

Massage Services



LA JOLLA
SHORES HOTEL
The beach is your playground.



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What better way to complement time spent on the beach than with a relaxing massage? Book an appointment to enjoy a massage from the comfort of your guest room. Please contact Massage Services for additional information.

SIGNATURE MESSAGES

30 min : 105 | 60 min : 140 | 90 min : 185

The Jewel

La Jolla is Spanish for "The Jewel," and like its namesake this massage combines the best techniques from Eastern and Western traditions. You can also personalize this massage to your individual needs.

Sports Massage

Enhance athletic performance and accelerate recovery time with our customized sports massage. Our expert therapists will design a specialized treatment to meet and treat the physical demands of your active lifestyle.

SPECIALIZED TREATMENTS

30 min : 115

Face Massage

Melt away the tensions of the day with a rejuvenating massage that relieves pressure and improves circulation to the face, as well as provides a gentle form of pain relief. Look for improvement in your muscle tone and skin health.

Foot Massage

This specialized treatment uses the thumb and fingers to stimulate nerve endings in each foot, and has been known to improve circulation and lymphatic flow. Relieve stress and help your body heal itself by restoring balance.

Custom Medley

60 min: 155 / 90 min: 200

Combine two specialized 30 minute treatments or add on to a signature massage to create a completely unique experience.

EXTRA ENHANCEMENTS

Add enhancements to your massage : 10

Therapeutic Deep Tissue

Welcome to the good hurt. Slow movements and increased pressure help untangle knots and realign tense, tight muscles. This detailed tension release helps to restore balance and increase mobility.

Aromatherapy

Your sense of smell affects heart rate, stress levels and more. Choose from our special selection of the highest quality essential oils, expertly applied to maximize their healing qualities. Ask your therapist for a description of the scents and their unique abilities to calm, energize, cleanse or decongest.

CONTACT INFO

Massage Services

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