

CHAMINADE

Chaminade Resort and Spa sits high on a bluff overlooking Santa Cruz, where redwood covered mountains cascade down to the sparkling Pacific Ocean. We have developed our spa treatment collections to reflect the healing elements unique to our Northern California home: cool sea water, fresh mountain air, and harvests from the fertile farmland and vineyards beyond.



"From the Fields"

We look to the farms of the southern valley for the natural benefits of fresh herbs, fruits, nuts and honey.



"From the Sea"

The pristine, windswept Pacific Ocean lifts away the cares of life. Hot lava shells and natural enzymes harness the healing power of the sea to invigorate and revitalize your senses.



"From the Vineyards"

The secrets of the grapes provide strong antioxidants to keep you healthy and happy.



"From the Mountains"

Hints of eucalyptus and pine blend with carefully selected herbs to evoke the crisp air and restorative serenity of the Santa Cruz Mountains.



Our "Green" Promise:

Each of our treatments is designed with health and nature in mind. None of our products are tested on animals, and we utilize organic and renewable ingredients whenever possible. Additionally, we recycle and compost our organic waste, and many of our product lines are renowned for minimizing their use of chemicals and artificial preservatives. From recyclable packaging to all-natural ingredients, we ensure that each treatment is healthy for the client AND the earth.

Massage

Muscle Therapy Massage – 50 minutes or 80 minutes



Unique cooling and heating ingredients provide temporary relief from back aches, arthritis, strains, bruises and sprains. The all-natural formula begins to work immediately when massaged into the affected area.

Hot Lava Shell Massage – 50 minutes or 80 minutes



An exquisite treatment for the skin, focusing primarily on the back muscles and using smooth Hot Lava Shells for deep relaxation and comfort. The lava shells contain a warm, detoxifying seaweed pack to relieve strain and built-up tension.

Mimosa Champagne Massage – 50 minutes or 80 minutes



A soothing and hydrating massage for normal to dry skin types. The pairing of champagne and Tokay grapes promotes a healthy tone, while grape seed oil moisturizes and soothes skin to a silky finish.

Breathe – 50 minutes or 80 minutes



Take a journey into our mountain forests and experience the therapeutic effect of eucalyptus, peppermint, pine, and tea tree pure essential oils. A massage that will leave your body relaxed and your sinuses clear.

Enhancements:

Reiki • Reflexology • Prenatal • Deep Tissue

Skin Care



Vitamin C Facial – 75 minutes

Rich in antioxidants, this facial incorporates products proven to fight free radicals and reduce sun damage.



Sea Enzyme Facial – 90 minutes

Feed your skin with nutrients from sea enzymes and detoxify with antioxidants from green tea. Great for sensitive, combination and unbalanced skin. Not recommended for guests with allergies to iodine or seafood.



Champagne Mimosa facial – 75 minutes

Raise a toast to radiant looking skin with antioxidants from champagne grapes. Your skin will be treated to a champagne mimosa massage and a customized wine mask. Suitable for all skin types, especially mature and devitalized skin.



Stone Crop Facial – 75 minutes

Native to the forest and mountain regions, organic Stone Crop is used to heal, calm, and brighten the skin tone. This facial is suitable for all skin types, and is especially beneficial for repairing sun exposed skin.



Propolis Facial – 90 minutes

Propolis, a natural substance produced by bees, is rich in vitamins and antioxidants, and is naturally antifungal, antiviral, and antibacterial. It has tremendous healing and calming effects on the skin and is suitable for most skin types, especially sensitive, rosacea, or acne-prone skin. Not recommended for guests who are allergic to honey or beeswax.

Body

Mimosa Champagne Sugar Scrub – 75 minutes



A rich body scrub for normal to dry skin. Champagne grapes and raw sugarcane granules combine with the healing properties of oranges to help refine your skin. The treatment concludes with an antioxidant-rich healing massage to make your skin sparkle with a youthful glow.

Stone Crop Scrub & Wrap – 75 minutes



The healing juice of the Stone Crop plant regenerates all skin types. After a full-body dry brush, an organic Stone Crop masque is applied, followed by a soothing scalp massage. Finally, an organic Stone Crop lotion is applied during a full body massage.

Organic Blueberry Slimming Scrub & Wrap – 75 minutes



After a polish with an organic blueberry sugar scrub you are enveloped with a mixture of anti-aging soy yogurt, antioxidant rich blueberries, kelp, and herbs, all of which are designed to aide in cellular metabolism. The treatment finishes with a silky-soft blueberry soufflé application.

Organic Mud Wrap – 75 minutes



This detoxifying, stimulating treatment begins with a dry brush massage. Next, organic Hungarian mud is combined with cinnamon oil and paprika to stimulate the system. After the mud is removed, an application of organic Naseberry Lotion will leave you glowing and rosy.

Signatures

- **Chaminade Custom Massage** – 50 minutes or 80 minutes
Your choice of aromatherapy essential oils, aromatic lotions, or an unscented session.
- **Chaminade Custom Facial** – 45 minutes or 75 minutes
Let us create a facial designed specifically for your unique skin type. Thorough analysis and consultation included.
- **Organic Seasonal Facial** – 75 minutes
- **Diamond Microdermabrasion Treatment** – 30 minutes
Refine, polish, and brighten your skin with this decadent treatment that uses genuine diamond chips to slough away dead skin cells and reveal fresh, radiant skin. Ideal for facial scarring, sun-exposed and/or mature skin, cellular build up, and fine lines and wrinkles. Best when performed in a series of six treatments.
- **“Instant Lift” Firming Facial** – 90 minutes
You will experience visible results with this state of the art protein-enzyme facial. Includes a cinnamon exfoliant and a two-part firming mask that lifts, tightens, and rejuvenates the skin.
- **Back Treatment** – 45 minutes

Enhancements

- **Cooling Eye Soother**
Soothe away stress, lack of sleep, or allergies with this cool gauze mask soaked with active botanicals.
- **Enzyme Lip Plumper** – additional 15 minutes
Experience a complete three-step treatment for the lips that exfoliates, nurtures, and repairs dry or chapped skin.
- **Papaya Hand Polish** – additional 15 minutes
Smooth your hands with this anti-aging hand treatment utilizing natural papaya enzymes and vitamin C.

Natural Nails

- **Healthy Hands and Feet** – 90 minutes

Enjoy a pampering treatment that includes professional grooming of the hands, feet, nails, and cuticles. Natural products exfoliate and rehydrate while deep heat paraffin soothes and nourishes dry skin. End this ultimate treatment with a hand & foot massage, and the polish of your choice.

- **Spa Manicure** – 50 minutes

Our manicure begins with an exfoliating hand scrub, followed by a hydrating treatment and professional grooming of the hands, nails, and cuticles.

- **Spa Pedicure** – 75 minutes

The ultimate pedicure. Begin with an exfoliating scrub and hydrating treatment, and continue with a luxurious foot massage and professional grooming.

Express Menu

(30 Minutes)

- **Express Manicure**

This shortened manicure includes nail shaping, cuticle clean-up, and choice of polish.

- **Sore Foot and Hand Massage**

This treatment starts with a hand and foot scrub, and finishes with a Lavender and Eucalyptus deep tissue massage of your hands and feet that will soothe and renew.

- **Breathe Great Back and Neck Massage**

Eucalyptus, peppermint, pine, and tea tree will ease muscle pain while decongesting the respiration system.

- **Anti-Stress Facial**

A great “pick me up” treatment for the skin that includes cleansing, mini peel exfoliation, moisturizer, and sun protection.

Spa Packages

Gratuity is included in pricing for all Spa Packages

Room for Two – \$226 (50 minutes) or \$310 (80 minutes)

The only thing better than spa treatments, are spa treatments for two. Have a rejuvenating shared escape with your significant other, best friend, co-worker or family in our beautiful Spa Suite for Two. Select a massage from the Fields, the Vineyards, the Sea or the Mountains to customize your side-by-side relaxation experience.

The Spa Experience \$291

Refresh and rejuvenate the mind, body and spirit. This package includes a 90 minute facial and a 50 minute massage of your choosing.

Mother's Embrace \$280

Pamper the mommy-to-be with an 80 minute pre-natal massage and 45 minute facial combination.

Just for Men \$216

Relax away tension with a 50 minute Muscle Ease massage followed by our Healthy Hands and Feet combination.

Teen Time \$144

Express services designed for teens on the go with a 45 minute facial, an Express Manicure and a relaxing foot soak with polish choice for the feet.

*Please Note: No other discounts may be applied to any packages.
Services and prices subject to change.*

Wedding Spa Packages

Gratuity is included in pricing for all Spa Packages

The Bride \$264.00

- ❖ Choice of any 80 minute massage
- ❖ 45 minute facial

The Groom \$330.00

- ❖ 80 minute Deep Pressure Massage
- ❖ 75 minute Gentlemen's Facial

The Wedding Party \$220.00 per person

- ❖ Choice of any 50 minute massage
- ❖ 45 minute facial

The Finishing Touch - Bride \$168.00

- ❖ Make up consultation
- ❖ Bridal Makeup Application on day of wedding

The Finishing Touch - Bridal Party \$60.00 per person

- ❖ Bridal Party Makeup Application

*Please Note: No other discounts may be applied to any packages.
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General Information

Chaminade Resort and Spa

One Chaminade Lane, Santa Cruz, CA 95065

Spa Hours of Operation

Monday – Friday *10am-8pm*

Saturday – Sunday *9am-8pm*

Fitness Center Hours of Operation

Monday – Saturday *6am-9pm*

Sunday *6am-8pm*

Check In

Check in is a minimum of 15 minutes prior to the start of your treatment. All guests receiving spa services valued at \$95 or more are invited to enjoy our spa facilities on the day of your service either before or after your treatments. Facilities include steam room, sauna, whirlpools, outdoor pool and fitness center so be sure to allow yourself time to enjoy all that we have to offer.

Late Arrivals

Arriving late will limit the time for your treatment, possibly reducing its effectiveness and your pleasure. Your treatment will end on time so our next guest is not delayed. The full value of your treatment will be charged.

Cancellations

Your appointment time is reserved just for you. 24-hour notice is needed to cancel or change an appointment. If less than 24-hour notice is given you will be charged in full for cancellations unless we are able to re-book your appointment time with another guest. If an appointment is rescheduled on the day of service an additional \$45 charge will be assessed. Group cancellations differ; please call for details.

Health

Please inform us of any health concerns you may have. Certain treatments may not be appropriate for those with heart disease/high blood pressure, pregnancy, allergies, etc. If you have any health concerns, consult your health care provider prior to receiving a spa service.

Service Charge

A 20% service charge (including 15% gratuity) is added to all services. Additional gratuity is appreciated for outstanding service.

What to Wear

You will be issued a robe, sandals and a locker for your use during your visit with us. You will be properly draped for the duration of your treatment. Our outdoor whirlpool is co-ed, please bring a swimsuit.

Prices subject to change without notice. To ensure a tranquil environment for all of our guests we request that cell phones and pagers be turned off in the Spa. Under 18 allowed only with parental permission waiver.

Spa Reservations

800-283-6569 or 831-475-5600

Or from your guest room dial ext.36