

# THE SPA AT BACARA

MENU OF SERVICES



Polish. Tighten. Relax. Renew.

The Spa at Bacara offers over 42,000 square feet  
dedicated to refreshing and reviving you.

36 treatment rooms for tailored Spa experiences.

Fitness classes and one-on-one training. A heated saline pool.

Tennis and hiking.

A 3,500-square-foot cardiovascular and strength training center.

Studios dedicated to Yoga and Pilates.

Personalized wellness programs.

Private sunbathing and breathtaking ocean views.

The all-organic Spa Café.



**THE SPA AT BACARA  
RECOMMENDATIONS FOR SPA SERVICES**

**BEFORE YOUR MASSAGE**

**EXFOLIATION  
BODY TREATMENTS  
BACARA WATER THERAPIES  
EUCALYPTUS STEAM  
SAUNA  
JACUZZI**

**AFTER YOUR MASSAGE**

**SKINCARE  
MANICURE  
PEDICURE  
EUCALYPTUS STEAM  
JACUZZI**

**BEFORE YOUR FACIAL**

**EXFOLIATION  
MASSAGE  
BODY TREATMENTS  
BACARA WATER THERAPIES  
EUCALYPTUS STEAM  
SAUNA  
JACUZZI**

**AFTER YOUR FACIAL**

**MANICURE  
PEDICURE**

## MASSAGE

### STRESS RELIEF (25 min, \$85)

A massage concentrating on the neck and shoulder area to release stress and promote relaxation.

### SWEDISH MASSAGE (50 min, \$150 / 80 min, \$220)

The classic relaxing full-body massage using a light pressure combination of both long and kneading strokes to soothe aches and pains and relieve stress and tension.

### SWEDISH SPORT (50 min, \$160 / 80 min, \$240)

Enjoy the soothing strokes of our classic Swedish massage combined with medium to firm pressure compression and light stretching to promote circulation, flexibility, and muscle recovery. Recommended for active individuals as the perfect reward for tired muscles after a long workout.

### DEEP TISSUE (50 min, \$175 / 80 min, \$260)

This intense massage uses deep, deliberate strokes and compressions to separate and lengthen your muscle fibers. Recommended for active individuals and those who need focus on specific muscle groups.

### ARNICA MASSAGE INFUSION (50 min, \$170 / 80 min, \$235)

Principles of Swedish, Shiatsu, and Thai massage are expertly combined to achieve the ultimate massage experience. Anti-inflammatory extracts of arnica and cooling extracts of peppermint and rosemary target muscle pain and joint stiffness.

### PRENATAL MASSAGE (50 min, \$160 / 80 min, \$240)

A light massage recommended for the second and third trimester to assist in releasing lower back pain, water retention, and sciatica.

### COUPLES MASSAGE (50 min, \$325 / 80 min, \$470)

Enjoy one of the following massages with a loved one or friend: Swedish, Swedish Sport, or Deep Tissue.

### SYNCROSSAGE (50 min, \$250 / 80 min, \$360)

Two therapists perform your Swedish massage in perfect harmony. Long, fluid strokes ease muscle tension, and promote deep relaxation. This experience is truly indulgent and definitely Bacara.

### HEALING STONE THERAPY (80 min, \$255)

This light pressure therapy combines traditional Swedish massage with the use of both cool and warm polished basalt stones strategically placed on the body to promote deep relaxation and a sense of calm. A hydrating laminaria oil of geranium and bergamot will promote circulation, boost the immune system, and soften the skin.

### BACARA CRÈME DE LA CRÈME (110 min, \$395)

This exclusive signature treatment combines the elements of some of our most requested services into Bacara's most decadent Spa experience. Begin with a calming and moisturizing soak in Vanilla Foaming Milk Bath, followed by a restorative lime scalp treatment, and a gentle full-body exfoliation with a thermal cocoon of rich espresso mud mask. After a luxurious Swiss shower, your journey continues with a full-body massage and application of detoxifying mineral mud to your spine. Soothing paraffin for your hands and feet and a hydrating application of Naturopathica's Shea Butter Ultra Rich Body Cream add the finishing touch.

### IN-ROOM MASSAGE (50 min, \$210 / 80 min, \$305)

Classic Swedish, Sport, or Deep Tissue massage provided in the privacy of your guest room.



AFTER HOURS IN-ROOM MASSAGE (50 min, \$325 / 80 min, \$475)

Classic Swedish, Sport or Deep Tissue massage provided after Spa hours in your guest room.

### EASTERN ORIGINS

REFLEXOLOGY (50 min, \$160)

This ancient art uses strategic pressure point massage applied to the hands and feet to heal the body and increase energy flow.

REFLEXOLOGY WITH SWEDISH MASSAGE (50 min, \$160 / 80 min, \$255)

Reflexology massage enhanced by neck and back massage.

SHIATSU (50 min, \$160 / 80 min, \$255)

This ancient Japanese technique uses pressure along energy pathways of the body to promote health and well-being. Loose, comfortable clothing should be worn for this treatment.

REIKI WITH SWEDISH MASSAGE (50 min, \$160 / 80 min, \$255)

Reiki is a holistic therapy which brings healing on physical, mental, and emotional levels. In this fusion treatment, our practitioners use a light hands-on touch technique in combination with fluid strokes of Swedish massage to allow your body and mind to relax, renew, and achieve perfect harmony.

LAVENDER BOLUS BLISS (80 min, \$275)

Inspired by ancient Thai traditions, this total-body experience includes a remineralizing exfoliation using marine salt infused with seaweed oils to soften and oxygenate the skin. Warm, lavender-filled boluses are steamed and then used on the body to deeply relax the mind and soothe the senses with their aromatherapeutic qualities. This experience concludes with a Thai-influenced massage of compressive strokes and pressure points to release muscle tension using rich lavender body milk, leaving the skin with a silk-like finish.

THAI MASSAGE (80 min, \$255)

This traditional Asian massage incorporates gentle rocking, passive yoga-like stretching, and rhythmic compression. Performed on a floor mat. Loose, comfortable clothing should be worn for this treatment.

### AYURVEDA

ABYANGHA MASSAGE (50 min, \$185)

This classic therapy from India is an herbal-oil massage that calms the nervous system and balances the mind while stimulating the circulatory and lymphatic systems. It is known for enlivening and revitalizing the body, which results in improved physical, mental, and spiritual health. The amount of pressure used depends upon constitution type and is determined by your therapist (Vata- light, Pitta- moderate, Kapha- firm).

MARMA CHIKITSA (50 min, \$195)

This holistic Ayurveda treatment combines touch therapy, transdermal aromatherapy, and herbal therapy. The experience is profoundly relaxing and energetically balancing. It also provides a system of natural healing agents to vital organs.

BINDI HERBAL BALANCER (80 min, \$225)

Derived from traditional Ayurvedic rejuvenation therapies, this is a combination of a botanical body mask and warm herbal oil massage that will quiet the mind and balance the body.

### ENHANCE YOUR MASSAGE

PRE MASSAGE HYDROTHERAPY ENHANCEMENT

The bath is a place where one allows the body and mind to heal through the rejuvenating effects of water. Choose between our Detox or Soothe blend. Detox: A detoxifying, effervescent treatment to combat environmental toxins using mineral-rich Himalayan salt. Soothe: A calming bath to ease nervous tension and stress using Naturopathica's famous Aqua Latte Foaming Milk Bath to soothe and hydrate. (25 min, \$50)

AROMATHERAPY

Aromatic blends added to your massage experience to calm your mind and stimulate your senses. (Add \$35)

LIME SCALP TREATMENT

Awaken the senses, heal, and repair. (Add \$35)

PARAFFIN TREATMENT OF HANDS OR FEET WITH THERMAL WRAP

Smooth and moisturize. (Add \$35)

BODY BALANCER

A self-heating mineral mud applied to your spine. (Add \$35)

WARM BOLUS

Herbal boluses are steamed then used during your massage to deeply relax the mind and soothe the senses with their aromatherapeutic qualities. Bolus blends include your choice of calming chamomile, soothing lavender, or an uplifting fusion of lavender and rosemary. (Add \$35)

SHIRODHARA

A gentle, warm stream of oil drizzled onto your forehead and through your hair, followed by a gentle scalp massage - additional 30 minutes to any Ayurvedic treatment. (Add \$60)

## BODY TREATMENTS

### BODY BRONZING-EXTENDED SUMMER GLOW (Allow 50 min, \$140)

Achieve a radiant glow without the harmful effects of the sun. After a full-body gentle spa peeling, your entire body is artfully bronzed with long-lasting bronzer. The perfect preparation for any weekend at the beach, your healthy glow will last between 3-5 days.

### BODY BRONZING-GLOW REFINEMENT (25 min, \$85)

Renew your radiant glow with a bronzing touch-up. Recommended 48 hours after your initial Extended Summer Glow, this treatment refines and intensifies the effects of your original bronzing. Treatment does not include exfoliation and is not recommended for those who have not had the Extended Summer Glow.

### PEPPERMINT FOOT TREATMENT (50 min, \$160 / add hands, 80 min, \$255)

A relaxing thermal foot wrap infused with peppermint oil is followed by Naturopathica's gentle Bamboo and Lemongrass Scrub. During a soothing paraffin dip, your face, neck, scalp, and shoulders are expertly massaged. The finale to this smart treatment is a relaxing foot massage using Naturopathica's rich Peppermint Tea Tree Foot Balm. The longer version of this treatment also focuses on the hands, including a bamboo and lemongrass exfoliation, paraffin treatment, and an application of rich vanilla lotion to hydrate the skin and seal in moisture.

### BACARA CITRUS AVOCADO BODY POLISH (50 min, \$160)

Inspired by the organic fruits and vegetables grown on our private Ranch, this gentle exfoliation uses mineral salt blended with oils of avocado, orange, lemon, and tangerine rind followed by a warm Swiss shower. This invigorating treatment concludes with an application of hydrating lotion fused with avocado oil and shea butter to nourish and calm the skin.

### BAMBOO LEMONGRASS BODY SCRUB (50 min, \$160)

An exfoliating full-body polish using powdered bamboo, almond protein, and pure extracts of lemongrass to cleanse, tone, and revitalize dull and dry skin. Then comes a hydrating application using lemongrass and ginger body oil to leave skin feeling warm, soft, and smooth.

### BROWN SUGAR BODY POLISH (50 min, \$160)

Brown sugar crystals in an oil blend of evening primrose, sweet almond, apricot kernels, and jojoba are used to gently buff away dull skin cells while deeply moisturizing dry areas. Following a warm Swiss shower, the treatment concludes with the application of a rich Shea Butter Brown Sugar body lotion incorporating hints of citrus that refreshes and softens the skin while leaving it infinitely supple.

### ROSEMARY CITRUS SEA SALT SCRUB (50 min, \$160)

Using a blend of mineral rich sea salt, enhanced with rosemary and citrus essential oils, we work to stimulate circulation while renewing the skin's surface. Following an invigorating Swiss shower, the treatment concludes with an application of Naturopathica's Lemon Verbena Lotion to leave your skin velvety smooth.

### BACARA BODY MELT (80 min, \$235)

A gentle exfoliation followed by a warm Swiss shower prepares you for a full-body massage with essential oils of eucalyptus and ylang ylang that nourishes your skin and muscles. The application of soothing heat during this luxurious treatment helps detoxify and melt your tensions away. You drift into deep relaxation in the warmth of a thermal cocoon while receiving a massage of the scalp, neck, and shoulders.

### DETOXIFYING SEAWEED INFUSION (80 min, \$230)

A detoxifying, light pressure, full-body massage using a mineral rich serum that helps eliminate lymphatic sluggishness, improve circulation, and restore healthy body tone.

## HALF-DAY PACKAGES

The Spa at Bacara has designed unique synergistic programs of treatment to achieve maximum results in specific areas of body and mind enhancement.

### RELAX: SOOTHE, EASE, CALM (3.5 hrs, \$425)

Soothe Water Therapy  
Swedish Massage (50 min)  
Organic Facial  
Spa Cuisine Lunch

### RESTORE: CLEANSE, DETOXIFY, BALANCE (4 hrs, \$495)

Detox Water Therapy  
Mineralizing Marine Body Mask  
Choice of Massage or Detoxifying Seaweed Infusion (80 min)  
Spa Cuisine Lunch

### REFINE: POLISH, ENHANCE, RENEW (4 hrs, \$515)

Citrus Avocado Body Polish  
Swedish Massage (50 min)  
Environmental Defense Facial  
Spa Cuisine Lunch

## SALON

### HAIR CARE: featuring PHYTO Hair Products.

Custom Style (from \$95)	Cut & Style (from \$90)
Men's Haircut (from \$75)	Shampoo & Style (from \$55 - \$105)

### NAIL CARE: featuring Sonya Dakar body products and Lippmann Collection nail lacquers.

Polish Change (20 min, \$30)	French Pedicure (60 min, \$95)
Manicure (30 min, \$45)	Manicure & Pedicure (90 min, \$110)
French Manicure (40 min, \$55)	French Manicure & Pedicure (110 min, \$145)
Pedicure (50 min, \$80)	Add Paraffin to Hands or Feet (\$35)

### MAKE-UP

Make-Up Application (60 min, \$130, each additional 15 min, \$30)  
Eyelash Strip Application: 100% Human Hair (\$40)

### WAXING

Full Leg (\$90)	Full Face (\$85)	Half Leg or Arm (\$65)
Chest or Back (from \$55)	Bikini (\$50)	Underarm (\$45)
Lip, Chin or Brow (\$35)		



## SKINCARE

### CLASSICS FOR MAINTENANCE & PROTECTION

#### ENVIRONMENTAL DEFENSE FACIAL (50 min, \$170)

An intensive facial with powerful enzymes to help protect skin from premature aging due to environmental agents designed to give skin a seasonal boost. A beta-carotene exfoliating mask containing black cherry mimics glycolic acid to gently break down skin cells, and a nourishing treatment cream rich with Vitamin C neutralizes harmful free radicals to defend the skin's protective barrier.

#### ORGANIC FACIAL (50 min, \$150)

A relaxing and purifying treatment to rejuvenate the skin. Cleansing, toning, and softening prepare the skin for removal of impurities through a gentle extraction process. Exfoliation, gentle facial massage, and rehydration complete this skin-refining treatment. Includes a massage of the arms, hands, and shoulders to enhance relaxation.

#### MEN'S PREFERENCE FACIAL (50 min, \$150)

Transforming rough to refined, this facial carefully considers the unique needs of men's skin. Your skin receives a customized cleansing, exfoliation, mask, and moisturizer. Your body is relaxed with a soothing scalp, neck, and shoulder massage.

#### BEAUTIFUL BACARA (80 min, \$325)

Bacara lifestyle is defined through an indulgent fusion of Spa therapies that are certain to reveal beauty both inside and out. Careful skin analysis is followed by a facial designed to suit your skin condition. Lastly, a massage therapist and esthetician work in synergy to perform a healing scalp treatment, hand, leg, and foot massage. This experience also includes a moisturizing paraffin treatment for your choice of hands or feet.

### CORRECTION & TRANSFORMATION

#### INSTANT GRATIFICATION FACIAL (25 min, \$95)

This shorter version of our Sonya Dakar Skin Correction Facial is recommended for those who need excellent results in minimal time. Includes cleansing, exfoliation, treatment, hydration, and protection for the skin. This facial does not include extractions.

#### DR. DENNIS GROSS SKINCARE™ DEEP CLEANSING FACIAL FOR ACNE (50 min, \$170)

With acneic skin in mind, this deep cleansing facial visibly reduces pore size and helps prevent breakouts by regulating oil production without aggravating the skin. This facial promises immediate results by improving texture and clarity of skin, while helping to diminish the appearance of fine lines and wrinkles by stimulating collagen production and improving skin density and firmness using Coenzyme Q-10 and Vitamin C.

#### COOL BLUE FACIAL (50 min, \$170)

Cool and soothe your sensitive skin with Sonya Dakar. Extracts of pure bergamot, tangerine, and green tea are used to gently cleanse, balance, repair, and protect the skin while a cool and refreshing Blue Azulene mask promotes comfort and healing. Includes a relaxing massage of the neck, shoulders, and hands.

#### SONYA DAKAR SKIN CORRECTION FACIAL (50 min, \$170)

This results-oriented facial is custom designed to help your individual skin recover its natural beauty by helping to correct acne, scarring, discoloration, or irritation through a highly concentrated exfoliation and treatment process.



#### TEEN IDOL FACIAL (50 min, \$130)

Designed with a teenager's skin in mind, this relaxing and purifying treatment will leave skin fresh, clean, and clear. Cleansing, toning, and softening prepare the skin for the gentle removal of impurities, followed by a skin-soothing facial massage. A pore-refining mask concludes this treatment, absorbing excess oil, and helping prevent acne. This teen treatment also includes a warm, hydrating lotion application to hands.

#### PUMPKIN ENZYME PEEL (50 min, \$170)

The perfect remedy for congested or acneic skin. Using a 100% chemical-free exfoliating agent made of pumpkin enzymes, this treatment clears the skin of cellular buildup that causes pore congestion, leaving it smooth, polished, and radiant (not recommended for sensitive skin).

#### SKIN BRIGHTENING FACIAL (80 min, \$255)

Lighten, brighten, and harmonize your skin tone with this effective treatment using Dr. Dennis Gross' Skincare™ advanced skin-lightening technology. This facial begins with renowned dermatologist Dr. Dennis Gross' patented three-step peel. Following this, a booster with pigment-lifting ingredients arbutin and licorice aid in reducing discoloration from sun damage, hormones, or genetics. Your skin will then be intensely hydrated and plumped with a self-heating hyaluronic gel mask. After the first treatment, you will notice more radiant and even-toned skin.

#### REVIVAL & DEEP HYDRATION

##### MOISTURE REPLENISHING FACIAL (50 min, \$170)

Designed for moisture-deprived skin, this treatment will replenish the skin on a cellular level, leaving it nourished, beautiful, and rejuvenated. Bioactive serums and vitamin-rich Crème Cassis with hyaluronic acid improve tissue elasticity, helping prevent collagen breakdown.

##### BACARA DESTINATION FACIAL (80 min, \$235)

Traveling can leave you feeling dehydrated and unbalanced. Our Bacara Destination Facial is the perfect antidote. Moisturizing serums applied beneath a hydrating mask aid in boosting the skin's water levels and work to prevent cellular fatigue. A self-heating mineral mask is applied to the spine during this treatment to rebalance and detoxify your body while your neck, shoulders, scalp, arms, hands, and feet are massaged to promote deep relaxation.

#### REJUVENATION & ANTI-AGING

##### ALPHA BETA® PROFESSIONAL FACE PEEL (50 min, \$170)

Created by renowned dermatologist Dr. Dennis Gross, this revolutionary, patented peel provides exceptional benefits for all skin types with no downtime, flaking, or need for concealing makeup. Its synergistic blend of alpha and beta hydroxy acids instantly improves skin's texture, firmness, vibrancy, and radiance.

##### ULTRALUXE AGE CONTROL FACIAL (80 min, \$255)

This new facial from Sonya Dakar combines cutting-edge technology with Sonya's exclusive Interval Massage technique to gently reverse the signs of aging on the face, neck, décolleté, and hands. Lymphatic drainage techniques help eliminate accumulated toxins stored in the facial area. Next, a deep-pressure massage technique focusing on special trigger points assists in lifting and tightening the facial muscles. A final interval of lymphatic drainage does away with any remaining toxins. This unique no-steam facial using Nonaplex technology - a powerful blend of nine anti-aging ingredients - forms one of the most potent age-control systems available today.

#### ENHANCE YOUR FACIAL

##### GREEN TEA ACID PEEL (Add to any Sonya Dakar Facial)

Six strengths of acids are customized to fit your skin condition, gradually achieving flawless skin with no downtime. (Add \$35)

##### INTENSE HYDRA MASK (Add to Alpha Beta® Professional Face Peel)

Three-step mask which delivers results by intensely hydrating, skin-plumping hyaluronic gel. (Add \$35)

##### ANTI-AGING DÉCOLLETÉ & HAND TREATMENT

Tighten and refine. (Add \$35)

##### ANTI-AGING EYE & LIP TREATMENT

Reduce fine lines. (Add \$35)

##### SKIN RENEWAL PEEL

A 15% glycolic derived from sugarcane. (Add \$35)

##### VITAMIN C BOOST

Antioxidant properties to protect and revitalize. (Add \$35)

##### LIME SCALP TREATMENT

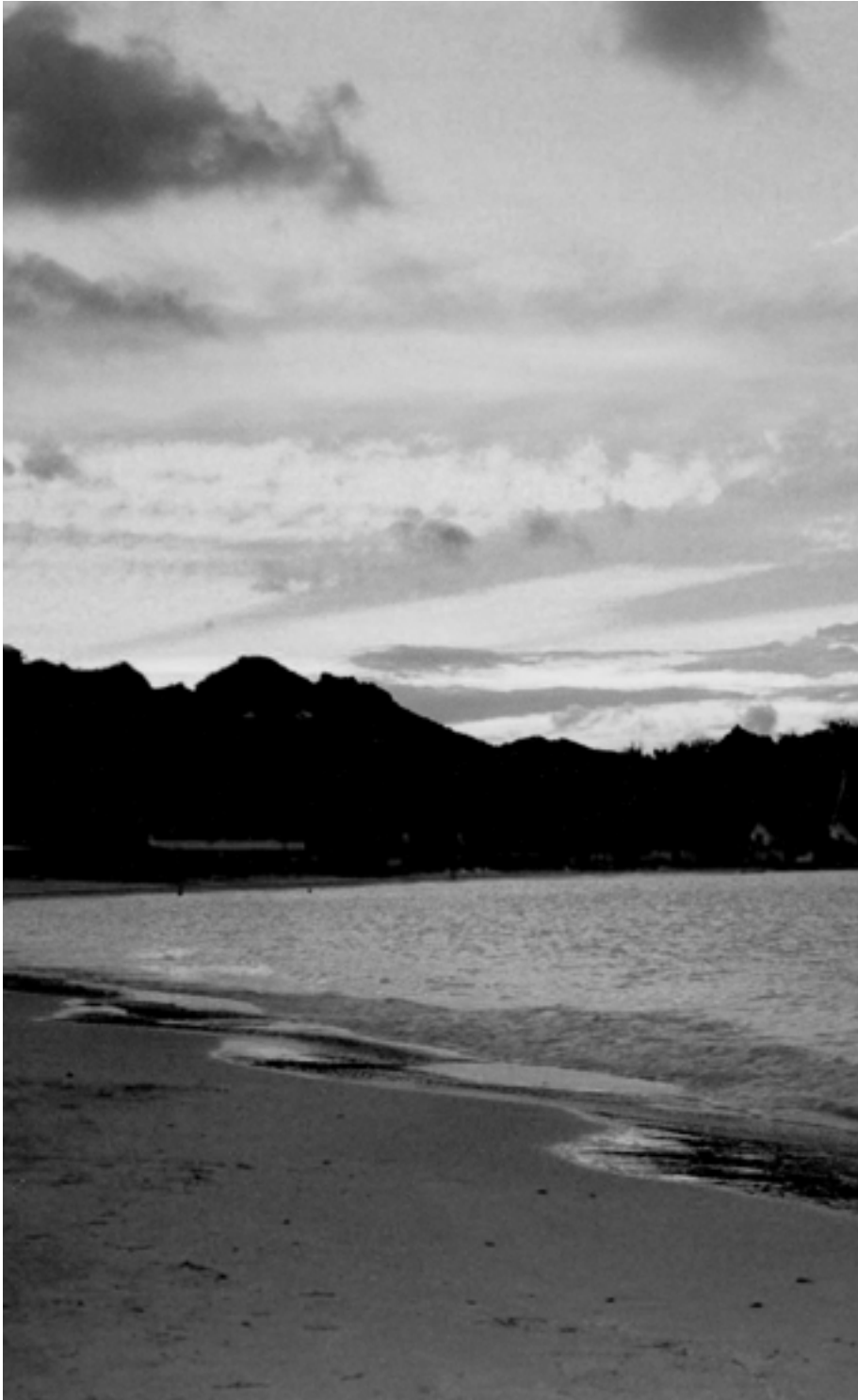
Awaken the senses, heal, and repair. (Add \$35)

##### BODY BALANCER

A self-heating mineral mud applied to your spine. (Add \$35)

##### PARAFFIN TREATMENT FOR HANDS OR FEET WITH THERMAL WRAP

Smooth and moisturize. (Add \$35)



## BACARA FITNESS

### DESTINATION TRANSFORMATION

Bacara offers a wide range of activities designed to renew both body and mind. Our unique Destination Transformation program provides expert guidance from dedicated Wellness Choreographers to assist you in achieving your health and fitness goals. Your customized program will include strength and cardio training in addition to spa and nutritional recommendations. Please contact the Spa for more information regarding fees and appointment availability.

### PRIVATE PILATES, YOGA, AND OTHER FITNESS OFFERINGS (50 min, \$130 / 80 min, \$190)

Private sessions are available for all Mind, Body & Wellness activities in addition to Pilates Reformer. Semi-private sessions for two or more people are also available. Please contact our reservations team for pricing and details.

### PERSONAL TRAINING (50 min, \$130 / 80 min, \$190)

Train with one of Bacara's Fitness Professionals. Whether your goal is to slim down or tone up, our Certified Personal Trainers will give you a custom-designed workout you can take home.

### COMPLIMENTARY CLASSES

Bacara offers a variety of complimentary classes to resort guests during their stay. Please reference current class schedules available at Spa reception for an updated listing.

## TENNIS

Four seaside Har-Tru surface courts are available. Advance reservations are recommended for court times, lessons, clinics, or game arrangements. A four-hour cancellation is required for all instruction. Night play is available by appointment only. Proper court shoes required. Rental shoes are available. For reservations, call 805 571 3209.

### HOURS OF OPERATION:

Spring & Summer, 8am-7pm

Fall & Winter, 9am-6pm weekdays, 8am-7pm weekends

### FEES:

Court: \$25/person per hr

Doubles: \$20/person per hr

Night Play (By appointment only): \$35/person per hr

Ball Machine: \$50/hr, \$35/half hr

Private Adult Lessons, 15+ Years: \$90/hr, \$55/half hr

Private Junior Lessons, 5-14 Years: \$80/hr, \$50/half hr

Semi-Private Lessons for Two: \$110/hr

Daily Adult Clinic for Minimum of Three: \$35/person per hr, 10am-11am

Daily Junior Clinic for Minimum of Three: \$30/person per hr, 9am-10am

## SPA GUIDELINES

### WHEN TO POLISH. TIGHTEN. RELAX. RENEW.

The Spa's Fitness Facility is open daily from 6am-8pm; Salon services from 9am-6pm; and Spa treatments from 8am-7pm. Operating hours are subject to seasonal change. For confirmation of hours of operation and reservations, please call the Spa at 805 571 4210 or touch "Spa" (Ext. 53808) on your guest room telephone.

### PAYMENT FOR SPA SERVICES

A 15% gratuity and a 5% service charge (subject to applicable tax) will be added to your bill. We accept Visa, MasterCard, American Express, Discover, and Diners Club. If you are a registered resort guest, you may also charge spa services to your resort guest room account. For your convenience, payment is also accepted prior to your treatment.

### THE SPA'S OFFERINGS

The Spa at Bacara is a 42,000-square-foot oasis of luxury featuring whirlpool, eucalyptus steam, sauna, locker rooms, and relaxation lounges with fireplaces. An array of elegant personal care products are provided in addition to refreshments. The Spa Pool is a heated saline lap pool dedicated to adult fitness and relaxation, and the all-organic Spa Café is the perfect place to recharge with a healthy meal.

### SELECTING THE PERFECT SPA COMPOSITION

Our knowledgeable Spa professionals can assist you in choreographing a day at the Spa that is both enjoyable and purposeful. As a general rule, body treatments should precede massage and skincare should be placed in finale to all spa services. Please see our Recommendations for Spa Services page at the beginning of this menu.

### ELIGIBILITY FOR SPA SERVICE

Spa services, indoor whirlpool, sauna, eucalyptus steam, and Spa Pool are available to guests 18 years or older. Spa guests not registered as a resort guest must purchase a minimum of one 50-minute treatment (excluding Salon services) to enjoy these amenities. Guests between the ages of 16 and 18 are welcome to enjoy all of our Hair Care, Nail Care, and Make-Up services as well as our Teen Idol Facial. For a complete description of this customized service, please refer to the Skincare section of the Spa Menu.

### ELIGIBILITY FOR FITNESS FACILITIES

Our extensive fitness facilities, including cardiovascular and strength-training rooms, daily fitness classes, and morning walks are complimentary for resort guests 16 years or older. Individuals between the ages of 16 and 18 must be accompanied by an adult. Spa guests not registered as a resort guest must purchase a minimum of one 50-minute treatment (excluding Salon services) to enjoy these amenities.

### PERSONAL COMFORT AND SAFETY

Your comfort is important to us. When scheduling your appointment, please let us know if you have a gender preference for your therapist. Please be sure to inform your therapist of any inflamed joints or muscles, which should be avoided during massage. We recommend you receive only one heat treatment per day. Pregnant women and individuals with heart conditions or varicose veins should avoid all heat treatments. Following any of our heat treatments, it is important that you rest and avoid rigorous activity for at least one hour. It is also advised to refrain from direct sun exposure immediately following certain skincare treatments. Please note that many Spa treatments are not recommended during pregnancy or illness. If you are expecting or have medical considerations, please inquire if the treatment you have chosen is

suitable for your condition. Please note alcohol is prohibited in the Spa. Bacara reserves the right to refuse service to anyone under the influence.

### WHAT TO WEAR

Because you are discretely draped at all times during your Spa experience, you are invited to dress to your personal comfort level. Certain treatments may require you to wear comfortable, loose-fitting clothing, and you will be advised accordingly. Spa robes, slippers, and personal lockers are issued upon your arrival for use while in the Spa. To avoid unnecessary charges to your guest room, we kindly request these items be returned upon leaving the Spa. We discourage bringing jewelry and other valuables to the Spa, as we cannot assume any responsibility for articles left behind, lost, or stolen. For our resort guests, a safe is provided in your guest room. A limited number of safety deposit boxes are available in the Spa locker rooms.

### SPA LUNCH

To enhance your Spa experience, we invite you to dine in our all-organic Spa Café after your treatments. For added comfort, you may do so in your Spa attire.

### IN-ROOM SPA OFFERINGS

Massage is available in the privacy of your guest room. Please call the Spa for additional information regarding reservations and pricing.

### PROMPT SERVICE

To maximize your enjoyment of Spa services, we suggest that you arrive at least 20 minutes before your scheduled treatment so that you may prepare to receive your treatments. Each service will start and end according to the time reserved. Since your Spa therapist is reserved especially for you during your designated treatment time, please note that a late arrival to the Spa will cause you to receive only the balance of your treatment time.

### CANCELLATION POLICY

We require a minimum four-hour notice to change or cancel Spa appointments. Cancellations and/or changes made within four hours will be subject to a charge of 50 percent of the treatment price. Spa packages require a 24-hour cancellation notice to avoid a charge of 50 percent. No notification of cancellation, or cancellation within one hour, will result in a full charge of the treatment price.

