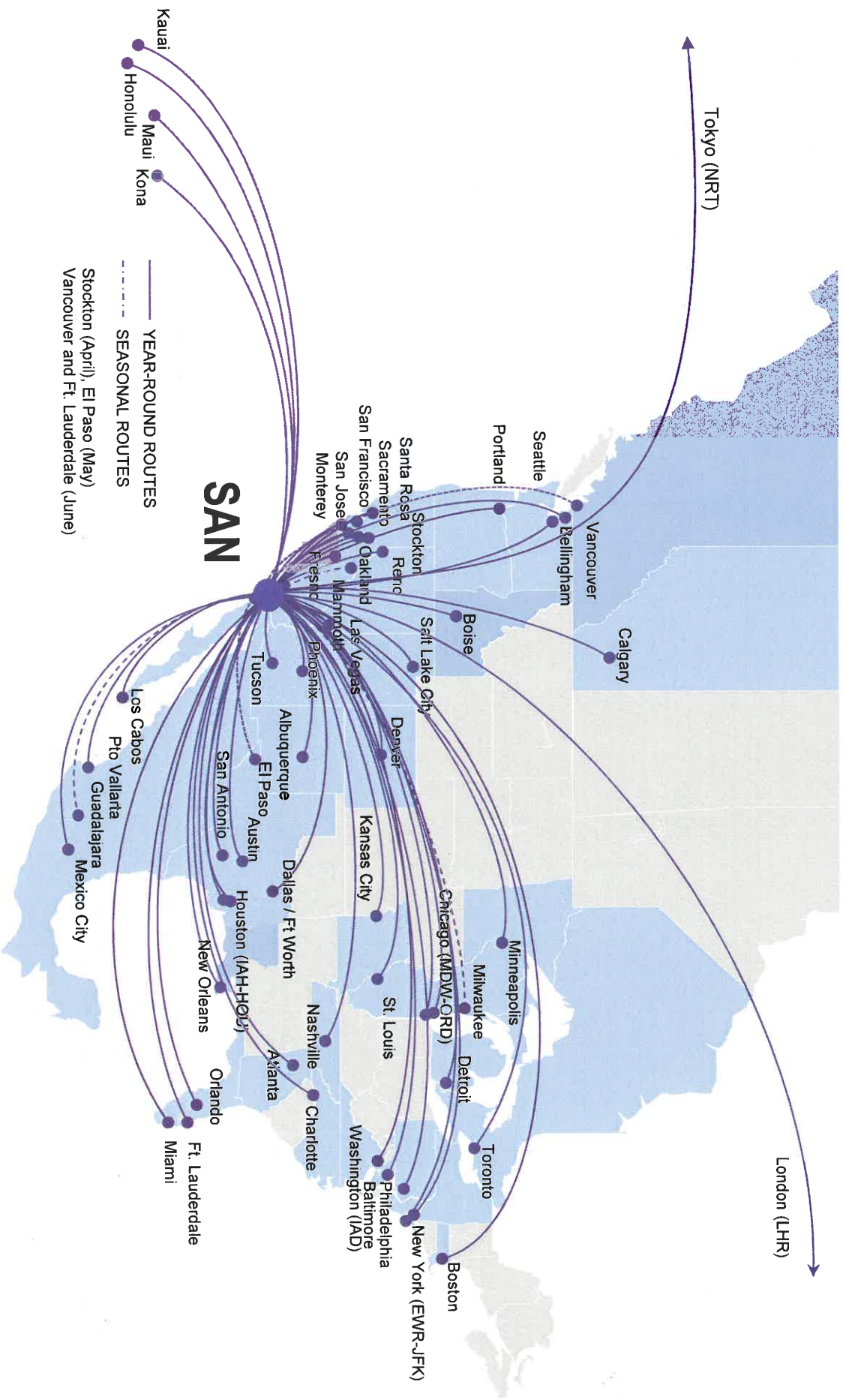
SAN DIEGO



The Official Travel Resource for the San Diego Region

Visit us at www.sandiego.org

SAN DIEGO INTERNATIONAL AIRPORT 2016 ROUTE MAP



Family Friendly Activities/Services

Children's Activities

San Diego Zoo-The world famous Sand Diego Zoo is one of the most requested attractions. Once inside take the 35-minute bus tour to orient yourself and get an overview of the park. (Travel time: 10 minutes)

Sea World-Where else can you challenge thrilling rides one minute and count teeth on a shark the next? Feed dolphins, enjoy an incredible performance, and try to stay dry when the world famous Shamu comes splashing! (Travel time: 15 minutes)

Wild Animal Park-The unique wildlife preserve features animals of Africa and Asia roaming freely in 1,800 acres of natural habitat. Ride the Wagasa Bush Line Railway and explore the Heart of Africa. Walk through the Hidden Jungle, a replica of a tropical rain forest. (Travel time: 45 minutes)

LEGOLAND-Discover kid-powered rides, cool building challenges, a unique mix of interactive attractions, exhilarating roller coasters, shows that pull the audience into the action, whimsical LEGO models and so much more! (Travel time: 40 minutes)

Children's Museum- Located just across From the Grand Hyatt, the Children's Museum offers an educational and interactive environment for play and exploration.

Midway Air Craft Carrier- Explore the Legendary Midway stationed just a 10 minute walk from the Hyatt. Venture onto the flight deck and inside the living area of what used to be a working aircraft carrier.

Maritime Museum- 1492 N. Harbor Dr. Tour through a collection of historical ships, including the Star of India, B-39 Sub, the HMS Surprise and the California.

K1 Speedway- 1709 main St. 92101 Indoor go kart racing .Open 7 Days a week. Fun for adults and young adults.

Waterfront Park- 1600 Pacific HWY 12-acre bay front park, complete with interactive fountains, children's playground, low-water-using gardens and expanses of lawn.

Petco Park and Playground- 100 Park Blvd. This is Home of the San Diego Padres and a fabulous baseball stadium. There is also a nice playground for children.

Seaport Village- Located conveniently behind the Grand Hyatt, Seaport Village has specialty shops , waterfront dining , carousel and parks along the water.

Museum of Natural History- Interactive educational exhibits about the natural world for children. Do not miss wacky Science Sundays with Ms. Fizzle

Reuben H. Fleet Science Center and Space Theater (Omnimax)- Wonderful interactive science fun for kids of all ages, adults, too! Science Center is Open Mon.- Thurs. 9:30am- 5pm, Fri.- Sat. 9:30am- 8pm,

Carousel Rides, Miniature Train Rides- near Zoo, 11am- 5pm.

LA JOLLA AREA: 20-25 minute drive

Stephen Birch Aquarium- 2300 Expedition Way, La Jolla (858) 534-FISH

At Scripps Institute of Oceanography, features a wide variety of native marine life, plus children's activities such as tide pools, live animal encounters, fish art, and nature printing. Open daily 9am- 5pm.

This area is also home to several parks, great for hiking/picnics.

MISSION BEACH AREA: 15 minute drive

Belmont Park- 3146 Mission Blvd. 491-2988

Beach-side boardwalk amusement area featuring the Giant Dipper Roller Coaster, Liberty Carousel, Remote Boats, Bumper Cars, Primetime Arcade, Pirates Cove (fun for toddlers), & more.

Pirates Cove- at Belmont park, "bump- free" fun for toddlers, 7000 sq. ft. indoor playground with ball pits, kiddie rides, arcade, and more!

Mission Beach Club- 704 Ventura Pl., Mission Beach Boardwalk (858) 488-5050

Bicycles, tandem bicycles, roller blades, skates, surf boards, boogie boards, wetsuits, beach chairs, umbrellas, and more. Open Daily 8am-8pm. All rentals include equipment.

ORANGE COUNTY & LOS ANGELES

Disneyland & California Adventure Park -Approx. 1-1/2 hour drive Info: (714) 781-4565

Knott's Berry Farm-Approx. 1-1/2 hour drive Info: (714) 220-5220

Universal Studios- Approx. 2-1/2 hour drive Info: (818) 508-9600

Magic Mountain- Approx. 2-1/2 hour drive Info. (661) 255-4111

CHILDCARE SERVICES:

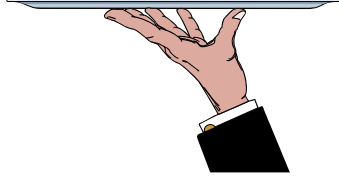
Destination Sitters: (858) 336-1999

Marion's Child Care: (619) 303-4379

Golden Grannies: (619) 582-3920

All childcare services are fully licensed and bonded.

CORONADO / SAN DIEGO RESTAURANT SUGGESTIONS



CORONADO

Current	2000 Second St. (hotel)	Fresh Farm-to-table ingredients and innovative beverage menu
Il Fornaio	1333 First Street (close)	Authentic Italian restaurant & bakery
Peohe's	1201 First Street (close)	Fresh fish and classic dishes with tropical infusion
Primavera Ristorante	932 Orange Avenue	One of San Diego's finest Italian Restaurants
1500 Ocean Restaurant	1500 Orange Avenue	American Dining at Hotel del Coronado
Bluewater Boathouse Seafood	1701 Strand Way	Contemporary waterfront grill offering classic seafood dishes

SEAFOOD

Blue Point Coastal Cuisine	565 5th Avenue	California Coastal, Oyster & Martini bar
Fish Market (<i>Under Renovation</i>)	750 N. Harbor Drive	Family casual seafood, Oyster & Sushi bar
McCormick & Schmick's	675 K St	Seafood specialties, Stylish Atmosphere
Ocean Room	630 5 th Ave	Classy, Contemporary, Oyster bar, Martinis, Sushi
Oceanaire Seafood Room	400 J Street	Great upscale seafood, retro ocean liner-style, Oyster bar
Osetra the Fish house	904 5th Avenue	Contemporary Urban, Oyster, Caviar, & Vodka bar
Peohe's	Coronado Ferry Landing	Polynesian seafood
Roy's	Marriott Marina	Hawaiian Fusion Cuisine
Spike Africa	411 Broadway	Fresh Fish Bar & Grill
The Tin Fish	170 6th Avenue	Great casual patio dining, close to Petco Park
Top of the Market (<i>Under Renovation</i>)	750 N. Harbor Drive	California-style, Intimate elegant, Bay view
Eddie V's	789 W. Harbor Drive	Prime Seafood, comfortable Sophisticated Atmosphere

STEAKHOUSES

Cowboy Star	640 10 th Avenue	New American Steakhouse with a Western Theme
Donovan's	570 K Street	A great local upscale steakhouse
Fleming's Prime Steak & Wine Bar	380 K Street	Upscale Steakhouse and Wine bar, 100+ wines by the glass
Greystone the Steakhouse	658 5th Avenue	Casual elegance, Cosmopolitan atmosphere
Harbor House	Seaport Village	Casual American cuisine, Marina & Bay views
Island Prime	800 Harbor Island	Steak & Seafood Waterfront dining
Lou & Mickey's	224 5th Avenue	Relaxed & Inviting environment
Morton's The Steakhouse	285 J Street	One of the Nations Premier Steakhouses
Ruth's Chris Steakhouse	1355 N. Harbor Drive	Upscale steak & seafood, Bay view

ITALIAN

Acqua Al 2	322 5th Avenue	Creative Tuscan fare in a stylish setting
Asti Ristorante (<i>Under Renovation</i>)	728 5th Avenue	N. Italian, Cozy and Charming atmosphere
Bice	425 Island Avenue	Cheese Bar, Cozy and Luxurious
Chianti	644 5th Avenue	Tuscan, Elegant & Rustic
De Medici	815 5th Avenue	Regional seafood specialties, Renaissance décor
Operacaffe	835 4 th Avenue	Authentic homemade Florentine specialties
Osteria Panevino	722 5th Avenue	Tuscan cuisine relaxed ambience
Salvatore's Cucina Italiana	750 Front Street	Tuscan Italian, Classic & Romantic, Large wine list

MEXICAN

Don Chido	527 5 th Avenue	handcraft Mexican, Authentic, Hacienda Style
Blind Burro	639 J Street	Trendy, Coastal Mexican Cuisine
La Fiesta	628 5 th Avenue	Latin influence's, Vibrant & Festive décor
Las Hadas	558 4 th Avenue	Authentic cuisine with an upbeat atmosphere
La Puerta	560 4 th Avenue	Street style tacos, frozen margaritas and live music.
Puesto	789 W. Harbor Dr.	Refined flavors of Mexican Street food, organic

AMERICAN /CONTINENTAL

Bertrand at Mr. A's	2550 5th Avenue	Modern American cuisine, City & Bay views
Café 21	750 5 th Ave.	Casual, American Cuisine, Organic, Bioregional
Cheesecake Factory	789 W Harbor Dr.	Extensive Menu , catering to all Food needs
Edgewater Grill	Seaport Village	American cuisine, Bay view
Grant Grill	326 Broadway	Upscale American and Great Burgers
Neighborhood	777 G Street	Burgers, Lounge Atmosphere
Searsucker	611 5 th Ave	Casual, Classy, Eclectic Seafood Cuisine
Seasons 52	789 W. Harbor Dr.	Fresh American Faire, Healthy menu
Urban Bar & Grill	827 5th Avenue	Modern America cuisine, casual, trendy atmosphere
Zanzibar	707 G Street	Eclectic American, Mediterranean Cuisine

FRENCH

Café Chloe	721 9th Avenue	Parisian-Style café, Afternoon Tea
Currant	140 W. Broadway	American Brasserie, Contemporary, Modern
Le Fontainebleau	1055 2nd Avenue	Romantic & Elegant décor, International service
Hexagone	495 Laurel Street	Upscale French Cuisine

ASIAN CUISINE'S

Dragons Den	315 10 th Avenue	Delectable Asian Bites, great sushi
Lotus Thai	905 Market Street	Zen like, comfortable atmosphere, Thai favorites
Lucky Liu's	332 J Street	Casual traditional Chinese cuisine
Nobu	207 5 th Avenue	Modern Stylish, Traditional and Roll
Rama Thai	327 4th Avenue	Extensive fine authentic menu, Award-winning
Sushi Bar Nippon	532 4 th Avenue	Traditional Sushi-Only restaurant
Sushi Lounge	411 Market St.	Rock n Roll Sushi Joint, Innovated menu
Taka	555 5th Avenue	Inventive fusion menu, Upscale Sushi b

WORLD CUISINE'S

Bandar	845 4th Avenue	Award-winning Persian fare, Contemporary
Café Sevilla	353 5 th Avenue	Spanish Cuisine, Paella, Sangria, Spanish Tapas
Fogo de Chao	686 6 th Avenue	Modern, Sleek Brazilian Steakhouse.
Indigo Grill	1536 India Street	Mexican, Native American & Alaskan flavor's
Dawali	314 5th Avenue	Northern, Indian fusion cuisine, Vegetarian
Rei Do Gado	939 4th Avenue	Churrasco-style steakhouse, Casual setting
Royal India	329 Market St.	N. Indian cuisine, Vegetarian, Patio seating available

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.

THE ART OF LIVING WELL

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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

CORONADO ISLAND MARRIOTT RESORT & SPA
2000 2ND ST, CORONADO, CA 92118 USA

PHONE 1-619-435-3000 | MARRIOTT.COM

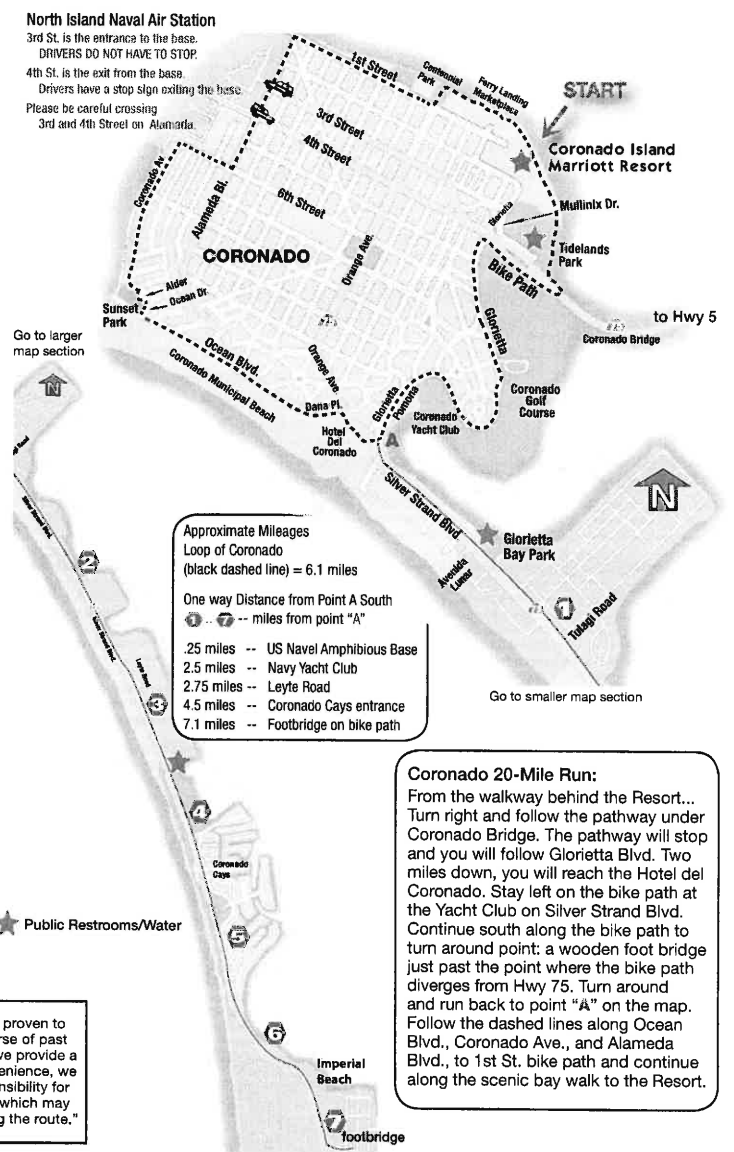
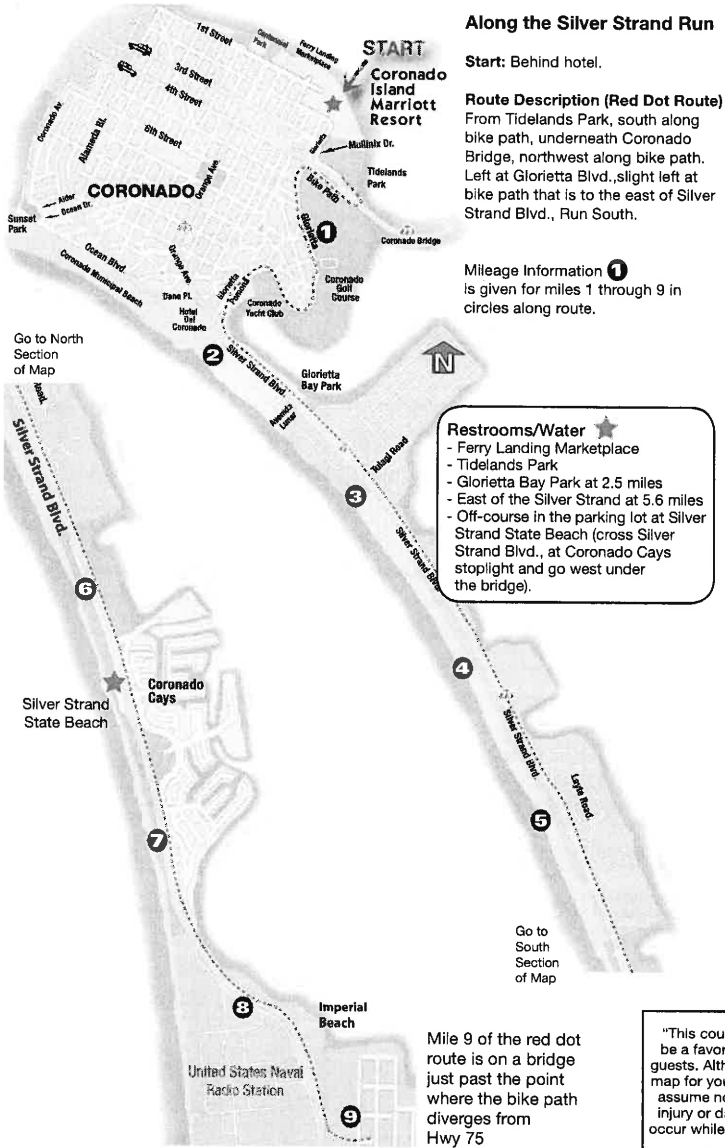


CORONADO ISLAND
RESORT & SPA
Maui

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		
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."