



GRAND PACIFIC PALISADES
RESORT & HOTEL

Indulge Yourself!

We offer a variety of massages to make you feel energized and refreshed. Appointments are available from 8am to 6:30pm. Please book at least two to three hours in advance to help ensure availability for your preferred appointment time.

Set up your relaxing massage today by calling our Massage Therapist at (760) 585-8876.

Swedish Massage

A classic European massage that will ease you into an indulging state of mind. Through long, even strokes and kneading to the superficial layers of muscles you will experience relaxation, improved circulation and mobility and a relief from muscle tension.

30 minutes
\$40.00

60 minutes
\$70.00

Aroma Therapy Massage

A gentle, nurturing massage that combines the sense of touch and smell using essential oils in a rhythmic soft massage. The aroma of the essential oils are known to calm and soothe the nervous system, naturally relieving tension throughout the body.

30 minutes
\$45.00

60 minutes
\$75.00

Therapeutic Massage

This deep tissue massage is the best of all therapeutic worlds, combining traditional massage with a wide variety of techniques designed to target sore muscles. Excellent for achieving deep muscle relaxation and improved flexibility through assisted stretching.

30 minutes
\$50.00

60 minutes
\$80.00

See back page for additional helpful information.





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Therapeutic Massage

Reservations

Massage appointments are required. We recommend making your reservation at least two to three hours in advance.

Location

We've created a beautiful and relaxing massage room, located in The Grand Pacific Palisades Resort & Hotel Fitness Center located at 5805 Armada Drive, Carlsbad, CA 92008.

Preparing for Your Massage

You are welcome to use our lockers and showers in the fitness center to freshen up before and after your massage. We recommend arriving a few minutes early.

Health Problems and Comfort Level

Please notify your therapist of any health or medical problems, including recent or past injuries, surgeries or physical limitations. Please note, Massage Guests must be at least 18 years of age.

What to Wear During a Massage

Massage treatments can be enjoyed without clothes or if preferred, undergarments may be worn. Professional draping is performed throughout your massage. All jewelry should be removed and safely stored so that your therapist may work safely and unobstructed.

Payment Options

Our world-class massage therapists are independent, licensed professionals. Payment should be made directly to your therapist in the form of cash, credit card or room charge following your appointment. A \$20.00 cancellation fee will apply if appointment is not cancelled one hour prior to scheduled massage.

Thank you!

Sincerely,

Your Massage Therapy Staff