

*Calm...*

## STORY OF SPA GAUCIN

Spa Gaucin at the St. Regis Monarch Beach is the magnificent reflection of an enchanting coastal destination. The spa is named after an old world village, Gaucin, perched on the crest of the Sierra del Hacho Mountains.

The village sits dramatically 630 meters above the sea creating sweeping views towards the Mediterranean. Celebrating the traditions of the Mediterranean lifestyle, Spa Gaucin has created a sensory experience with a menu featuring rosemary, wine, olive, and grape seed.

We invite you to begin your celebration of life, love, and wellness with the tradition of our coin toss into the Spa Gaucin Well of Desires.

*“Every moment of life is worth a celebration.”*

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## STARWOOD SPA COLLECTION

### Seven Pillars of Well-Being®

The founding principles of the Starwood Spa Collection are based on the Seven Pillars of Well-Being®. As unwavering standards of excellence, the pillars distinguish each spa in our collection by addressing wellness, health and beauty with all-inclusive spa programs for the body and mind wherever our guests may find themselves.

The seven pillars include: beauty, life balance, harmony, aqua, vitality, nature, nutrition.

MEMBER OF  
**STARWOOD  
SPA COLLECTION**  
STARWOODSPACOLLECTION.COM

## MASSAGE

*Unique to Spa Gaucin, we massage with a natural grapeseed massage oil, which like wine, is an antioxidant assisting to purge the body of toxins and impurities. To enrich the senses, each massage begins with an inhalation ritual – your therapist will offer a choice of an organic essential oil for relaxation, balance, renewal, stress relief, or immune support.*

### Mediterranean

Light to medium pressure strokes are executed with a hydrating Chardonnay grapeseed oil. This signature service includes a warm, tension releasing back compress and aromatic fig and cassis body butter application. 60 min - \$175, 90 min - \$260

### Therapeutic

Skilled therapists will work through your tension, stress and tight muscles with an antioxidant grapeseed oil. Focus will be given to your specific areas of need to release pain and restore movement. 60 min - \$185, 90 min - \$275

### Intuitive Massage

A customized massage experience that begins with a consultation to determine your body and energy needs. The massage technique and desired outcome are established by you and your therapist creating a symbiotic experience for both. 75 min - \$215, 105 min - \$320

### Coastal Stone

Combines traditional Swedish massage strokes with smooth, heated stones for greater muscle relaxation. Stones are also placed on energy points to improve circulation and calm the nervous system. Hands and feet are pampered with our olive leaf lotion. 60 min - \$190, 90 min - \$285

### Reflexology

This traditional Eastern massage applies focused pressure to areas of the hands and feet that correlate to your body's organs. The stimulation helps to release tension, encourage energy flow and promote health and wellness. 60 min - \$175

### Maternity

This light, comforting massage will relax and rejuvenate the mother-to-be. We concentrate on relaxing your feet, opening your hips, relieving lower back pain, and releasing a tight neck. This restoring service concludes with pomegranate juice, known to aid in the development of the baby within. 60 min - \$175, 90 min - \$260

### Shiatsu

Muscles will release tension with relaxing compression work along the body's meridian points to re-open energy blocks and encourage optimal flow and synergy. Techniques of tapping, squeezing, rubbing and stretching are used in this massage. 60 min - \$175, 90 min - \$260

### Mediterranean Harmony

Two therapists perform a choreographed massage in harmony resulting in total mind/body relaxation. The service is complete with our signature warm back compress and fig and cassis body butter back massage. 60 min - \$350

*Most massages may be experienced as a couple's treatment.  
In-room massages available upon request.*

## Clarify...

### FACIALS

*Spa Gaucin is proud to partner with Kate Somerville, a pioneer in skin wellness and innovation. Famous for creating that "Hollywood glow," Kate has created her signature line of products and services to obtain the best possible results. Using the finest high-grade ingredients and the newest, cutting-edge technology, Kate is dedicated to helping individuals attain the most vibrant, youthful skin possible.*

#### Customized Kate

Whether you need deep cleansing, a detoxifying acne treatment, or have sensitive skin, our estheticians will determine your needs and ensure you leave refreshed and Kate radiant.

60 min - \$175, 90 min - \$260

#### Just For Men

This facial is specifically designed to address the unique concerns of men, targeting irritation caused by shaving and congestion resulting in clearer, balanced and hydrated skin. It begins with a deep cleansing, exfoliation and extractions. Skin will be revitalized with a customized mask followed by a relaxing shoulder massage.

60 min - \$175, 90 min - \$260

#### Hollywood Glow

This results-driven facial is the introduction to a lifetime of younger-looking skin and was developed to bring back a more youthful, hydrated and smooth complexion. The Dermal Booster deeply penetrates the skin's surface, delivering essential nutrients.

60 min - \$175, 90 min - \$260

#### Total Vitamin

This facial instantly adds clarity and radiance to a dull complexion. Ideal for sun-damaged and pigmented skin, this treatment is packed with antioxidants to renew and repair. Papaya enzymes exfoliate, smooth and brighten the skin's surface while a vitamin-rich complex is combined with a protein mask to firm the skin.

60 min - \$175, 90 min - \$260

#### Dermal Quench

The ultimate hydration treatment resulting in instantly healthier, younger and plumper skin! Oxygen, vitamins and hyaluronic serum deliver unparalleled hydration and age-defying results. An ideal treatment for a special event, for jet lag, or for an amazing glow.

60 min - \$225, 90 min - \$335

#### Oxygen Enhanced Microdermabrasion

This non-invasive treatment will exfoliate and deep cleanse your skin and is suited for all skin types. Kate Somerville's Dermal Quench Oxygen leaves the skin refreshed and radiant.

90 min - \$350

#### Antioxidant Wine Therapy

This enzyme exfoliation facial, using Le Vin products, will rejuvenate skin, reduce lines, boost collagen production and protect the skin from environmental stress and pollution via the high efficacy of the Chardonnay grape.

60 min - \$175, 90 min - \$260

*Most facials may be experienced as a couple's treatment.  
A full line of waxing services are available.*

## Caress...

### SCRUBS & WRAPS

*The essence and scents of the Mediterranean lifestyle come alive in our engaging and aromatic body scrubs and wraps.*

#### Chardonnay Sugar Scrub

This all-natural, antioxidant-rich scrub is blended with Shea butter and natural oils to exfoliate, nourish and protect your skin. After the scrub, a Chardonnay body butter containing lavender and rosemary extracts is applied for a healthy glow. 60 min - \$175

#### Grape Seed Rosemary Scrub

Experience the unique texture of milled grape seeds combined with pure grapeseed oil that has been infused with chamomile extract, and essential oils of lavender, rosemary, peppermint, jojoba, eucalyptus and tea tree. Your skin and body will appreciate this aromatic nourishment. 60 min - \$175

#### Tomato Basil Nourishing Wrap

Nourish tired skin with this active ingredient wrap. Packed full of antioxidants and moisture imbedding properties, your body will devour the extracts of orange fruit, olive leaf, rosemary leaf and lavender flowers. 60 min - \$175

#### Devine Grape Seed Mud Wrap

While relaxing in this blissful wrap, the clay mixed with grape seeds will absorb impurities as well as tone and moisturize the skin.

60 min - \$175

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## Complete...

### SERVICE ENHANCEMENTS

*The perfect addition to any spa service*

#### Mint Foot Treatment

This invigorating service combines an exfoliation, reflexology and hydration leaving your feet fresh and restored. 15 min - \$45

#### Healing Hands

Dry, tired hands will be rehabilitated with an ultra-healing Chardonnay body butter hand massage followed by a warm immersion in heated mitts. 15 min - \$45

#### Scalp Escape

Relieve your mind of worries and stress with this soothing massage performed with a natural, herbal oil to nourish your hair and scalp. 15 min - \$45

#### Red Wine Bath or Espresso Soak

Relax in an antioxidant red wine bath or choose the aromatic and detoxifying espresso bath soak. A perfect spa experience for couples seeking wellness, harmony and quiet time together in our suite. 20 min - \$55 / couples - \$65

#### Tuscan Shirodhara

Your worries will fade away with this ancient practice of warm oil slowly dripped onto your forehead. Calm your nerves, release stored emotions and purify the mind with this peaceful treatment uniquely executed with natural grapeseed oil. 30 min - \$85

## Celebrate...

### COUPLE'S SUITE RETREATS

*Whether you're celebrating an anniversary, birthday or simply rejoicing in your happiness together, our luxurious couple's packages are the ultimate choice. Enjoy blissful moments in our beautiful suites with a warm fireplace, healthy Mediterranean foods and celebratory wine or champagne.*

#### Wine Escape

- 20-min Antioxidant wine bath for two accompanied with grapes, assorted fine cheeses and California white wine
- 90-min Therapeutic couple's massage with grapeseed oil  
120 min - \$665

#### Mediterranean Meltaway

- 20-min Espresso Bath for two accompanied with Italian wine, fig and cheese tray
- 90-min Mediterranean couple's massage accented with a fig and cassis body butter hydration  
120 min - \$635

#### Coastal Romance

- 20-min Antioxidant bubble bath accompanied with fresh strawberries and champagne
  - 90-min Coastal Stone couple's massage with olive leaf hand and foot massage  
120 min - \$685
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## Challenge...

### FITNESS AND WELLNESS

*Outfitted with contemporary equipment, an outdoor lap pool featuring underwater music, and a movement studio complete with our unique strap wall, the Fitness Center is the ideal locale to maintain a healthy lifestyle.*

#### Fitness Classes

Challenge your center or increase your heart rate through our wide range of fitness programs. Enjoy a variety of yoga classes, morning meditation, shoreline runs, beach boot camps and other unique classes designed by our highly skilled instructors.  
60 min - complimentary to spa and resort guests

#### Personal Training

Enjoy a one-on-one session with our fitness experts. Each session will be catered to your needs following a consultation. Our trainers offer a wide variation from cardio and strength training to yoga and Pilates. 75 min - \$120

#### Private Fitness Class

Celebrate fitness with a group of friends, family or colleagues. We can accommodate a variety of group sizes and host in unique and beautiful locations throughout the resort. Price varies.

#### Nutrition Evaluation

Review your diet and nutrition needs with our Spa Gaucin expert. Proper food intake is essential to optimal wellness. The nutritionist will review your current eating plan and recommend areas of enhancement and need. 75 min - \$140

## Connect...

### SPECIAL OCCASION PACKAGES

#### Women Who Wine

*"Let us celebrate the occasion with wine and sweet words."*

- 60-min Antioxidant Wine facial
- 60-min Mediterranean massage
- Organic Wine Tasting – St. Regis wine experts will walk you through our organic wine varietals.
- Spa Lunch – Enjoy healthy, conscious living cuisine in the relaxed spa setting. (optional)
- Complimentary Women Who Wine spa gift  
\$395 per person, excluding lunch

#### Together – Be Centered

*"Truly loving another means letting go of all expectations. It means full acceptance, even celebration of another's personhood."*

This package is designed to realign the couple's energy and heart together with guided yoga and meditation. This experience will flow from the beach to the luxurious spa for a couple's massage.

- 45-min Couple's Yoga on the Beach
- 15-min Couple's Connection Meditation on the Beach
- 60-min Mediterranean couple's massage
- 20-min mood bath
- Complimentary wine  
2 1/2 hours - \$625 per couple

#### Celebrate Connections

*"The more you praise and celebrate in your life, the more there is in life to celebrate."*

Mothers, Daughters and Girlfriends—make new memories together and celebrate the old ones. This soothing package offers time to soak in the California sun and connect together on our balcony while enjoying some of life's most precious indulgences.

- Two 60-min Kate Somerville Total Vitamin facials
- 30-min Connection time in Facial Suite
- Indulge in Handmade Chocolates and Organic Red Wine
- Complimentary Connection spa gift  
90 min - \$200 per person

#### Mommy Boot Camp

*"It is exercise alone that supports the spirits, and keeps the mind in vigor."*

Our expert trainers will reshape your post-baby body to achieve optimal results and wellness. As a reward, you will receive two one-hour luxurious treatments to help soothe your tired muscles.

- Four 60-min personal training sessions
- Two 60-min spa services (options limited)  
\$820 per person

Create...

## BRIDAL SPA PACKAGES

### Celebrate the Bride

*"Celebrate the happiness that friends are always giving."*

Create a day of memories for the bride and her closest friends as they spa, wine and dine together. We will make your celebration perfect and complete by providing your party with a personal spa butler.

- One 60-min spa service (options limited)
  - Spa Cuisine Lunch in the atrium
  - Champagne toast to the bride
- \$200 per person, excludes the price of lunch

### Beauty and the Bride

We will help your skin glow on your special day with this series of Kate Somerville facials, which will ensure healthier and radiant skin. Also enjoy a chance to maintain your skin's enhanced look and feel.

- Series of three 60-min Dermal Quench Oxygen facials
  - TRUE makeup consultation in the spa boutique
  - TRUE makeup kit with customized colors
- \$650 per person

### Bridal Boot Camp

Prepare for your special day with our expert personal trainers as they create a customized workout to reduce weight, tone or strengthen target areas. After all that work, be pampered with an added treat.

- Five 60-min personal training sessions
  - Two 60-min spa services (options limited)
- \$890 per person

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## TEEN SPA PACKAGES

### THE FERIA

*A four-day annual festival held in the town of Gaucin, "the Feria" honors beauty, friendship and health by choosing two teen "queens" to represent the town during the celebration. Spa Gaucin invites teens to celebrate these traits with spa services tailored for them.*

#### Feria Beauty

Learn to care for your skin with this beautifying package where you will adore the TRUE makeup consultation in our boutique.

- 60-min facial (options limited)
- Skin care coaching from our expert esthetician
- TRUE makeup consultation
- Lip shine gift

#### Feria Friendship

Create lasting memories while feeling connected and refreshed by enjoying a spa day together in our luxurious facility.

- Two 60-min facials in facial suite (options limited)
- Two brow shapings

#### Feria Health

The fitness team will guide you in the best food choices and workout program to maintain your high energy and healthy appearance.

- 60-min nutrition consultation
- 60-min personal training session

Each Feria package is priced at \$200 per person.

Chic...

## VOGUE SALON

*Vogue Salon offers a hip, modern atmosphere with a team of award-winning hair stylists, make-up artists and manicurists that will provide you with a vivid transformation or simply enhance your current image.*

### MANICURE SERVICES

- Vogue Manicure - 45, minutes - \$55
- Express Manicure - 25 minutes - \$35
- Pedicure - 35 minutes - \$45
- Gentleman's Manicure - 30 minutes - \$45
- Ultimate St. Regis Manicure - 60 minutes - \$75

### PEDICURE SERVICES

- Vogue Pedicure - 60 minutes - \$70
- Ultimate St. Regis Pedicure - 75 minutes - \$95
- Chocolate Pedicure - 60 minutes - \$85

### NAIL ENHANCEMENTS

- Polish change - \$20
- French polish - \$10
- Paraffin treatment - \$15
- Full-set acrylic or gel nails - \$100
- Acrylic or gel fill - \$65
- Pink & whites fill - \$75
- Nail repair - \$15

### VOGUE MAKE-OVER

Haircut, style, and make-up application with lesson - \$185

### SALON

- Men's haircut and style - from \$50
- Women's haircut and style - from \$75
- Shampoo and style - from \$55
- Special occasion style - from \$80
- Kerastase scalp treatments - \$35-\$50
- Make-up application - \$65

### SALON PRODUCTS

- Kerastase
- Bumble & Bumble
- Mineral make-up
- Cuccio Naturale
- O.P.I.

For reservations at Vogue Salon please call 949-488-7818 or extension 2138 for resort guests.

## VITALE HEALTH AND WELLNESS CENTER™

*Located inside Spa Gaucin, Vitale Health and Wellness Center™ provides a comprehensive physical examination and testing program in the quiet comfort of our world class spa. This program is unlike any other in the country in that it customizes the examination and testing to the individual needs of each guest. The goal is to address each person's physical, emotional and mental health in a personalized yet confidential manner. Welcome to a true "Medical Spa."*

### COMPREHENSIVE EXAMINATION & TESTING PACKAGE

- Full Physical Examination by a Board Certified Family Physician
- Review of Various Body Systems
- Psycho-social Assessment
- Genetic Disease Risk Assessment
- Full Skin Evaluation
- Resting Electrocardiogram
- Pulmonary Function and Oxygen Testing
- Blood Pressure Measurements
- Vision and Glaucoma Testing
- Hearing Evaluation
- Total Body Fat and Lean Body Mass Analysis
- Percent Body Water Analysis
- Strength and Mobility Testing by a Licensed Physical Therapist
- Bone Density Screening Ultrasound
- Personalized Dietary Evaluation and Recommendations by a Registered Dietician
- Complete Blood Count, Liver, Kidney and Blood Sugar Testing; Thyroid and Full Cholesterol Panels; Urinalysis and Indirect Stool Analysis for Occult Blood
- Food/Calorie Book and Health Education Pamphlets
- Personalized Pharmaceutical Grade Vitamins, Supplements and Skin Care Products
- Catered Breakfast and Lunch Prepared by the Executive Chef
- All Testing Results Provided on the Same Day as the Exam in a Personalized Notebook as well as a Pocket USB Drive.

**Total Cost—\$2,990**

#### Other Examinations Include:

- Full Cardiac Stress Test with Echocardiography
- Wide Array of CT, MRI and Ultrasound Scans
- Various Endoscopy, Urological and Gynecological Tests
- All Tests Performed and Evaluated by Board Certified Specialists

**Additional Cost**



P: 949 234 9779 or 877-6-VITALE  
www.vitalehealthandwellness.com

Vitale's Cancellation Policy Differs from Spa Gaucin's

## SPA FACILITIES

Spa Gaucin features beautifully appointed waiting areas, a tranquility lounge, waterfall whirlpools, eucalyptus steam room and sauna as well as a contemporary fitness center. Use of the spa facilities is complimentary with a booked spa treatment; without a treatment the spa facility is available to resort guests for a \$25 fee. Use of the fitness center is complimentary to resort guests.

Please arrive 30 minutes prior to your service to ensure time to check-in, change into the provided spa robe and slippers, and enjoy the spa facilities.

### SPA BOUTIQUE

The quaint spa boutique features our signature skin care line, fashionable resort wear, accessories, candles, and unique gifts. The spa boutique is open Sunday - Thursday from 9am to 7pm, Friday and Saturday from 9am to 8pm.

### CELEBRATIONS

The magnificent facility at Spa Gaucin provides a delightful and unique setting for your corporate group, bridal party, or private gathering. Contact the spa group coordinator at 949-234-3475 for a customized itinerary and group pricing. Spa Gaucin gift certificates are the ultimate gift and can be redeemed for spa treatments, private fitness services, or for the spa boutique.

### CANCELLATION POLICY

Please call the spa a minimum of 24-hours prior to your appointment to cancel or change a service. Calls made within 24-hours will incur a \$40 rescheduling fee. Cancellations and no-shows will be charged in full.

# ST REGIS

MONARCH BEACH

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