



estrella spa



massages

THE AVALON MASSAGE

A bespoke massage that will indulge your muscles, whether you are in need of a Swedish massage or Deep Tissue or an intuitive infusion of both

60 min. \$210 | 75 min. \$265 | 90 min. \$298

PRENATAL MASSAGE

Rosehip fruits and Chia seed oil help to nourish, repair and maintain elasticity while the treatment will alleviate the discomforts of pregnancy and reclaim posture and flexibility. Sure to relieve stress on joints, neck and back while nurturing body and soul. Available in front or side lying positioning for your comfort (Only performed after your first trimester)

60 min. \$218 | 75 min. \$273 | 90 min. \$308

CBD SPA EXPERIENCE

Sip. Massage. Relief.

Take your massage next level with CAUSE MEDICs powerful blend of 400mg of water-soluble broad-spectrum CBD and therapeutic plant extracts. This treatment will elevate your mind, relax the nervous system, and help provide immediate relief from aches and pains

60 min. \$228 | 75 min. \$283 | 90 min. \$318

treatment enhancements

GUA SHA SCALP TREATMENT

Using natural jade and rosemary oil, this invigorating scalp massage is designed to relax the mind and improve the condition of your scalp

CBD RECOVERY

Featuring all-natural healing properties this oil and targeted pain cream takes you from morning into evening with head-to-toe benefits for your skin and sore muscles

SCRUB

(Hands or Feet) Renew your skin with an exfoliating scrub

REFLEXOLOGY

Reflexology utilizes the application of pressure to specific reflex points located on the hands and feet that correspond to related organs and systems of the body. This add-on helps open energy flow and improves balance and circulation. You will feel the healing benefits throughout your entire body

**This is not recommended for expectant mothers.*

THERAGUN BOOST

Bring a new level of revival and relaxation to your next full-body treatment with Theragun Percussive Therapy. This proven method will assist in your deeper relaxation and body awareness, bringing about a more complete massage and improving overall well being

All enhancements \$27 | No added time



facials

THE AVALON FACIAL

Purify and heal your skin in this classic European style facial using Monastery, natural, small batch, aromatherapeutic skincare products. Each ingredient is of the purest form and highest quality to create a blend of the best nature has to offer- free from fillers, water, alcohol, and salts. Balancing and renewing for all skin types, especially recommended for those with sensitive or acne prone skin

60 min \$210 | 75 min \$265 | 90 min \$298

NATURA BISSE LED DIAMOND FACIAL

Boost your skin's natural glow with the Natura Bisse LED Diamond Facial, offered exclusively at Estrella Spa. This innovative, expertly curated anti-aging treatment is specifically designed to help fade dark spots, restore brightness, and reveal a rejuvenated, radiant complexion. TheraFace Mask's full-face LED light therapy stimulates collagen production, helps reduce wrinkles and fine lines, and fights acne while TheraFace PRO's powerful, fast-acting microcurrent treatment helps firm and improve muscle tone in the face and neck. Together, these powerhouse treatments will leave you with a lasting youthful glow and smoother, firmer skin

75 min \$310 | 60 min \$275 (excludes LED & Microcurrent)

LED LIGHT THERAPY FACIAL

This focused facial treatment delivers treatment that's beyond skin deep. A cleansing and exfoliating treatment clears the way for LED to revitalize skins texture. Treatment is completed with appropriate skincare for stellar results, inside and out. Available in red light for building collagen and elastin and blue light to soothe breakout prone skin

25 min \$98

for added luxury

AGE DEFYING THERAPY

A targeted treatment using TheraFace PRO Infrared Light Therapy helps reduce wrinkles around the eyes. Gentle microcurrent stimulation helps firm and improve muscle tone in face and neck

DETOX CURE EXTRACTIONS

This detoxifying cure includes a meticulous extraction with a pre-and-post treatment that will purify your skin and provide it with a luminous appearance. Finished with TheraFace PRO LED Blue Light Therapy to reduce mild acne and puffiness

All additions are \$47 | No added time



body treatments

OCEAN DEW MAGNESIUM GEL WRAP

Deeply relaxing and detoxifying, this wrap helps reduce cramping and boost energy. Using magnesium, coastal herbs, and gel we carry away layers of stress and fatigue from the head down to the toes. While wrapped in a warm gel mask you will receive a nourishing and revitalizing warm oil scalp treatment

TURQUOISE SAGE MUD WRAP

Wild sages and lavenders make this blend purifying and calming. While wrapped in a warm mud mask you will receive a nourishing and revitalizing warm oil scalp treatment. The addition of supercritical CO2 extract of arnica makes this the first choice for muscle and joint discomfort and all types of inflammation

DESERT SAGE DETOXIFYING SALT SCRUB

An invigorating exfoliation using the healing elements of fine textured dead sea salts and desert botanicals. Enjoy the powerful benefits of trace minerals, arnica, shea body butter nourishing your skin leaving it satin soft with a healthy glow. Included in your treatment is a in house hand curated nourishing and revitalizing warm oil rosemary infused scalp treatment

All body treatments are 55 min | \$185

for added luxury

Below enhancements are \$27 | No added time

SCRUB (Hands or Feet)

Renew your skin with an exfoliating scrub

REFLEXOLOGY

Reflexology utilizes the application of pressure to specific reflex points located on the hands and feet that correspond to related organs and systems of the body. This add-on helps open energy flow and improves balance and circulation. You will feel the healing benefits throughout your entire body

**This is not recommended for expectant mothers*

THERAGUN BOOST

Bring a new level of revival and relaxation to your next full-body treatment with Theragun Percussive Therapy. This proven method will assist in your deeper relaxation and body awareness, bringing about a more complete massage and improving overall well being

Below enhancement \$13 | No added time

CBD WELLNESS SHOT Start any treatment right with a delicious wellness shot of cold-pressed ginger, cayenne, ashwagandha, cordyceps, lion's mane & 30mg of full-spectrum CBD per shot. The ultimate daily dose of roots, fruits, and adaptogenic mushrooms. Cheers!



wellness suite

Maintaining Proper health and wellness is key, no matter where your travels take you. Our Wellness Suite combines modern and holistic solutions to boost immunity and support physical and mental recovery to help you live a life well-lived. Anything less would not be Proper.

RESTORATIVE ZERO-GRAVITY LOUNGER EXPERIENCE

Recline into a deep state of relaxation with the Therabody Lounger – an immersive, zero-gravity experience that combines sound and vibration therapy for full-body restoration. Like a musical massage, sound will surround you in rhythmic vibrations, physically calming your nervous system and leaving you feeling more embodied, relaxed and clear-headed. The Therabody Lounger can help you energize before an activity, relax after a long day or even lull you into a restful sleep

30 min \$45

PRIVATE SUITE EXPERIENCE

For your next bridal party or special event, reserve the wellness suite. In addition to the ZERO-GRAVITY LOUNGER EXPERIENCE, enjoy exclusive access to our wellness bar which includes TheraFace LED Masks, Smart Goggles, Theragun Sense, CBD Tea, and a glass of bubbles. Toast and enjoy a relaxing day at Estrella Spa!

2-Hours \$380 | Max Occupancy 10

Additional time and pricing varies depending on the number of guests, therapies requested, availability, and event duration

in-room recovery

THERAGUN RENTAL

Bring a new level of revival and relaxation throughout your stay with Theragun Elite. Energize before an activity, melt away stress after a long day or even lull into a restful sleep with its combination of scientifically-proven, powerful percussive massage therapy

4 Hours \$27 | All Day \$45

for added luxury

CBD WELLNESS SHOT

Start any treatment right with a delicious wellness shot of cold-pressed ginger, cayenne, ashwagandha, cordyceps, lion's mane & 30mg of full-spectrum CBD per shot. The ultimate daily dose of roots, fruits, and adaptogenic mushrooms. Cheers!

No added time \$13

THERAFACE LED MASK

TheraFace Mask's full-face LED light therapy stimulates collagen production, helps reduce wrinkles and fine lines, and fights acne. Together, these powerhouse treatments will leave you with a lasting youthful glow and smoother, firmer skin

10 min \$15



about

HOURS OF OPERATION

Estrella Spa opens from 9:00am – 4:00pm
Thursday – Sunday and Monday – Wednesday
by appointment only

Hours of operation and spa services are
subject to seasonal change

Fitness Center is open 24/7

PRICING AND PAYMENTS

To maintain maximum standards of service
and quality, prices may change without prior
notification. All major credit cards accepted.
Personal checks are not accepted

SPA ETIQUETTE

The Estrella Spa is a cellphone and smoke-
free zone. Please respect all guests' right to
privacy

CANCELLATION

A valid credit card is required to hold all
reservations. To avoid a full-fee charge, we
require a 48-hour advance notice to cancel
or reschedule any service. Group bookings
require a 5-day notice. Please note that late
arrival will result in reduced treatment time

GRATUITY

Gratuitie's are left at the guest's discretion,
but welcomed by the staff for service of
excellence. Customary gratuity ranges from
18% to 25%.

ARRIVAL

We encourage your arrival 20 minutes prior to
your appointment to enjoy exclusive spa facilities,
including complimentary steam rooms, and
lounge with accompanying amenities. We invite
hotel guests to arrive at the spa wearing the
robe and slippers provided in their guest room.
Estrella Spa will provide towels, slippers and
additional amenities required for use during
your spa experience

HEALTH CONDITIONS

Prior to your treatment selection, please be
sure to inform us of any health conditions you
may have such as allergies, injuries, or pregnancy,
as these may affect your treatment selection

AGE POLICY

Guests must be 18 years of age or older to
experience spa treatments and enjoy the spa
facilities. Guest under the age of 18 can enjoy
our spa treatments accompanied by a parent
or guardian, they will not have access to the
spa facilities.



about

SPA FACILITIES

We offer the following facilities and amenities for guests utilizing the spa: fitness center, outdoor jacuzzi with shaded day beds, private outdoor courtyards, individual lockers, restrooms and showers, indoor waiting sanctuary with fireplace and tea service, 6 indoor treatment rooms, mens steam room, womens steam shower, and outdoor cold plunge

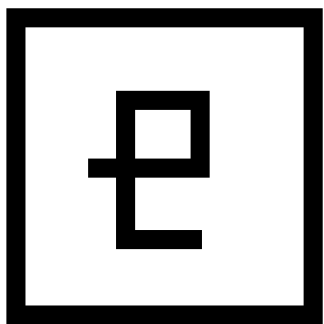
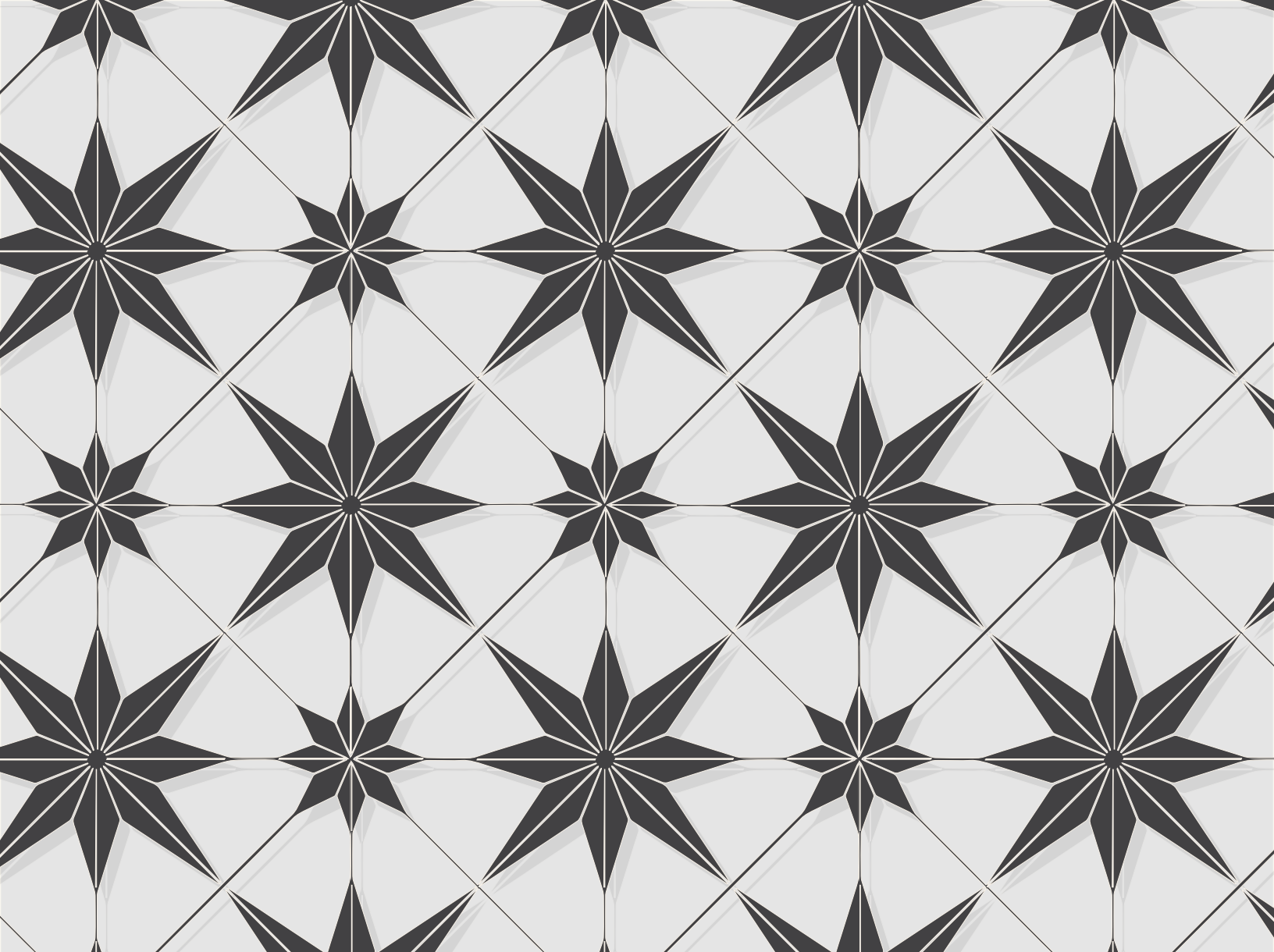
**Pool loungers are strictly reserved for registered hotel guests. Pool access is restricted to our Regency Pool only. Access to the pool is subject to change without notice and is not guaranteed*

Cold Plunge Need to Know:

- Soaking is a 10-minute experience
- Rinsing with clean water required prior to soaking to immerse yourself into the deepest state of relaxation
- Clothing is required for your private plunge experience
- Swim suits or robes are required throughout the public areas of the spa

SPA AMENITY PASS

Spa Amenity Pass may be purchased to use the spa facilities without having a treatment booked at a cost of \$65 per person and is good for a maximum of four hours. Restrictions apply due to resort and spa capacity. Please call-in advance to confirm availability



estrella spa

ESTRELLA SPA AT AVALON HOTEL PALM SPRINGS
415 SOUTH BELARDO ROAD, PALM SPRINGS, CA 92262
760-318-3000 | WWW.AVALON-HOTEL.COM | SPACONCIERGE@AVALONPALMSPRINGS.COM

