



# SPA

## PECHANGA

*Spa Pechanga is inspired by the reverence for native botanicals and the strength of the Great Oak known as Wi'aasal. Our treatment offerings are connected to our roots and integrate the healing powers of nature. We invite you to calm the mind, nurture the body and rejuvenate the spirit.*

## Massage Therapies

### **RELAXATION MASSAGE** *(Light Pressure)*

This classic massage promotes relaxation with gentle, long strokes. The therapist focuses on areas that require the most attention, improving circulation and relieving stress. This massage uses light to medium pressure.

**50 Minutes** | \$165

**100 Minutes** | \$350

### **THERAPEUTIC MASSAGE** *(Deep Tissue)*

This treatment is the perfect performance-enhancing massage. Using classic combinations of sports stretches, compressions and deep tissue techniques, the therapist restores mobility, vitality, and body comfort. Organic essences relieve tension from the muscles and joints, while sore or tender spots are soothed. Perfect after a round of golf, this massage uses deeper pressure to provide overall well-being.

**50 Minutes** | \$185

**100 Minutes** | \$370

### **JOURNEY OF THE PAYÓMKAWICHUM** *(Zero Gravity Soundscape Relaxation Experience)*

Journey through the indigenous lands of the Payómkawichum, the native people of the Temecula valley since time immemorial. In this immersive audio and meditative experience, binaural sound waves and EDMR frequencies relax the body as tones of the rivers, fires, animals, plants and ocean waves help the mind visualize the beautiful, calm and pristine ancestral landscape. Enjoy this soothing sonic voyage as all elements combine to reconnect you with the earth as you follow the water west from the mountains through the valleys and canyons along the rivers to the islands just off the shores of the pacific coast of California.

*Add this 20 minute aural and body experience to the Relaxation Massage or the Therapeutic Massage*  
**50 minutes** | \$200 Traditional / \$220 Therapeutic

## PERSONALIZED SKINCARE

### **SIGNATURE FACIAL**

This customized facial smooths and repairs skin with powerful antioxidants and effective moisturizers. The skin is cleansed of impurities and then treated for personalized needs. A massage stimulates cell regeneration and lifts the skin into perfection. Your esthetician will evaluate your skin's needs, cleanse, exfoliate, apply a mask and perform extractions if needed. Eminence (Organic) or GM Collins products used.

**50 Minutes** | \$160

### **JOURNEY OF THE PAYÓMKAWICHUM** *(Zero Gravity Soundscape Relaxation Experience)*