

massages

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

Heavenly Massage

This classic massage uses light/medium pressure and long, flowing strokes to move blood and lymph through your body to assist in detoxification. \$99 for one hour.

Heavenly Massage Packages:

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

Upgrade to any of our LUXURY massages below for:

- ❖ Therapeutic Deep Tissue/Sports Massage - \$10 per hour
- ❖ Cranial Sacral Massage - \$10 per hour
- ❖ Lymphatic Massage - \$20 per hour
- ❖ Trigger Point Massage - \$20 per hour
- ❖ Thai Fusion Massage - \$30 per hour
- ❖ Cupping Therapy Massage - \$30 per hour
- ❖ Basalt Stone Therapy Massage - \$30 per hour
- ❖ Prenatal Massage - \$30 per hour
- ❖ Chakra Massage - \$40 per hour

Add on Aromatherapy for \$10

(+10% off any aromatherapy purchase the same day!)

Add on Energy Work for \$30

Reflexology

\$59 for a half hour or add on to any massage for only \$30

For more information on each modality, please check out our website at
www.spaechateau.com

heavenly membership

- ❖ ONE Monthly Heavenly Massage
- ❖ 10% OFF on Massage Add-Ons, 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

COSMEDIX Peel Packages

Series of four treatments spaced 2-4 weeks apart.

Level 1 COSMEDIX Peel Series

No down time, minimal flaking/peeling.

Essential Peptide Peel

The “no-peel peel” will brighten, plump and smooth skin texture with lactic acid, retinol and peptides. Perfect series before a special event. Great for all skin types!

Series of four treatments \$400 or \$125 for a single peel.

Purity Peel

A powerful, anti-bacterial treatment to combat breakouts and dramatically reduce acne scarring and uneven texture with lactic acid, salicylic acid and retinol.

Series of four treatments \$400 or \$125 for a single peel.

Level 2 COSMEDIX Peel Series

Mild to moderate flaking may occur.

Benefit Peel

Intensive brightening treatment fades sun damage and smooths skin with a high percentage lactic acid, vitamin c and retinol.

Series of four treatments \$425 or \$130 for a single peel.

Level 3 COSMEDIX Peel Series

Heavy flaking/shedding may occur (includes treatment prep kit and post-treatment prep kit).

Timeless Peel

Highest percentage of lactic acid and retinol, this intensive peel will resurface aging skin while fading discoloration, reducing lines and wrinkles. Shedding of the skin may occur, must avoid sun exposure for 48 hours minimum post-treatment.

Series of four treatments \$500 or \$140 for a single peel.

Blueberry Jessner Peel

Most intensive peel treatment. Dramatically resurface the skin with a powerful combination of acids to fade acne scarring, sun damage, and smooth the overall texture of the skin. Experience a complete renewal of the skin with this series. Moderate-heavy shedding will occur. Must avoid sun exposure for 48 hours minimum post-treatment.

Series of four treatments \$500 or \$140 for a single peel.



WELLNESS SPA

Eco Chateau is a luxurious spa that combines today's innovative wellness procedures with ancient spa rituals to unwind your body and mind. Step in 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!

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.

\$50 for a 40-minute session in our Yoga Sauna. (Mission Valley only)

Infrared Sauna Packages:

3-Pack \$99

5-Pack \$150

7-Pack \$200

10-Pack \$270

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 Whole Body Vibration Membership*

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

ion cleanse body detox

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

Body Detox Packages:

3-Pack \$120

5-Pack \$175

7-Pack \$210

10-Pack \$250

infrared body wrap

Infrared body wraps use the same amazing infrared technology as our saunas but can also target areas of the body directly, especially when you add on our slimming boosters. The boosters combine a mineral-based solution and compression to help tighten the skin. \$74 for a single session.

Slim Tummy Booster \$25

Military Slim Booster \$35

Slim Body Booster \$45

Magnesium Add On: \$20

Add magnesium to help your body relax more deeply.

3-Pack \$190

5-Pack \$290

7-Pack \$390

10-Pack \$525

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.

Upgrade to COSMEDIX – Advanced Corrective product throughout any treatment for only \$15.

Le Petite Mini Facial

Need a facial but short on time? This quick, yet highly personalized treatment will cleanse, exfoliate and revitalize your skin in just 30 minutes. \$59 for 30 minutes.

Upgrade to COSMEDIX – Advanced Corrective product throughout any treatment for only \$15.

Deep Cleansing Back Treatment

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

Upgrade to COSMEDIX – Advanced Corrective product throughout any treatment for only \$15.

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 75 minutes.

Upgrade to COSMEDIX – Advanced Corrective product throughout any treatment for only \$15.

Between Two Worlds Facial Massage

Combine a hypnotic upper body, hand and foot massage with a light cleansing and moisturizing of the face to bring your nervous system into the ultimate state of Zen relaxation! \$109 for one hour.

Upgrade to COSMEDIX – Advanced Corrective product throughout any treatment for only \$15.

Cupping & Jade Stone Facial

This facial combines cupping and jade stone to help you achieve an alternative anti-aging treatment! You will receive a relaxing facial with a cupping session to stimulate and rejuvenate, followed by a jade roller to help cool and calm the skin. \$129 for one hour.

Upgrade to COSMEDIX – Advanced Corrective product throughout any treatment for only \$15.

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 a detox skin care kit to get you started. You will also get THREE additional customized 45-minute facials that include extractions, exfoliation, ozone treatment and our high frequency add-on.

Only \$350 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 45-minute facials for \$195.

facial add-ons and extras

À La Carte Microdermabrasion

A gentle and effective way to exfoliate the skin and remove dry, dead cells. \$59 for a 30-minute treatment or add on to any facial for only \$30.

Pumpkin Peel

Rich in vitamin A and hundreds of other phytonutrients, pumpkin enzymes gently exfoliate the skin, refine pores, normalize oil production and fight free radical damage. Add on to any facial for only \$20.

High Frequency Add-on

This add-on nourishes your skin from the inside out! An enriching clean sweep delivers oxygen deep into dermal cells to stimulate blood flow and is known to soothe and prevent breakouts, cysts and ingrown hairs. The treatment shrinks enlarged pores and reduces the appearance of fine lines and wrinkles. Add on to any facial for only \$20.

Waxing

Brow Shaping \$20

Lip or Chin Wax \$10

glowing skin membership

- ❖ **ONE Monthly Belle Epoque Facial**
- ❖ **10% OFF ALL facial Add-Ons and Extras, Additional Facials, or Facial Packages**
- ❖ **10% OFF on ALL Skin Care Retail**

\$89 per month!

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

colon hydrotherapy

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:

3-Pack \$260

5-Pack \$425

7-Pack \$575

10-Pack \$780

There are only two types of Colon Hydrotherapy systems in the world and Eco Chateau is lucky to offer BOTH systems to our wonderful guests. The **open system** is considered the gentler of the two and is great if you have never done colon hydrotherapy before. It also offers more privacy during the session. The **closed system** actually requires less of you, the client, and some would say produces much better results! Single session and package pricing is the same for both the OPEN and CLOSED system.

Also, you have the option to add supplements to the water inflow on the closed system colon hydrotherapy device through an implant bag so that they can enter the colon directly with the water. The additive options that we offer are:

- **Aloe Vera** – Acts as a digestive wall stabilizer and protective layer
- **Chlorophyll** – Internal cellular flush and cellular regeneration
- **Electrolytes** – Replenishes the body with essential minerals
- **Magnesium** – Assists with normal muscle and nerve functioning
- **Organic Coffee** – Stimulates activation of peristalsis and liver flush
- **Probiotics** – Rebuilds your gut flora with 32 BILLION live cells

Each additive is only \$10



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 a quart / \$20 for a half gallon.

monthly juice memberships

Chateau Juice Membership: Four quarts for \$30/month

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

PLUS 10% off any additional juices!

detoxification

21-Day Intensive Detox Program

A supervised daily program for 21 days that uses our infrared saunas, whole body vibration machine and specific doses of certain vitamins and supplements that, in the proper combination, detoxify the body very effectively. This program has been proven to remove *YEARS* of stored toxins from your body! These stored toxins can affect your hormones, make your body store excess fat and make you feel tired or stressed. Once you have completed this program, the effects of the toxins will be greatly diminished and you will physically feel the benefits. It's AMAZING!! We will provide you with everything you need and even throw in a couple bonus items to get the most out of your detox. A great way to reset your ENTIRE body!

Included in the 21-Day Intensive Detox Program:

- ❖ 21-days of 60-Minute Infrared Sauna Sessions*
- ❖ 21-days of 20-Minute Whole Body Vibration Sessions*
- ❖ High-grade Vitamins and Supplements
- ❖ **BONUS:** Cold-Pressed Juice (one per day)
- ❖ **BONUS:** Weekly Ion Cleanse Body Detox Sessions

*Sessions can be used at either Eco Chateau location

TOTAL VALUE: \$3,400+

Invest in your health TODAY!

Only \$1,900 for the complete 21-Day Detoxification Program

luxé VIP membership

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

Massages and Facials can be ANY kind, including our 'premium' treatments: Basalt Stone, Deep Tissue, Crème de la Crème, etc.

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

An annual membership valued at over \$29,500 for only **\$2,250**.
A full year committed to a healthy, relaxed & new you!

Can't commit to the full year? We have monthly and quarterly options!

VIP Monthly Option

- ❖ All the same benefits as our Annual Luxé VIP Membership above, except you receive **2 treatments** up front and only **pay month-to-month!**

\$240 per month*

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

VIP Quarterly Option

- ❖ All the same benefits as our Annual Luxé VIP Membership above, except you'll receive **SIX Treatments** up front and **pay every quarter!**

\$650 per quarter*

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

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 Items, Packages and Additional Treatments**

A convenient monthly membership valued at \$400+ for only **\$129 per month**

Make your wellness a monthly priority.

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

NEW! corporate memberships

Wonderful to use at our Sorrento Valley location!

Corporate benefits can be given to ANYONE (staff, clients, etc.). All unused treatments automatically roll over to the next month.

VIP Annual Corporate Membership

- ❖ **FIVE Monthly Treatments** (choice of any one-hour Belle Époque Facial, one-hour Heavenly Massage, Infrared Body Wrap with Slim Body Booster or Colon Hydrotherapy Session)
- ❖ **25 Infrared Sauna Sessions**
- ❖ **25 Whole Body Vibration Sessions**
- ❖ **15% Discount on ALL Retail, Juices, Additional Treatments**

Corporate Annual Price: \$6,999

(Valued at \$26,940 annually)

Corporate PLATINUM Monthly Membership

- ❖ **FOUR Monthly Treatments** (your choice of any one-hour Belle Époque Facial, one-hour Heavenly Massage, Infrared Body Wrap with Slim Body Booster or Colon Hydrotherapy Session)
- ❖ **FIVE Infrared Sauna Sessions**
- ❖ **FIVE Whole Body Vibration Sessions**
- ❖ **15% Discount on ALL Retail and Additional Treatments**

Corporate Price: \$499 per month*

* A ONE TIME \$99 Initiation Fee is due at sign up

(Valued at \$1,095 per month)

Corporate SILVER Monthly Membership

- ❖ **TWO Monthly Treatments** (your choice of any one-hour Belle Époque Facial, one-hour Heavenly Massage, Infrared Body Wrap with Slim Body Booster or Colon Hydrotherapy Session)
- ❖ **FIVE Infrared Sauna Sessions**
- ❖ **FIVE Whole Body Vibration Sessions**
- ❖ **10% Discount on ALL Retail and Additional Treatments**

Corporate Price: \$299 per month*

* A ONE TIME \$99 Initiation Fee is due at sign up

(Valued at \$548 per month)

spa packages and rentals

Sanctuary Package **MOST POPULAR**

Treat a friend or yourself to a relaxing spa day! Enjoy a rotation of the following services:

- ❖ **40-minute Detoxifying Infrared Sauna Session**
- ❖ **One-Hour Belle Époque Organic, Customized Facial**
- ❖ **One-Hour Heavenly Massage**
- ❖ **One pint of Kombucha**

\$220 per guest (no guest minimum required) (Valued at \$243)

A Treat for Two

Treat a couple friends, or yourself and a friend, to a relaxing spa day! Enjoy the following services:

- ❖ **One shared 40-minute Detoxifying Infrared Sauna Session**
- ❖ **Two Ion Detox Sessions**
- ❖ **One One-Hour Belle Époque Organic, Customized Facial for one guest**
- ❖ **One One-Hour Heavenly Massage for the other guest**
- ❖ **Two pints of Kombucha**

\$160 per guest (Valued at \$194 per guest)

Unwind

Guests unwind from their day during a rotation of each of the following 30-minute services:

- ❖ **Organic La Petite Facial**
- ❖ **Heavenly Massage**
- ❖ **Body Detox**
- ❖ **One pint of Kombucha for each guest**

\$150 per guest (minimum of 2 guests) (Valued at \$173)

Blissful Retreat

Guests are pampered with a rotation of the following 30-minute services:

- ❖ **Organic La Petite Facial or Microdermabrasion**
- ❖ **Heavenly Massage**
- ❖ **Body Detox**
- ❖ **Infrared Sauna**
- ❖ **10-minute Whole Body Vibration Session**
- ❖ **One pint of Kombucha for each guest**

\$220 per guest (minimum of 6 guests) (Valued at \$243 per guest)

Revive

Guests are pampered with a rotation of the following 60-minute services:

- ❖ **Organic Between Two Worlds Facial or Deep Cleansing Back Treatment**
- ❖ **Heavenly or Deep Tissue Massage**
- ❖ **Body Detox**
- ❖ **Infrared Sauna**
- ❖ **10-minute Whole Body Vibration Session**
- ❖ **One pint of Kombucha for each guest**

\$300 per guest (minimum of 6 guests) (Valued at \$343 per guest)

Exclusive Spa Rentals

Event Space is available for private parties - please send us an email to relax@spaechateau.com for reservations!