

OCEAN SPA & FITNESS



## FEEL THE WAVE, RIDE THE CALM.

*Ocean Spa & Fitness  
is an eco-conscious spa that embraces  
nurture and nature to keep you feeling  
relaxed...naturally. Pure products, organic  
treatments and eco-friendly design  
elements create a tranquil spa experience  
to leave you completely refreshed,  
balanced and serene.*



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## Ocean Spa & Fitness at Loews Santa Monica Beach Hotel

Welcome to Ocean Spa & Fitness. Here you will find an oasis of tranquility just steps from the beach and Santa Monica and minutes away from Los Angeles and Hollywood. The soothing setting inspires contemplation and introspection as you embark upon a journey to balance the mind, body and soul. As the source of life, water represents the re-birth and re-balancing of our whole being. Begin your Ocean Spa journey by proceeding into our luxurious changing facilities to enjoy the heat experiences prior to your spa services. Indulge in one of our signature holistic treatments designed to restore peace and harmony. Complete your journey to wellness by enjoying one of our organic teas.

### Heat Experiences

Before your treatment, embark on a natural journey - the Ocean Spa Heat Experiences. Ocean Spa features an array of wet and dry facilities to exploit the body's reaction to hot stimuli for deeper dimensions of relaxation, health and well-being. The experience begins with the herbal steam or sauna, allowing the heat to loosen and soothe tightened, congested muscles. Round off the ritual with a long soak in the Jacuzzi to prepare you for your spa treatment. The Ocean Spa Heat Experiences are part of the journey to rejuvenate and soothe your body, mind and soul.





## Facials

### Phytomer Facials

*Phytomer has partnered with Ocean Spa to present a complete product range based on natural and organic powerful plant and marine ingredients.*

### Seaside Solutions Facial

50 min or 25min

*Customizable facial for all skin types*

The perfect opening note to your spa experience, this classic facial treatment combines all of the skin specific solutions of a European facial and much more. A highly concentrated marine mask, selected especially for your skin type, targets the improvement of the skin's functions, producing exceptional results. No matter the skin type, an awakened complexion with a dewy radiance is the powerful result.

#### Seaside Solutions Facial - 25 min

- No extractions
- No mask

### Extended Youth Facial

80 min or 50 min

*Anti-aging, anti-wrinkle, firming*

Natural solutions are found to restore a youthful texture and radiance to the skin. A marine AHA scrub is used to polish the complexion to smoothness, then Sea Retinol is used to boost cellular turnover for skin regeneration. Finally, a specially formulated toning mask reduces the depth of wrinkles and resuscitates the skin's natural firmness, while free radicals (the primary cause of aging) are outsmarted to curb premature aging.

#### Extended Youth Facial - 80 min

Everything in the 50 minute plus:

- A massage with an eye mask to smooth fine lines
- An oxygenating sea mud mask to detoxify and revitalize all cellular functions

### Seawater Pearl Ritual Facial

80 min or 50 min

*Dehydrated, dry, all skin types*

Every skin type needs hydration and the ocean offers the perfect way to restore ideal moisture levels. Once the skin has been prepared with deep cleansing and exfoliation, a nourishing massage is performed with warm boluses filled with pure red seaweed and liquid calcium seawater pearls. Throughout the massage, the pearls break and the skin is

enriched with vitality and hydration from calcium and algae gel. Next, a creamy mixture of Shea butter and red seaweed is painted on skin to plump the complexion.

### Seawater Pearl Ritual Massage - 80 min

Everything in the 50 minute plus:

- An eye mask
- Final thermal clay mask to seal in moisture and ensure the skin is quenched for days to come

### Gentleman's Sea Escape Facial

80 min or 50 min

*Customized Facial adapted to men's needs*

The face is deeply cleansed, moisturized and soothed to reduce sensitivity commonly associated with daily shaving. A potent, targeted serum is selected based on the skin's individual needs, whether oily, dry, sensitive or mature. To awaken and smooth the skin, a soothing moisturizer is applied, followed by a scalp massage to leave him feeling revived and relaxed, so that challenges of the day can be boldly met and conquered with confidence.

## Facial Enhancements

### Radiance Peel/AHA Peel

An advanced peel combines fruit acids and marine Alpha Hydroxy Acid to reveal younger looking skin and increase the rate of cellular turnover.

### Eye Delight Treatment

A three-phase eye massage, which relaxes, drains puffiness and smooths wrinkles, followed by an application of an eye mask to regenerate and sooth the skin around the delicate eye zone.

### Plumping Lip Treatment

A lip exfoliant designed to smooth the skin while brightening the skin tone, followed by a mask that naturally restores lip volume and hydration.

### Pure Pore Cleansing Treatment

A self-heating clay facial mask is applied to absorb pollutants, toxins and sebum from the skin as preparation for extraction. A double brush massage activates the warmth and provides soothing relaxation as the complexion detoxifies, oxygenates and brightens.

### Self-Heating Mud Detox Spinal Pack

A complete back massage paired with a remineralizing, detoxifying, self-heating mud compress to provide therapeutic relaxation for improved facial treatment.



## Intracutaneous Advanced Oxygen Infused Skincare

Oxygen spa treatments are the only treatments in the world to produce immediate medical-grade results without invasive injections or chemicals. Your skin will emerge deeply hydrated, youthful and glowing with a noticeable reduction in fine lines and wrinkles plus a visible lift.

### Rejuvenate - Hydrating

50 min

Deeply hydrates skin with a noticeable reduction in fine lines and wrinkles plus a visible lift. Results are instant and will continue to improve.

### Opulence - Lightening & Brightening

50 min

Treats the cause of uneven skin tone through super concentrated Vitamin C and natural plant extracts.

### Series of Six Treatments Rejuvenate or Opulence

50 min

Treats the cause of uneven skin tone through super concentrated Vitamin C and natural plant extracts.

### Atoxylene Age-Defying - Eye Rejuvenation

25 min

A "must-have" addition before events, Atoxylene serum refines the forehead, softens eye contour and immediately plumps and smooths lips.

### Ultimate Radiance Infusion

110 min

All the benefits of the Rejuvenate and Atoxylene treatments plus a radiance-revealing combination of botanical skin brighteners and super concentrated Vitamin C.

### Coola Summer ER Organic Facial

25 min

Perfect for all skin types, this holistic treatment soothes and calms the skin while resolving a multitude of skincare concerns. This facial experience includes the added benefits of an eye masque and lip masque. Perfect for anyone exposed to too much sun or who would love to have a cool, soothing facial

## Massages

*At Ocean Spa, our massage therapies combine traditional massage techniques and organic blended oils to restore balance and harmony.*

### Signature Beachcomber Massage

80 min or 50 min

Beautiful tiger clam shells are infused with self-heating, mineral-rich kelp and seawater to provide you with an unforgettably unique heated massage experience that melts away muscle tension.

### Relax by the Sea Swedish Massage

80 min or 50 min

An interpretation of Swedish massage techniques that incorporates light and medium pressure with oils and lotions to relax and revitalize body and soul. By surrendering to the benefits of a comforting massage, the body is left feeling relaxed and invigorated.

### Deep Ocean Massage | Sports Massage

80 min or 50 min

A combination of traditional Swedish movements and deep concentrated work targets muscle knots and painful tightening caused by excess stress. This therapeutic session helps break down knots and aids recovery.

### Maternity Massage

80 min or 50 min

A light, gentle massage designed for mothers-to-be, this session focuses on relieving lower back discomfort and fatigue. This massage is performed from the second trimester on only.

### Aroma Massage

80 min or 50 min

Transform your massage treatment into a truly healing experience by adding therapeutic blended oils crafted to delight your senses.

### Sole to Soul

50 min

Find complete bliss with our indulgent foot treatment which features gentle exfoliation to wash away the stress of your day followed by a warm paraffin immersion to soften your feet. A neck and arm massage as well as plenty of attention to your soles provide much needed rest and relaxation.



## *Enhancements*

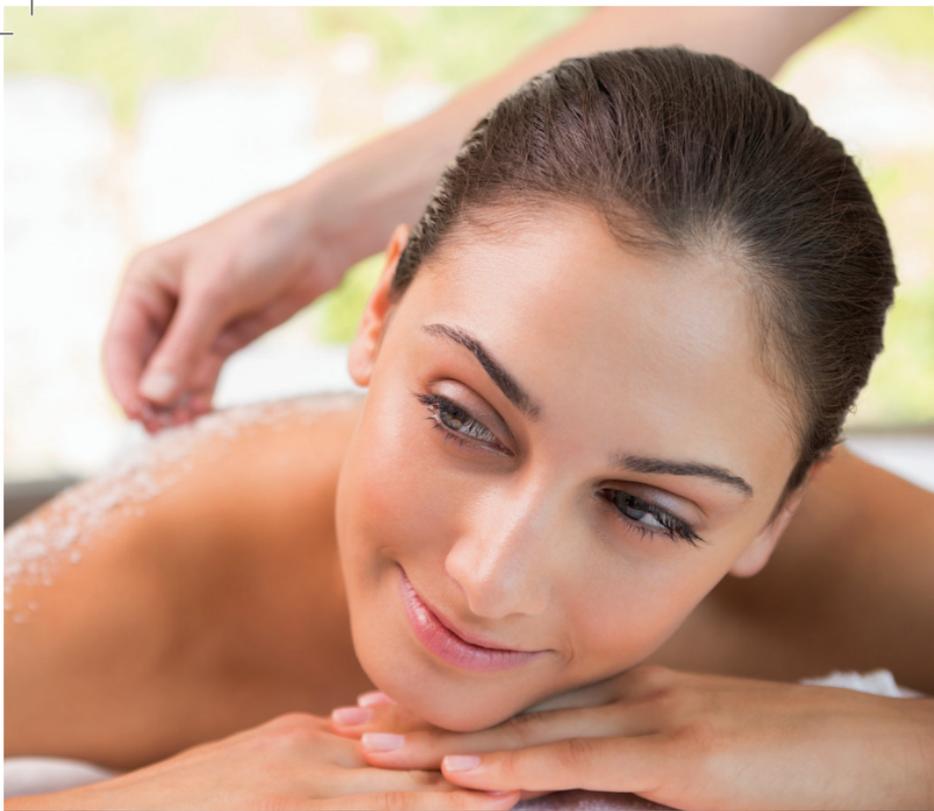
### **Stream of Consciousness**

25 min

A gentle stream of warm oil cascades over your forehead, unwinding your mind and awakening clarity. Drift away during this soothing scalp and neck massage and say farewell to mental stress and tension.

### **In-Room Relaxation**

Enjoy your massage in the comfort and privacy of your guestroom.



## Body Treatments

*Through gentle exfoliation, nutrient-filled lotions and relaxing massage, you will emerge from our body treatments relaxed and with smooth, revived skin. Our body treatments are designed to restore and improve the condition of your skin. We use the finest therapeutic and natural botanical products to detoxify and hydrate while purifying and balancing the entire body.*

### Sugar Glow Treatment

50 min

Sugar Cane harvested from the sun-drenched plantations of Fiji combined with exotic tropical nut oils and fruit enzymes nourish skin with Vitamins A, B, C and E to create the ultimate healthy glow. Relax and enjoy as milk from the coconut combined with macadamia and coconut oil are gently massaged into the skin followed by an application of pure cane sugar and tropical nut oils. This process aids in ridding the body of dead skin to reveal new healthy skin, as well as strengthening the skin's elasticity and replenishing moisture loss.

*Selection of Tropical Fragrances:*

Coconut

Mango

Starfruit

### Pure Fiji Guava Anti-Aging Nourishing Wrap Treatment

75 min

Combat the visible effects of skin aging and restore the appearance of a younger, more toned body with the Pure Fiji Guava Anti-Aging Nourishing Wrap. The treatment begins with a raw cane sugar scrub followed by a body masque application and warm oil scalp massage. An anti-aging botanical blend enriched with guava fruit and high in Vitamin C boosts collagen production and tones and hydrates the skin for a nourished and healthy glow.

## Hair

Moroccan oil is a hair care industry sensation embraced by celebrities, runway stylists and women and men the world over. Moroccan oil not only leaves hair naturally smooth and shiny but also improves its actual condition to make it stronger with each use. We are proud to feature Moroccan oil in our salon - because the products simply work.

### Hair Treatment

Transforms hair instantly, making it silky, smooth, shiny and soft to the touch by infusing moisture-rich antioxidant Argan Oil. It absorbs immediately into the hair to enhance manageability and shine and deliver long term conditioning without leaving residue.

### Special Occasion Styling

*Time varies*

Whether it be an updo, partial updo, loose curls or other hairstyle, we will ensure that your hair looks glamorous for your special event.

### Ocean Executive Men's Haircut

*50 min*

Relax as your hairstylist washes, cuts and styles your hair to your specifications. Complete your experience with a relaxing handheld shoulder massage to relieve stress and tension.

### Hair Services

*Time varies with service*

Haircut Only

Bangs Trim Only

Haircut and Style Short

Haircut and Style Long

Shampoo Blow Dry Short

Shampoo Blow Dry Long

Executive Gentleman's Haircut

Beard and Mustache Trim

Partial Highlights / Full Highlights

Color (single process)

Color (double process)

## Waxing Areas Offered

*Arm (half and full), Back, Bikini, Brows, Chest, Chin, Face, Leg (half and full), Lip, Underarm*

## Nails

### Classic Sea Manicure

25 min

Tension melts away and balance is restored while delivering intense moisture to hands and arms. Nails are finely groomed and perfectly polished.

### Signature Ocean Spa Manicure

50 min

Beginning with an opening breathing ritual that suits your mind, body and spirit needs. Experience deep exfoliation to cleanse away any tension and stress. Arms and hands are enveloped in a moisture-rich masque or deep detoxifying masque therapy.

### Classic Sea Pedicure

40 min

A signature breathing ritual is created while you soak your tired feet in Dead Sea salt and minerals and enjoy a massage to relieve your achy feet and legs, melting away tension. Nails are finely groomed and perfectly polished.

### Signature Ocean Spa Pedicure

50 min

Beginning with an opening breathing ritual that suits your needs, ultra luxe exfoliating and masque treatments will renew and restore hydration, moisture and youthful glow. The massage will melt away tension and stress while nails are finely groomed and perfectly polished.

### Gentleman's Nail Maintenance Manicure

25 min

A rejuvenating treatment for hard-working hands, this treatment includes grooming of the nails and cuticles, as well as aromatic massage lotion to stimulate the senses and soften the touch. The manicure is followed by a natural nail buffing that leaves the nails looking clean and refined.

### Gentleman's Nail Maintenance Pedicure

30 min

A rejuvenating treatment for tired feet, this pedicure consists of customized dual sensations - touch and aroma - that are ideal for men. Includes grooming of the nails and cuticles, as well as exfoliation combined with an aromatic massage lotion to enliven and improve the condition of the feet. The pedicure is followed by a natural nail buffing that leaves the nails looking clean and refined.

## Lifestyle

*Ocean Spa cordially invites you to sculpt your body and soul.*

### Fitness Club

Located within the spa is our Health Club, complete with state-of-the-art equipment, including cardiovascular machines, strength machines and a comprehensive range of free weights. The latest in audio/visual equipment allows you to enjoy your favorite music/channel while working out. Towel Service is also provided.

### Fitness Studio

Our team of professional trainers offers quality classes in a very intimate atmosphere. Our Fitness Studio is sought out by those who prefer superb service and a higher level of training. We offer 38 classes a week including Pilates (Mat), Yoga, Zumba, Cycle, Kickboxing, Ab, Nia Dance and Boot Camp just to name a few. Whether your goal is to slim down or tone up, our Certified Trainers will help you achieve your goal with expert and dedicated guidance. Please inquire with the Spa Concierge for our current class schedule or personal training.

### Changing Rooms

After your workout, retreat to our fully appointed changing rooms to enjoy the sauna and herbal steam room or to freshen yourself in the shower and vanity areas equipped with private lockers.



## Ocean Spa Experience

### Ocean Spa Scheduling

We highly recommend that you book your treatment in advance to secure your preferred day and time. This can be done in person or over the telephone (310) 899-4040. Any change to a scheduled treatment booking time requires a minimum of four hours advance notice. Please arrive at least 30 minutes before your scheduled appointment time to check-in and enjoy the facilities at Ocean Spa & Fitness. A valid credit card and telephone number are required to reserve all treatments and packages.

### Ocean Spa Cancellation Policy

A four-hour notice must be given to cancel or amend any reserved treatment. If less than four hours, 100% of the full treatment fee will be levied. In case of no-show, full treatment fee will be levied. All packages and products are non-refundable.

### Ocean Spa Day Spa Users

Day spa users with a minimum expenditure of \$25 can enjoy the use of all of facilities at Ocean Spa - health and wellbeing - indulge in the sauna, herbal steam room, whirlpool, or freshen yourself in the shower.

### Ocean Spa Gift Certificates

The perfect gift for all occasions. Gift Certificates are available for any amount to be applied to any of our treatments and packages. Gift Certificates are non-refundable.

### Ocean Spa Group Reservations

Please contact the Ocean Spa management team for groups of over five people. We offer a range of packages to suit all requirements. For all inquiries, call the Ocean Spa Concierge at (310) 899-4040 and ask to speak with the Group Manager on duty.

## How To Spa

### Check-in

When you arrive at Ocean Spa, you will be asked to fill out a guest intake form to address any health concerns. Please inform your therapist if you have any concerns. We recommend early arrival prior to your treatment to enable you to shower and enjoy the therapeutic benefits of our facilities - herbal steam room, sauna and Jacuzzi poolside. While we will always try to accommodate your treatments, late arrival may mean a reduction in your treatment time due to prior bookings.

### Etiquette

Mobile phones, while a necessary part of modern living, are not permitted in any of our treatment rooms or relaxation lounges. In all other areas, please be considerate of other guests and switch them to quiet or meeting mode.

### Age Requirement

Guests of Ocean Spa & Fitness must be at least 16 years of age to enjoy spa services. Salon services are available to guests of all ages. Minors must be accompanied by a parent or legal guardian and are not permitted in the locker room and spa facilities, including sauna, steam room, whirlpool and showers without a same sex guardian.

### Spa Attire

We provide robes and sandals for your comfort. Our professional therapists are fully trained to drape you in order to protect your privacy at all times.



### Health Notes

Please remember to drink fluids, especially water, during and after your time at Ocean Spa. Most of us do not take in enough water daily, water is the source of life.

Gentlemen should shave a few hours before any facial treatment to increase comfort.

If you have enjoyed your massage, we suggest you leave the oils on your skin for up to 2 hours before taking a shower. Your skin will fully absorb the oils' properties.

If you are pregnant or have any other condition that you feel we should be aware of, please inform our Spa Concierge and your therapist.

Our therapists are fully trained to ensure your treatments are some of the best you will experience. However, please inform them at any time if you are uncomfortable or require anything else during your treatment - massage pressure, room temperature, etc.

### Valuables

If you are a guest of the hotel, please leave valuable items in the safe in your guest room, as we cannot be responsible for lost or stolen items

### Gratuities

A 20% Gratuity will be included on your final bill and may be adjusted upon your satisfaction.

### Others

Please refrain from drinking any alcoholic beverage three hours or longer before your treatments. Smoking within Ocean Spa and Fitness Center is strictly prohibited. The therapist reserves the right to terminate the treatment if he/she feels the guest's behavior is undesirable.





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