

massages

Extend any massage an additional 30 minutes for only \$59!

Heavenly Massage

This classic massage uses light to medium pressure and long, flowing strokes to move blood and lymph through your body to assist its detoxification. This soothing, relaxing and revitalizing massage is great during a cleanse. \$99 for one hour/\$190 for couples massage

Therapeutic Deep Tissue/Sports Massage

Deep pressure is used to release chronic tension and stretch muscles to increase range of motion. The focus is on the deepest layer of muscle tissue and is great to help break up scar tissue as well as increase circulation. \$109 for one hour

Between Two Worlds Facial Massage

Created to bring the nervous system into the ultimate Zen state of relaxation. Hands and feet are gently massaged, accompanied with a hypnotic face, neck, shoulder and scalp massage. Also includes a light cleansing of the face with a special moisturizing oil for the delicate facial skin. \$109 for one hour.

Basalt Stone Therapy Massage

A century-old customized massage treatment utilizing aromatic oils and heated stones to deeply relax your stressed body and soul. An experience you'll never forget. \$129 for one hour.

Pre-Natal Massage

This soothing massage with light to medium pressure utilizes soft pillows for greater comfort. Second or third trimester only. \$129 for one hour.

Heavenly Massage Packages:

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|--------------|---------------|
| 3-Pack \$250 | 5-Pack \$405 |
| 7-Pack \$555 | 10-Pack \$760 |

body detox

Body Detox

The ion foot bath generates negative ions (charged atoms) that facilitate the release of toxins from the lymphatic system through the bottom of your feet. \$50 for a 30-minute session.

Body Detox Packages:

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|--------------|---------------|
| 3-Pack \$120 | 5-Pack \$175 |
| 7-Pack \$210 | 10-Pack \$250 |

luxé VIP membership

- ❖ **TWO Monthly Treatments** (your choice of any one-hour Belle Époque Facial, one-hour Heavenly Massage, Infrared Body Wrap with Slim Tummy Booster or Colon Hydrotherapy Session)
- ❖ **UNLIMITED Infrared Sauna Sessions**
- ❖ **UNLIMITED Whole Body Vibration Sessions**
- ❖ **½ OFF Body Detox Sessions**
- ❖ **20% Discount on ALL Retail and Additional Treatments**

Massages and Facials can be ANY kind, including our 'premium' treatments: hot stone, pre-natal, back treatment, etc.

Share one of your monthly treatments with a friend or family member at no extra cost!

An annual membership valued at over \$28,000 for only **\$2,250**, a full year committed to a healthy, relaxed & new you!

monthly wellness membership

- ❖ **ONE Monthly Treatment** (your choice of the Belle Époque Facial, Heavenly Massage, Infrared Body Wrap with Slim Tummy Booster or Colon Hydrotherapy Session)
- ❖ **FOUR Infrared Sauna Sessions**
- ❖ **TWO Whole Body Vibration Sessions**
- ❖ **½ OFF Body Detox Sessions**
- ❖ **10% Discount on ALL Retail and Additional Treatments**

A convenient monthly membership valued at \$325+ for only **\$129 per month*** making your wellness a priority month after month.

* A ONE TIME \$49 Initiation Fee is due at sign up

glowing skin membership

- ❖ **ONE Monthly Belle Époque Facial**
- ❖ **10% OFF ALL facial add-ons & extras, additional facials or facial packages**
- ❖ **10% OFF on ALL 302 Skin Care Retail**

\$89 per month!

A ONE TIME \$49 Initiation Fee is due at sign up

heavenly membership

- ❖ **ONE Monthly Heavenly Massage**
- ❖ **10% OFF on additional massages or massage packages**
- ❖ **50% OFF all Infrared Sauna Sessions**

\$89 per month!

A ONE TIME \$49 Initiation Fee is due at sign up



WELLNESS SPA

Eco Chateau is a luxurious spa that combines today's innovative wellness procedures with ancient spa rituals to unwind your body and your mind. Step into Eco Chateau for an opportunity to cleanse, relax and discover a fresh and uplifting environment that will provide you with inspiration, support and renewal.

locations

2831 Camino Del Rio South, Suite 209, San Diego, CA 92108

9865 Mesa Rim Road, Suite 208, San Diego, CA 92121

hours

Mon – Fri: 9am-9pm Mission Valley & Sorrento Valley

Sat: 9am-5pm Mission Valley & Sorrento Valley

Sun: 9am-3pm Mission Valley only

contact

www.spaechateau.com | relax@spaechateau.com

(619) 795 - 6955



OVER 300 FIVE STAR REVIEWS ON YELP!

chanel no. 2

Chanel No. 2 (Colon Hydrotherapy)

Colon Hydrotherapy – also known as colonics, colon irrigation or high enemas – is a safe and effective method of removing waste from the large intestines without the use of drugs. Colon hydrotherapy can also help maintain health and encourage weight loss.

A session typically lasts between 35-45 minutes. Although every person is different, our guests have seen the best results by doing three sessions within a 10-day period, then one session per week for about 7 weeks.

Colon Hydrotherapy can help with: constipation, chronic fatigue, headaches, bad breath, gas, arthritis, brain fog, swelling of legs, tension, allergies, backaches, brittle nails and hair, circles under the eyes, asthma and greater comfort. \$105 for your initial session (includes health consultation), then only \$99 afterwards.

Chanel No. 2 Packages:

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|--------------|---------------|
| 3-Pack \$260 | 5-Pack \$425 |
| 7-Pack \$575 | 10-Pack \$780 |

infrared sauna

Infrared Sauna

Infrared saunas penetrate the skin on a deeper level than traditional saunas and are believed to have improved detoxification properties. Relax and rejuvenate your mind and body while burning up to 600 calories in just one session! \$40 for a 40-minute session.

Infrared Sauna Packages:

| | |
|--------------|---------------|
| 3-Pack \$99 | 5-Pack \$150 |
| 7-Pack \$200 | 10-Pack \$270 |

\$129 Monthly Unlimited Membership*

*add on to our Monthly Wellness or Glowing Skin Memberships for only \$49

whole body vibration

Whole Body Vibration

Whole body vibration sessions stimulate muscle contractions that can tone the physique over time by burning calories and inducing lymphatic drainage. \$30 for a 10-minute session.

\$79 Monthly Unlimited Membership*

*add on to our Monthly Wellness or Glowing Skin Memberships for only \$39

organic facials

Belle Époque

Organic products and a non-acidic peel are combined with powerful anti-aging serums to promote clear and healthy skin with an effective anti-aging approach. Customized for every skin type! \$99 for one hour.

Deep Cleansing Back Treatment

A soothing back treatment which works to eliminate back acne, acne scars, impurities and evens out skin tone. Includes cleansing, exfoliation, extractions (if needed), and a relaxing massage, followed by an ultra-nourishing mask. \$109 for one hour.

Crème de la Crème

Give yourself the pampering that you deserve! This all-inclusive treatment comes with all the greatness of our Belle Époque Organic Facial PLUS extra massage and a 15-minute microdermabrasion session to fully rejuvenate your skin! \$129 for seventy-five minutes.

Belle Époque Facial Packages:

| | |
|--------------|---------------|
| 3-Pack \$255 | 5-Pack \$415 |
| 7-Pack \$565 | 10-Pack \$770 |

Clear Skin System

Suffering from Acne? This system will help eliminate acne and clear up your skin! Your first visit will consist of a 15-minute consultation, One Hour Customized Belle Époque Facial and the fantastic Detox Kit from the 302 skin care line to get you started. You will also get THREE more customized 30-minute facials that include extractions, exfoliation and ozone treatment, which will keep bacteria at bay. Only \$270 for this amazing, skin-clearing system! If you feel that your skin still needs a little more TLC, you can add on three more customized 30-minute facials for \$140.

add-ons and extras

A La Carte Microdermabrasion or Mini Facial

Perfect for a lunchtime skin-care pick me up! \$59 for 30 minutes.

Pumpkin Peel

Pumpkin enzymes gently exfoliate the skin, refine pores and normalize oil production. Add on to any facial for only \$20.

Waxing

Brow Shaping \$20. Lip or Chin Wax \$15



juices

Cold-Pressed Juice

Only \$8 for 16 energy-boosting ounces of freshly produced concentrated nutrition! Choose between one of our cold-pressed, organic juice blends.

Green Goddess – Our green-leafed based powerhouse *Ingredients: Kale, Spinach, Romaine, Parsley, Cucumber, Lemon, Apple and Ginger.*

Stimulate – This delicious blend of fruits and veggies is sure to awaken your taste buds. *Ingredients: Carrot, Apple, Spinach, Kale, Celery, Lemon and Ginger.*

Turmeric Tonic – The childhood favorite receives an upgrade. *Ingredients: Carrot, Turmeric, Orange and Pineapple.*

Avoir Aloe – Health benefits of Aloe pair beautifully with Orange. *Ingredients: Aloe Vera and Orange.*

Organic Chateau Juice

Our signature juice, made with organic dark leafy greens and a little apple for sweetness. All the ingredients are blended in a Vitamix with purified water for any amazing nutrient and fiber packed juice. It's a perfect green juice to incorporate it into your regular, healthy diet. *Ingredients: Green Kale, Collard Greens, Spinach, Swiss Chard and Apple.* \$10 for 32 ounces/\$20 for ½ gallon.

monthly juice memberships

Chateau Juice Membership: Four 32oz juices for \$30/month

Cold-Pressed Juice Membership: Four 16oz juices for \$24/month

PLUS 10% off all juices w/ both memberships!!