

SPA POLICIES & GUIDELINES:

Welcome to our sanctuary of relaxation. To ensure a serene and seamless experience for all our guests, please review our spa policies below.

HEALTH CONSIDERATIONS:

Please notify us if you are pregnant, have high blood pressure, allergies, any physical ailments, or are undergoing medical treatments. Certain treatments may not be appropriate for specific medical conditions.

AGE REQUIREMENTS:

Guests must be 18 years of age or older to receive spa treatments and utilize the relaxation areas and spa facilities.

WHAT TO BRING AND WHAT TO LEAVE BEHIND:

To preserve the tranquil and peaceful environment of the spa, electronic devices must kindly be turned off or silenced. We also request that you leave any valuables at home or in your guest room safe. The spa is not responsible for lost or stolen items.

WHEN TO ARRIVE:

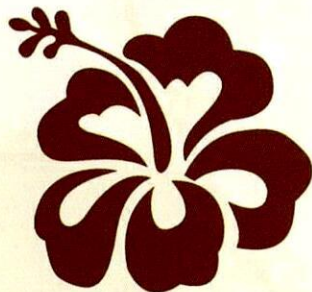
We recommend arriving 20 minutes prior to your scheduled appointment time. Arriving late will unfortunately limit the time of your treatment. The full value of your scheduled service will apply regardless of the shortened treatment duration.

CANCELLATION POLICY:

We require a minimum of 24 hours' notice for the cancellation or rescheduling of any treatment. Cancellations made after the required notice window or failure to show up for your appointment will result in a 100% charge of the service price applied to the card on file.

SERVICE CHARGE AND GRATUITY:

An automatic 20% service charge for your spa provider/s is included in the price of all spa services. This charge is fully distributed to your service provider/s to recognize their dedication and care. Additional gratuities for exceptional service are entirely at your discretion.



Breathe deeply
let go of the outside world and
allow the serenity of the
mountains to restore your
mind, body, and soul.

Spa Hours:

Sunday through Thursday

9:30 - 5:00

Friday and Saturday

9:00 - 6:00

760-238-9081

Embassy Suites by Hilton - La Quinta Hotel & Spa
50-777 Santa Rosa Plaza
La Quinta, CA 92253



HIBISCUS

A
Desert
Sanctuary



**EMBASSY
SUITES**
by Hilton™

LA QUINTA HOTEL & SPA

Massage

Swedish

Designed to melt away tension and restore complete harmony to body and mind, our signature Swedish Massage is the quintessential spa experience.
45 min. \$135 | 60 min. \$180 | 75 min. \$225

Therapeutic

Tailored to target the body's deeper layers of muscle tissue and fascia, this restorative treatment combines customized pressure with therapeutic techniques to release chronic knots and alleviate physical stress.
45 min. \$145 | 60 min. \$190 | 75 min. \$235

Targeted

Whether you are dealing with chronic lower back pain, a tight shoulder from a desk job, or a strained hamstring from running, our targeted massage is designed to address the root cause of discomfort. This specialized bodywork session concentrates on a specific area of the body, a particular muscle group, or a distinct physical issue rather than a full-body massage routine.
Only offered in 45-minute session \$145

Prenatal

Designed for mothers in their second and third trimesters, this gentle, nurturing massage focuses on the areas of the body most impacted by pregnancy- including the lower back, hips, shoulders, and legs. 45 min. \$135 | 60 min. \$180

Couples Massage

Unwind together with customized side-by-side massages. Tailored to each partner's unique preferences- whether you prefer firmer therapeutic pressure to melt away tension or light, soothing strokes for pure relaxation, this shared experience creates a peaceful sanctuary for celebration or quiet bonding. Price dependent on time and massage modalities chosen. 45 min. | 60 min. | 75 min.

Massage Enhancements

Does not add time to service

- Aromatherapy \$10
- Arnica \$10
- CBD \$10
- Hot Stones \$10

- * Warm Oil Scalp Treatment \$25
- * Eucalyptus Sinus Relief Massage \$25

* adds 15 minutes to service

Body Treatments

Hibiscus Body Glow

Begin your journey to glowing skin with our signature hibiscus and coconut body scrub. This invigorating yet deeply nourishing treatment combines micro-fine natural exfoliants with botanical oils to sweep away dull, dry skin cells and stimulate circulation. The ritual concludes with a light application of our signature blend body lotion leaving your skin soft, nourished, and delicately scented. 60 min. \$190

Mind and "Sole"

Immerse your senses in ultimate restoration. This luxurious journey begins with you cocooned in a rich, botanical infused hydrating wrap designed to deeply nourish and lock in essential moisture to dry, sun-stressed skin. While the active botanicals work their magic, drift into complete relaxation with a soothing scalp treatment and a therapeutic foot massage, releasing tension from mind to sole
75 min. \$240

Tech Wellness

The Harmonic Drift

Surrender to complete weightlessness as therapeutic sound waves, custom-targeted rolling mechanics, and advanced ergonomic alignment harmonize body and mind. As you settle into our state-of-the-art zero-gravity massage chair, your body is effortlessly elevated into a position that neutralizes gravitational pull, instantly relieving pressure on your spine, joints, and lower back. As you drift into deep repose, synchronized vibroacoustic frequencies gently cascade directly into your muscles and nervous system, quieting an overactive mind and restoring a profound sense of inner equilibrium
30 min. \$45 | 45 min. \$60 | 60 min. \$75



Skin Treatments

All facials include a soothing massage of the face, neck, shoulders, and arms releasing deeply held tension and leaving your spirit fully restored

Custom Facial

A results driven facial tailored precisely to your skin's unique needs. The treatment begins with a thorough skin analysis, followed by deep cleansing, targeted exfoliation and a customized nutrient-rich masque.
45 min. \$135 | 60 min. \$180

The Desert Oasis

Designed specifically for skin parched by the dry desert heat, this restorative treatment acts as a drink of water for your complexion. Your skin will emerge resilient, dewy and deeply soothed.
45 min. \$135 | 60 min. \$180

Vitamin "Sea"

Revitalize dull, tired skin and restore an energized luminous glow. This high-performance facial combines the potent power of pure vitamin C with mineral rich algae to leave skin visibly radiant.
60 min. \$190 | 75 min. \$235

Aroma Firm

Restore harmony from the inside out with this nourishing skin treatment that marries targeted anti-aging science with sacred aromatherapy to balance your spirit, strengthen the collagen matrix, and neutralize environmental stressors
75 min. \$235

The Hibiscus Signature Facial

Treat your skin to a trifecta of advanced modalities-Radio frequency stimulates collagen production, EMS tones and lifts underlying facial tissue and targeted LED light therapy reduces inflammation and accelerates cellular repair. Your skin will emerge rejuvenated and lifted.
75 min. \$250

Facial Enhancements

Does not add additional time to service. Not available with 45-minute facials.

- Dermaplaning \$15
- Firming Eye \$15
- Hydrating Gloves or Socks \$15
- Gua Sha Sculpt \$15