



THE CENTER
FOR WELLBEING

SPA • FITNESS CENTER • MOVEMENT STUDIO



BEAUTY AND BEING

FAIRMONT GRAND DEL MAR



**SOMETIMES, IT TAKES
A LIFETIME TO ACHIEVE
SERENITY. SOMETIMES,
A MERE AFTERNOON.**

Occasionally, our life's journey demands that we stop for a moment. To rest, refresh and rejuvenate. To revel in the natural abundance of our surroundings. Such moments were made for The Center For Wellbeing at Fairmont Grand Del Mar. Situate yourself in the breathtaking Los Peñasquitos Canyon Preserve, and allow the profusion of flora and fauna to wash over your senses. Explore the wild herbs, mineral-rich clays and plethora of local elements used in our restorative spa treatments. Immerse yourself in the art of wellbeing.

WHERE TIME STANDS STILL

A modern-day monument to the invigorating spirit of the Renaissance, The Center For Wellbeing at Fairmont Grand Del Mar welcomes you to a relaxing, restorative experience for your essential self. Drawing from the synergy of expert touch, organic natural elements and rejuvenating treatments, The Center For Wellbeing specializes in the arts of quieting the mind, soothing the body and emboldening the spirit.



BETWEEN TWO WORLDS

Rooted in the healing traditions of the past and the regenerative science of the present, the award-winning menu of services at The Center For Wellbeing is designed to calm, balance, and naturally restore health and beauty from the inside and out.

Trained in the art and science of wellness, The Center For Wellbeing's ASTECC-certified practitioners employ a complete suite of treatments, from hydrotherapy and soft tissue therapies to Dr. Vodder's manual lymph drainage (MLD) and biochemical elements. Their mix of compassion and technical expertise turns any spa visit into an unforgettable experience.

We understand that stress is one of the primary causes of a number of common disorders, including anxiety, fatigue, digestive issues, premature aging and weight fluctuation. Accordingly, The Center For Wellbeing specializes in noninvasive, holistic treatments that naturally interrupt negative stress patterns while restoring balance and homeostasis.

These subtle, all-natural massages, wraps and facials consistently create calm and serenity for mind, body and spirit, imparting a sense of deep relaxation before returning to the world outside.





SIGNATURE WELLNESS EXPERIENCES

RENAISSANCE

90 minutes

\$365 Monday–Thursday, \$385 Friday–Sunday

Nourishing and replenishing, this signature body ritual begins with a warm body wrap of mineral-rich Moor mud blended with aromatic oils, while you rest in a relaxing, free-floating bed. An invigorating, rosemary-infused Swiss shower follows, along with tension-relieving touch therapy applied with rhythmic, rocking motions, bringing gentle movement into the joints and encouraging flexibility.

CORE ELEMENTS

90 minutes

\$325 Monday–Thursday, \$345 Friday–Sunday

Ideal for lower-back soreness, this service balances and strengthens the body's core. A relaxing lower-back, hip and abdominal massage precedes a nutrient-rich mud wrap along the same areas. The treatment concludes with a massage of the neck, shoulders and upper back.

BETWEEN TWO WORLDS

75 minutes

\$275 Monday–Thursday, \$295 Friday–Sunday

Perfect for reducing anxiety, this aromatic light-touch therapy targets nerve pathways to inspire a deep, soulful relaxation. A sweetgrass compress follows to awaken the senses and reconnect you with the earth.

TRIAD TREATMENTS

These multitiered treatment trios are designed to fully rejuvenate the body and spirit.

DECOMPRESSION

Scrub, Hydrating Body Wrap and Massage

120 minutes

\$430 Monday–Thursday, \$450 Friday–Sunday

An invigorating body scrub with Dead Sea salts and organic rosemary is followed by a luxurious hydrotherapy shower. The body is then enveloped in a hydrating body wrap with goat butter while lying on a warm, free-floating bed, encouraging inner tranquility. A customized body massage concludes this soothing treatment.

EXPRESSION

Stone, Scrub and Tonic Massage

120 minutes

\$430 Monday–Thursday, \$450 Friday–Sunday

This tiered ritual begins with a massage of warm, soothing stones, followed by an invigorating body scrub and Vichy shower. A brisk tonic massage to finish stimulates circulation and creates a surge of energy from head to toe.

SCULPTED BEAUTY

Massage, Thermal Wrap and Hydrotherapy Shower

120 minutes

\$430 Monday–Thursday, \$450 Friday–Sunday

Ideal for improving the skin's appearance, this treatment includes a contouring body massage to encourage the elimination of excess fluid followed by a mineralizing seaweed clay wrap. An indulgent hydrotherapy shower follows before the skin is hydrated with a sunflower- and mango- infused goat butter tightening cream.

EXTREMITIES

Footbath, Reflexology and Upper-Body Massage

90 minutes

\$325 Monday–Thursday, \$345 Friday–Sunday

Promoting relaxation and a sense of wellbeing, this treatment begins with a therapeutic herbal footbath followed by a healing reflexology massage on the hands and feet to stimulate energy pathways. A soothing scalp, neck and shoulder massage using warm, aromatic oils prolongs the relaxation.

HEALING SOLUTIONS

DR. VODDER’S MANUAL LYMPH DRAINAGE (MLD)
30 minutes
\$135 Monday–Thursday, \$150 Friday–Sunday
60 minutes
\$235 Monday–Thursday, \$250 Friday–Sunday
90 minutes
\$335 Monday–Thursday, \$350 Friday–Sunday
Anti-inflammatory and decongestive, this deeply relaxing, light-touch therapy pulls at the fabric of the connective tissue to unwind, release and restore pH balance. Specific to the neck, face, thorax and limbs, MLD is widely recognized as the physical therapy of choice for post-surgery healing, inflammatory conditions and treatment of lymphedema.

HERBAL REFLEXOLOGY
60 minutes
\$235 Monday–Thursday, \$250 Friday–Sunday
Rosemary and rose petals infuse a warm, detoxifying Epsom salt footbath, followed by a hand and foot reflexology massage to clear energy pathways and stimulate total wellness by addressing the body’s organs.

CONNECTIVE TISSUE MANIPULATION
60 minutes
\$235 Monday–Thursday, \$250 Friday–Sunday
Featured in our Natural Facelift and individually prescribed body therapies, this treatment repairs and restores compromised tissue while encouraging rest and relaxation.

AROMA-REFLEX THERAPY
60 minutes
\$255 Monday–Thursday, \$270 Friday–Sunday
Equal parts art, science and alchemy, this subtle light-touch therapy draws on organic aromatic essences and targeted movements to balance and harmonize body and mind. As relaxing as it is regenerative, this signature experience often serves as a medium for new insights, a fresh perspective and quiet resolve.

TOUCH THERAPIES

HERBAL SALT SCRUB
30 minutes
\$135 Monday–Thursday, \$150 Friday–Sunday
Indigenous, aromatic rosemary works in synergy with a stimulating, cascading Vichy shower to deliver an experience of exhilarating, restorative wellness.

REFINED
60 minutes
\$255 Monday–Thursday, \$270 Friday–Sunday
This energizing Vichy shower experience begins with a full-body dry brushing to stimulate the lymphatic system, followed by a nutrient-rich sea-salt body scrub. A relaxing application of hydrating body oil follows, leaving the skin soft and glowing.

THERAPEUTIC
60 minutes
\$235 Monday–Thursday, \$250 Friday–Sunday
90 minutes
\$335 Monday–Thursday, \$350 Friday–Sunday
120 minutes
\$461 Monday–Thursday, \$476 Friday–Sunday
From soothing Swedish to tension-releasing deep tissue, the Therapeutic massage is personalized to your specific pressure preference and areas of tension, pain or chronic issues. Release tightness, reduce muscle pain, increase circulation and simply relax.

BEGINNINGS
60 minutes
\$235 Monday–Thursday, \$250 Friday–Sunday
This relaxing maternity massage promotes circulation, soothes discomfort and reduces tension. Extra care and body pillows enhance comfort and support while lying down. This treatment may be experienced after the first trimester.

SOLE COMFORT
30 minutes
\$135 Monday–Thursday, \$150 Friday–Sunday
Following a purifying rosemary compress, our relaxing therapeutic foot massage restores balance while easing tendons and reviving tired, aching feet.

GRAND WRAPS

These three nourishing wrap experiences begin with a dry body brushing to gently exfoliate the skin, and are followed by a choice of either a mini-Portrait facial or a mini-Therapeutic massage.
60 minutes Facial Wrap
\$235 Monday–Thursday, \$250 Friday–Sunday
60 minutes Massage Wrap
\$235 Monday–Thursday, \$250 Friday–Sunday

RECOVER
Using a blend of Roman chamomile and lavender essential oils, this wrap calms and nourishes irritated skin. Great for sunburned skin.

REPLENISH
This deeply moisturizing wrap of Porphyra red algae, hyaluronic acid and clary sage protects the skin, fights water retention and balances the senses.

MARINE REPAIR
Enhanced with aromatic oils, this remineralizing algae wrap helps hydrate and restore the skin to its perfect state.

FACIAL THERAPIES

GRAND CRU—BY DR BURGNER SWITZERLAND
90 minutes

\$495 Monday–Thursday, \$515 Friday–Sunday
This facial uses Repairing Grand Cru Gold Complex, which contains a blend of chardonnay, pinot meunier and pinot noir to retain long-lasting firmness. Rich in flavonoids, resveratrol and polyphenol, this highly restorative serum is further enhanced with gold minerals. Green caviar—a rare algae used for centuries in Japan and renowned for its longevity properties—is then combined with FicuVita stem cells, peptides and hyaluronic acid to help stimulate collagen synthesis, reduce DNA damage, replenish skin volume and reduce the appearance of fine lines and wrinkles. Includes microdermabrasion and VitaSkin ultrasound infusion.

COLLAGEN FIRMING—BY DR BURGNER SWITZERLAND
60 minutes
Without microdermabrasion or ultrasound
\$350 Monday–Thursday, \$370 Friday–Sunday
90 minutes

With microdermabrasion and ultrasound
\$465 Monday–Thursday, \$485 Friday–Sunday
Experience the intense lifting powers of collagen, a natural protein that is essential to revealing firmer, smoother and more beautiful skin. When combined with microdermabrasion and VitaSkin ultrasound infusion, this acacia collagen treatment delivers instant results. Fine lines and wrinkles will fade while suppleness and firmness will improve.

ILLUMINATING—BY DR BURGNER SWITZERLAND
75 minutes
\$360 Monday–Thursday, \$380 Friday–Sunday

Employing resurfacing glycolic acid in both a facial peel and mask, the Illuminating facial reveals a bright and beautiful complexion. This treatment purifies and tones the face with a sequence of massage techniques to improve circulation and cellular rejuvenation. VitaSkin ultrasound technology further enhances the results to leave skin looking radiant and illuminated.

SKIN CURE—BY DR BURGNER SWITZERLAND
Seven customized treatments
45 minutes
\$1,400

Experience remarkable results with our anti-aging program designed to completely resurface and revitalize the skin in seven heavenly treatments. This mechanical micro-peeling and exfoliation system penetrates deep into the layers of the skin, smoothing it, reducing hyperpigmentation and countering the effects of both environmental and hereditary aging. Combined with VitaSkin ultrasound, your customized Skin Cure will target dilated pores, facilitating a deeper removal of impurities from the skin and dramatically reducing the appearance of fine lines and wrinkles.

NATURAL FACELIFT
90 minutes
\$355 Monday–Thursday, \$370 Friday–Sunday
Dramatic results are instantaneous. A relaxing, contouring facial tightens and revitalizes the skin while gently stimulating the natural production of collagen and elastin. Our therapeutic connective tissue technique continues its rejuvenating work over the next 24-hour period.

PORTRAIT
60 minutes
\$235 Monday–Thursday, \$250 Friday–Sunday
Following a brief consultation, our expert estheticians customize this toning and refreshing facial to your individual skin type, using a handmade, organic skin-care line designed exclusively for The Center For Wellbeing.

ART FOR ART'S SAKE
90 minutes
\$335 Monday–Thursday, \$350 Friday–Sunday
Our signature facial begins with a choreographed sequence of exfoliation, warm aromatic towels and a nourishing clay mask rich in essential fatty acids and antioxidants, giving the skin a healthy, radiant glow. Next, warm oils enhance a neck, shoulder, décolleté, face, scalp and foot massage.





ENHANCEMENTS

OCULAR ILLUMINATION—BY DR BURGNER SWITZERLAND

Add to any facial therapy, \$80

Focusing on diminishing fine lines, puffiness and dark circles in the delicate eye area, this cooling treatment complements any facial.

REVIVAL PEEL

Add to select facial therapies, \$80

Enhance your facial with a nutrient-rich, all-natural exfoliation featuring a blend of salicylic, lactic and glycolic acids derived from hiscus flowers to gradually exfoliate the skin without causing redness.

ANTI-AGING HAND TREATMENT

Add to any therapy, \$35

Facial-grade anti-aging serums and creams are applied to the hands before a warm paraffin treatment. This exquisite add-on moisturizes hands, lightens age spots, and reduces muscle and joint soreness.

MOISTURIZING FOOT TREATMENT

Add to any therapy, \$35

This deeply hydrating treatment uses luxurious goat butter and warm paraffin to soften skin and soothe achy feet.

WAXING

Pricing upon request

The Center For Wellbeing offers a full complement of facial- and body-waxing services.

PACKAGES

GRAND DAY SPA RETREAT

Massage, Facial and Lunch

120 minutes

\$490 Monday–Thursday, \$505 Friday–Sunday

Decompress and renew with a full day of relaxation, including a full-body Therapeutic massage, personalized Portrait facial and poolside lunch.

WORK OF ART

Massage, Wrap and Facial

180 minutes

\$650 Monday–Thursday, \$665 Friday–Sunday

Rejuvenate the mind and body with two signature therapies. Our Core Elements treatment soothes and strengthens the body's core through massage and a detoxifying wrap, followed by an exquisite Art for Art's Sake facial for ultimate relaxation.

COUPLE'S CLASSIC

Bath, Massage and Wrap

105 minutes

\$760 Monday–Thursday, \$780 Friday–Sunday

This sensuous experience for two includes a relaxing, mineral-rich bath, customized 60-minute massage and moisture-intensive wrap with a blissful head and foot massage.

GENTLEMEN'S SPA SERVICES

ATHLETIC ENCOUNTER

60 minutes

\$238 Monday–Thursday, \$258 Friday–Sunday

90 minutes

\$339 Monday–Thursday, \$354 Friday–Sunday

Designed to focus on specific areas of concern, this therapeutic sports massage addresses the restrictions and impairments of strained and repetitively stressed muscles. Rhythmic strokes realign and stretch the muscles to help improve flexibility and flush metabolic waste from the tissues.

BACK TO NATURE

60 minutes

\$225 Monday–Thursday, \$245 Friday–Sunday

This deep-cleansing and moisturizing back exfoliation treatment features an individually customized, facial-grade blend of botanical and aromatic oils.



WELLBEING THERAPIES

GUIDED MEDITATION

30 minutes

Pricing upon request

Deepen body awareness, calm the mind and connect to inner peacefulness while flowing into tranquility with guided breath and meditation. This practice will reduce stress, anxiety and insomnia while heightening clarity, concentration and creativity. Come with an open mind and heart. Both beginners and established meditators are welcome.

MINDFULNESS TEACHING

60 minutes

Pricing upon request

Cultivate inner balance with mind-body skills for modern life. Jim Cahill, a leading brain researcher featured in Dr. Andrew Weil's instructional material and trained in classical mindfulness methods under the guidance of the Dalai Lama's interpreter, will guide the practice while imparting relief from muscle tension, breath awareness and proper use of introspection. Learn to diffuse tension automatically throughout the day, improve sleep habits, deepen the skill of appreciation, dwell in stillness and joy, and maintain clarity and equanimity in the face of life's many challenges.

WATER CURE

60 minutes

Pricing upon request

Discover spa's best kept secret, sanitas per aqua (Latin for "health through water"), with an experiential teaching curated by an ASTECC master therapist. Learn one of the oldest, richest and simplest ritual practices, combining the healing power of water, contrasting temperatures and repetition to unleash profound rejuvenation potential. As relaxing as it is therapeutic, this experience naturally restores balance to the nervous system and promotes cellular exchange.



FITNESS & MOVEMENT

RETREAT INTO NATURE

2.5–6 miles (4–9.7 kilometers) / 2–3 hours

Pricing upon request

Los Peñasquitos Canyon Preserve reveals prehistoric pasts, an abundance of flora, wildlife communities, flowing creeks, a waterfall and scenic vistas. Take in the stunning natural beauty and uncover Native American history dating back 7,000 years on this private hike with our resort naturalist, available in 2.5-, 4- and 6-mile (4-, 6.4- and 9.7-kilometer) options that range from an easy stroll or a moderate hike to a heart-pumping adventure.

PEAK PERFORMANCE

90 minutes

\$250 Monday–Thursday, \$270 Friday–Sunday

Peak Performance begins with initial testing to determine your current level of fitness, followed by a guided journey through a series of workouts that will challenge you and help you reach your physical wellness and fitness goals.

GOLF PERFORMANCE

90 minutes

\$250 Monday–Thursday, \$270 Friday–Sunday

One of the most important aspects of your golf game is your body. Is yours efficient for your swing? We will guide you through a series of physical screenings that will determine what physical limitations reside within your body. Each screening is directly related to a movement within the golf swing. Corrective exercises will then be prescribed to address these limitations and help you on your golf journey.

PERSONAL TRAINING

Single 60-minute session \$100

Eight 60-minute sessions \$700

Selecting a personal trainer is the first step on the road to better health—and an enviable body. Our experts will create a custom program specifically tailored to your fitness level and goals. Having a personal trainer is a great way to inspire your workouts, prevent injury and achieve real results.



INFORMATION & ETIQUETTE

RESERVATIONS

Spa treatments are available for guests 18 years of age and older. We encourage you to book spa and salon appointments when you reserve your guest room. Please inform the reservation agent of any medical conditions or other special needs that require our attention so we can ensure your experience is a pleasant one.

To make a reservation, please call 858 314 2020.

FACILITIES

The Center For Wellbeing features 21,000 square feet (1,950 square meters) of Old World elegance and 11 expansive treatment rooms—including a romantic couples’ suite—for massages, cleansing facials and hydrotherapy body treatments. Our Men’s Lounge and Women’s Lounge both offer lavishly appointed relaxation rooms with stone fireplaces, showers, steam and sauna areas, and indoor whirlpools. A shared outdoor relaxation area, whirlpool and Relaxation Pool are also available for guests to enjoy.

FITNESS CENTER & MOVEMENT STUDIO

Located within The Center For Wellbeing, the Fitness Center features free weights and state-of-the-art equipment, including a variety of cardio and weight machines. The Fitness Center is complimentary to all resort guests 16 years of age and older. Personal training (reservations required) and fitness classes in the Movement Studio are also available. For your safety, proper closed-toe fitness shoes and clothing are required in the Fitness Center and in fitness classes. Please contact The Center For Wellbeing for more information, class schedules and personal training reservations.

CANCELLATION & RESCHEDULING POLICY

If you wish to reschedule or cancel a service, please notify the spa by 4:00 PM on the day prior to your appointment. For notifications received after this time, 50% of the value of the service will be charged. For missed appointments or same-day cancellations, the full value of the service will be charged.

GRATUITY & SERVICE FEE

For your convenience, a 20% Gratuity & Service Fee will be automatically added to all services and packages, of which 18% is a gratuity that is distributed to the Hotel’s therapist and, as appropriate, other staff, and the remaining 2% is a service fee retained (and not distributed as a tip or gratuity to the Hotel’s staff) by the Hotel. Depending on the Hotel’s location, the Gratuity & Service Fee may be subject to sales or other taxes, which may change from time to time without

notice. If you wish to provide an additional tip to the staff members who served you during your visit to The Center For Wellbeing, please feel free to do so.

LOCATION & PARKING

The Center For Wellbeing at Fairmont Grand Del Mar is located on the first floor at the west end of the resort. For your convenience, valet parking is complimentary for our spa guests.

ARRIVAL

We invite you to arrive 30 minutes prior to your scheduled spa service so that you can prepare for your treatment and relax in our vitality mineral whirlpool, steam rooms, sauna and showers. To ensure that all guests receive their full treatment, late arrivals will end at the originally scheduled time.

SPA ATTIRE

Spa robes, sandals and lockers are complimentary for all spa guests. Most of our guests prefer to fully undress for treatments, since our staff is professionally trained in proper draping techniques designed to ensure modesty and comfort throughout the treatments. If you prefer, you may wear undergarments for your treatment. Disposable undergarments are also available upon request. A bathing suit is recommended for our whirlpool, sauna and steam treatments. The Center For Wellbeing also provides a luxurious array of personal care products for your complimentary use.

CONSIDERATIONS & VALUABLES

To preserve our tranquil environment, The Center For Wellbeing is a mobile phone-free and smoke-free environment. Please avoid bringing jewelry or other valuables to The Center For Wellbeing. If you are a guest of the resort, please leave valuables in your in-room safe. We are not responsible for valuables that are lost or left at The Center For Wellbeing.

GIFT CERTIFICATES & THE SPA BOUTIQUE

Gift certificates for spa, salon and fitness services, as well as items at The Spa Boutique, make ideal gifts for any special occasion. The Spa Boutique carries our exclusive, handmade, organic skin-care line, as well as stylish yoga wear, robes and sandals, candles, and other soothing gifts.



Fairmont SPA

Whether you're looking for a quick escape from the city or a leisurely oasis of calm on the road, our revitalizing treatments and expert techniques at Fairmont Spas and Willow Stream Spas will restore you to your absolute best. We invite you to indulge yourself at any of our spas around the world.

BERMUDA	INDONESIA	SWITZERLAND
Fairmont Southampton	Fairmont Jakarta	Fairmont Le Montreux Palace
CANADA	Fairmont Sanur Beach, Bali	TURKEY
Fairmont Banff Springs	JORDAN	Fairmont Quasar, Istanbul
Fairmont Chateau Lake Louise	Fairmont Amman	UNITED ARAB EMIRATES
Fairmont Empress, Victoria	KENYA	Fairmont Dubai
Fairmont Jasper Park Lodge	Fairmont Mount Kenya Safari Club	Fairmont Fujairah Beach Resort
Fairmont Le Château Montebello	Fairmont The Norfolk, Nairobi	Fairmont The Palm, Dubai
Fairmont Pacific Rim, Vancouver	MEXICO	UNITED KINGDOM
CHINA	Fairmont Mayakoba, Riviera Maya	Fairmont St Andrews
Fairmont Beijing	MONACO	The Savoy, A Fairmont Managed Hotel, London
Fairmont Chengdu	Fairmont Monte Carlo	UNITED STATES
Fairmont Nanjing	PHILIPPINES	Claremont Club & Spa, A Fairmont Hotel, Berkeley
Fairmont Peace Hotel, Shanghai	Fairmont Makati	Fairmont Chicago, Millennium Park
Fairmont Yangcheng Lake, Kunshan	SAUDI ARABIA	Fairmont Grand Del Mar, San Diego
EGYPT	Makkah Clock Royal Tower, A Fairmont Hotel	Fairmont Kea Lani, Maui
Fairmont Nile City, Cairo	SINGAPORE	Fairmont Orchid, Kohala Coast
GERMANY	Fairmont Singapore	Fairmont Pittsburgh
Fairmont Hotel Vier Jahreszeiten, Hamburg	SOUTH AFRICA	Fairmont Scottsdale Princess
	Fairmont Zimbali Resort	Fairmont Sonoma Mission Inn & Spa

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