



TALEGA DAY SPA



A Touch of Tuscany

Skin Care and Body Wellness in Style

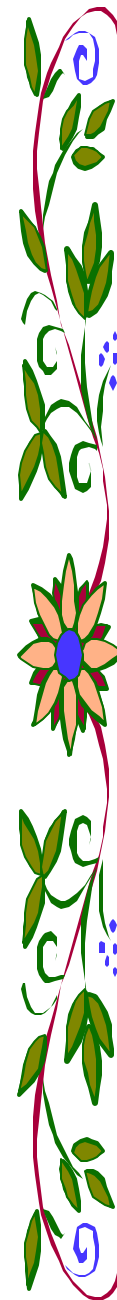
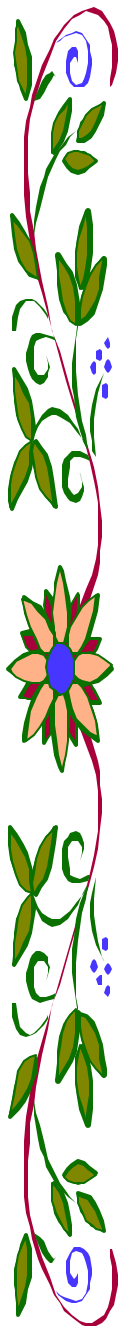
1161 Puerta del Sol
San Clemente, CA 92673

(949) 429-5757

Open 7 days a week

9AM to 9PM, M -F
10AM to 6PM, Sat-Sun.

Gift Certificates, Group Services, and Spa Packages Available
Ask the Spa Concierge for details





WELCOME!

Giorno Buono! (Good Day!)

At **Talega Day Spa** we believe in a holistic approach to body wellness and skin care. Our spa is tailored to the needs of both men and women. We invite you to come in, if only for an hour, and feel the benefits of a caring atmosphere dedicated to your well-being. Let us rejuvenate, replenish, refresh, restore, and recharge your mind, body, and spirit. We wish to see you leave our home with a feeling of "Benessere".

ABOUT THE FACILITIES

...Upon entering, the experience and transformation begins. You are about to travel to a new place, in another time. Reminders surround you of Italy's ancient past, and the Tuscan beauty of today. Today's Italian spas, called "terme," are built over the thermal springs, enjoyed by the Roman culture of ancient times and the Italian of today. For centuries, people of Italy have used the riches of the water and soil to treat their bodies and skin.

Talega Day Spa will take you to a journey through it's own "Terme de Talega," where you will experience the same ambiance, splendor, unique body treatments, and spa amenities reminiscent of ancient Italy's spas, today's Tuscan charm, and beyond.

For your enjoyment, comfort, and well being, we use only **soft water in all our treatments and showers, And **purified drinking water** at all our water stations throughout the spa.

FOOT THERAPY

EXTREME SOLE SURVIVOR FOOT TREATMENT

An invigorating treatment that includes: sea rock foot soak, sea salt scrub, marine masque, massage, cucumber heel therapy & reflexology.

* Increases circulation, regenerates tired achy legs & balances the body.

+ Add pressotherapy machine to this treatment and you will take your feet to a new level of pleasure!

1 hour \$90



THE TUSCAN REFLEXOLOGY

The foot is the gateway to the body. This treatment targets specific trigger points located in your feet that correspond to various organs, glands, and muscles. All while releasing tension, reducing fatigue, helping balance the central nervous system and calming the mind. We finish the treatment by wrapping your feet with warm towels immersed in peppermint oil.

* A great treatment for relieving arch pain, helping hammer toes, pre & post foot surgery, sensitive and swollen feet.

+ Team this treatment with our Pressotherapy machine and you will have new legs & feet!

1 hour \$95

MASSAGIO (massage therapy)

Our massage therapists are professionals who are highly trained and experienced muscle experts. They hold true to sound ethical standards, dedicated to a holistic approach to body care and the art of body massage. They embrace the opportunity to bring you better health, comfort, and pain relief through the wonderful technique of therapeutic muscle therapy. You may customize your massage through one of the massage choices below.. Just tell the receptionist or therapist what you prefer.

- TUSCAN 1 SIGNATURE MASSAGIO

Replete with soft lighting, soothing music and warm massage oils; enjoy the light to medium touch... pure relaxation. Through the use of long strokes, kneading & petrissage, this calming massage will release stress by reducing tension & improving your circulation. Indulge, and feel tension slip away from both body and mind.

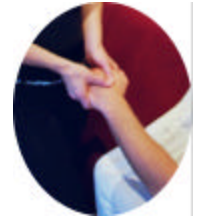
*Steamed face towel, heated backpack and eye pillow will accompany this massage!

1hour \$85 90min \$120 2hours \$155



TUSCAN 2 MASSAGIO

This medium to firm customized massage helps relieve muscle aches and pains. The ideal combination of proven techniques provides you with extreme relaxation & balance. A great massage for those individuals starting & maintaining a healthy way of life. Perfect for physically active individuals, especially after strenuous workouts. Massage includes warm towels infused with essential oils for the back.



*To achieve a full body tune-up, we recommend a 90min or a 2hour session depending on your body's need.

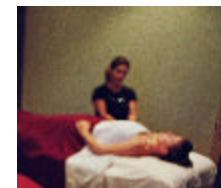
+Pressotherapy machine recommended with this therapy

1 hour \$95 90min \$140 2 hours \$180

SHIATSU MASSAGE

To increase and tonify Chi (energy), this fully clothed, full-body treatment uses the Eastern approach to healing, which includes understanding the energy channels (meridians) that flow through the body. The purpose is to enhance overall health, increase blood and lymph circulation, treat injuries, and balance the energies of the body, mind, and spirit.

60 min \$90 - 90 min \$130



· **MOMMY-TO-BE MASSAGIO**

This massage was created specifically for the expectant mother to help alleviate the discomfort of pregnancy. It Improves circulation, minimizes headaches, helps reduce swollen ankles, back pain and leg cramps. A wonderful way to stay relaxed during a very special time. Talega Day Spa has customized cushions specifically designed to comfort expectant mothers through all three trimesters.

* This special massage is a gratifying way for you & your baby to stay relaxed and healthy during this special time.

**Heavens bliss essential oil was created safely for the expectant mother. Ask your therapist!



1 hour \$90

♦ **BACK, NECK & HEAD MASSAGIO**

Relax and release accumulated stress. Back and neck muscle tension, one of the most common ailments fostered by today's hectic lifestyle, simply melts away under this therapy. We finish with a vigorous head massage.

30min \$55 1hour \$90

· **"A QUATTRO MANI" (tandem massage)**

An invigorating choice between our Tuscan 1 signature massage (light to medium touch) or Tuscan 2 massage (medium to firm touch). The rhythmic massage moves of the two therapists takes you to a far off place. A must try if you love massage!

+ Essential oils can be added to this massage.

*Appointment is necessary.

Tuscan 1 signature - 1 hour \$170
Tuscan 2 - 1 hour \$190

· **HOT TUSCAN ROCKS WITH ESSENTIAL OIL MASSAGE**

The use of essential oils with hot rocks penetrates into your system a thousand times quicker than drinking a glass of water!

Indulge yourself with the healing powers of nature...and heated massage. The sense of smell has the most profound effect on the body; indulge it. Talega Day Spa offers a variety of essential oils to meet each guest's specific needs.

**Please let the therapist know which essential oil you would like from our list located in Quiet room!

*Appointment is necessary to prepare the rocks.

90min \$165 2 hour \$200

AUTHENTIC REIKI (energy work)

Reiki opens up the energy blocks in your body to conscious healing. See your whole being operating at optimal efficiency---

Reiki is a precise technique for balancing and aligning your energies within your body, mind, and spirit dynamics. It concentrates on 12 specific body points, bringing a new self awareness, and opening up the path toward stress relief. Disrobing is not necessary.

1 hour \$80

"TERME MEETS THAI MASSAGIO" (Thai massage)

This 2,000-year-old technique blends gentle rocking, rhythmic acupressure and deep assisted stretches. This special massage is given comfortably clothed on a mat and is considered a form of double yoga.

*Appointment is necessary

90min \$165 2 hours \$200

PELLA CURA (Skin Care)

All of our skin care treatments include a complete skin analysis, deep cleansing, mild steaming, exfoliation, manual extractions, and a customized mask, followed by a thorough toning and moisturizing.

Some treatments include the use of our Wellness Therapy Machine.



TUSCANY'S TOUCH

This facial is designed especially for the needs of your skin. Our revitalizing touch will refresh, calm, and soothe your mind, body, and soul. Excellent for delicate skin, sunburns, or a first time facial.

60 min \$85

ROMAN RADIANCE

A true results-oriented session to take your skin care to the next level. Our hot cinnamon peel and intense enzyme masks repairs damage, deep beneath the surface of the skin to provide dramatic, lasting results.



60 min \$110

TALEGA'S FORTE

Experience the trend in skin care with the healing powers of our organic olive oil from hand picked Italian olives. This nourishing treatment leaves the skin smooth and dewy. Ideal for all skin types and special occasions.

60 min \$110

FOUNTAIN OF YOUTH LIFTING FACIAL

This non-invasive facial will contour, lift, and give your skin a breath of pure oxygen. After only one session, you will see an incredible improvement with younger looking skin. A safe alternative to facial surgery when performed in a series.

75 min \$150
Series of 3 - \$350
Series of 6 - \$600

LYMPHATIC DRAINING FACIAL

A pre-operative and post-operative facial skin care treatment in conjunction with more serious surgical procedures, when prescribed by a doctor. Benefits include dark and puffy eye contouring, and removal of excess fluids, swelling, and improvement of microcirculation.

60 min \$150
series of 3 - \$350
series of 6 - \$600



YOUTH FACIAL

It is never too early to promote healthy skin. Through education and treatments, this facial will clear problem areas and help prevent recurring breakouts. To achieve skin success, we recommend booking this treatment in a series of three, and using our inspection and repair to follow home care recommendations.

60 min \$85

MICRODERMABRASION FACIAL

See your fine lines and wrinkles, enlarged pores, scars, and sun damage reduced or eliminated with our resurfacing procedure. Microdermabrasion is a medical skin rejuvenation treatment with immediate results and is combined with an advanced customized facial to address your skin needs.

75 min \$150
series of 3 - \$350
series of 6 - \$600

LUNCH BREAK

Perfect for the person on-the-go, who is desperate for some T.L.C.. A version of our Tuscany's Touch Facial, yet fit for your time needs. We also invite you to our relaxation room for a bite to eat.

30 min \$55
add extractions - \$10

SOLE SURVIVOR FOOT FACIAL/ ADDITION

Enjoy the special experience of our one-of-a-kind foot facial. We will soak your tired feet in an invigorating sea rock hydrobath, perform a salt scrub, and massage away your pain with a cucumber heel therapy cream. This treatment can only be added with a 1 hour facial.

30 min \$50

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SKIN ADDITIONS

Each Skin Addition:
15 min \$25

- **Enzyme Therapy Eye-Zone**
Revitalize and smooth your tired eye area, diminish dark circles and crow's feet.
- **Golden Spoon Facial Massage**
A gentle massage using warm and cold temperatures to provide you with relaxed soothed skin. Great addition with Microdermabrasion Facial.

- **Nourishing Hand and Foot Bath**

Smooth, soften, and relieve tension to stop the clock for those hands and feet.

- **Scalp and Neck Therapy**

Promote a sense of relaxation using a powerful blend of zoele essential oils to balance.

* Ask therapist for choices of oils.

FACIAL AND BODY WAXING

Brow, upper lip, chin, face, back, arms, underarms, half legs, full legs, bikini waxing, Brazilian Waxing, Brazilian Plus Waxing

- ½ leg - \$30-35
- Full leg - 45-55
- Full arm - \$30-40
- Lip or chin - \$15
- Chest - \$30
- Shoulders - \$20
- Half-back - \$15-25
- Abdomen - \$20
- Neck - \$20
- Bikini - \$20
- Under arm - \$15
- Back - \$30-50
- Brow - \$15-20
- Full face - \$30
- ♦ Brzilian - \$60

BODY TREATMENTS

LAKE MASSACIUCCOLI'S VICHY SHOWER ROOM & HYDROTHERAPY BATH"

The Roman Vichy Shower Room features amenities and treatments like our Roman ancestors had. Surrounded in Roman tile, this room contains a hydrotherapy whirlpool bathtub, a body treatment table, a 6-head body rainshower system, and a scalp treatment sink. Soft water, music, soft light, and aroma therapy is used to enhance the treatment experience. Thermal muds and waters direct from Italy are used in certain treatments to complete your Roman "thermae" spa experience.

THE "ITALIAN BLISS" SCRUB

You enter the room to the soothing sounds of gently falling rain. We start with a warm peppermint cleanser using loofah gloves. Then we add soothing Dead Sea salts combined with essential oils to stimulate, detoxify, exfoliate and improve circulation. We finally shower you down; pat you dry, and finish the treatment with warm cream to keep the skin softer, smoother and wonderfully hydrated.

* Please do not shave this day; the Dead Sea salts will burn and are very detoxifying!!!
* Appointment is recommended.
+ Hair & Scalp mud treatment can be added!

1hour \$90

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THE "ITALIAN BLISS" SCRUB & MUD WRAP

An exfoliating body rub performed with a purifying mixture of Dead Sea salts, essential oils and thermal mud. The Dead Sea salt (combined with the mud) nourishes the skin while healing and relieving sore muscle joints. We then wrap you for 20 minutes, and then release the warm cascading rain shower, pat you dry, and finish the treatment with body cream to keep the skin softer, smoother, and wonderfully hydrated.

* Please do not shave this day the Dead Sea salts will sting!

1hour \$110



BAGAI TUERAPEUTICOS (hydrotherapy bath)

Sink into a warm tub. Relax while you are bathed with a choice of lavender milk, thermal mud, or detox Dead Sea salts. This soothing bath de-stresses, calms and revitalizes as it reminds you of how good life should be.

30min \$60

PLEASE NOTIFY THERAPIST OF ANY MEDICAL CONDITIONS WHEN RECEIVING ANY WARM WATER AND DETOXIFYING TREATMENTS. SCRUBS, WRAPS AND BATHS. NOT RECOMMENDED FOR EXPECTANT MOTHERS!

SPA TREATMENT ADDITIONS

(Can only be added with a one-hour massage, facial or body treatment)

Mini Reflexology-

Balances the central nervous system and calms the mind.

30min \$55

* Mini Sole Survivor Foot Treatment

Before you receive a massage or facial, we will soak your tired feet in an invigorating sea rock hydro bath, perform a sea salt scrub, and massage away your pain with a cucumber heel therapy cream.

30min \$50



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- **Hydro Foot Soak -**

We will bathe your feet with an invigorating sea rock salt, pat dry and take you to the quiet room to relax while you wait for your next treatment.

15min \$25



- **Mini-Bliss Sea Salt Scrub -**

We exfoliate your body with a Dead Sea salt scrub. Then rinse you with a warm Vichy shower, pat dry and take you to the quiet room to relax while you wait for your next service.

25min \$45



- ♦ **Hair & Scalp Mud Treatment**

Mud adds volume, sheen, stimulates hair growth, antidandruff and helps slow down hair loss. This treatment can only be added with Italian Bliss Scrub, Italian Scrub & Mud or Hydrotherapy Bath.

+ You can add scalp rejuva essential oil to this treatment & to any massage or while you are having a facial.

20min \$35

- ♦ **Mini Therapeutic Hydro Bath**

Soak and relax in our detox Dead Sea salts.

Your skin becomes softer and your mind relaxes...you will definitely be ready to receive your next service.

15min \$35



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SKIN AND BODY THERAPY

Talega Day Spa is excited to provide the revolutionary "Eureduc"® Wellness Concept, popular for more than 20 years in France, and FDA approved in the U.S. since 1986.

Hydrate and nourish the body by using mechanical lymphatic drainage techniques. Improve circulation to those tired, swollen legs. Enhances muscle tone, reduce water retention, and contour the body through cellulite reduction. Reduce and alleviate stretch marks and scars gradually and gently without invasive surgery. The revolutionary vacuum massage technology has been proven to smooth and tighten skin while improving circulation.

Typical program series consists of twice-weekly sessions followed by monthly maintenance.

The number of treatments is customized to meet personal goals.



THE ULTIMATE VACUMASSAGE

VACUOMOBILIZATION

A new alternative to reduce cellulite. The massage therapist uses transparent suction cups to drive blood circulation toward congested tissues to eliminate fat toxicity, the appearance of "orange peel skin," thereby toning-down the lumps and bumps of cellulite.



This process will enhance muscle tone as cellulite is eliminated. Benefits include stretching connective tissue, loosen connective fibers, stimulate production of collagen, increase resiliency of elastic fibers, tone/firm the skin, and inch loss.. *Results best if done in a series of ten treatments.*

45 min \$95
Series of 10 treatments: \$750

PRESSOTHERAPY

Referred to as a "Dry Body Wrap," **Pressotherapy** is a non-invasive leg and mid-body treatment performed by the massage therapist. It is designed to improve blood circulation and lymph flow, enhance extra-cellular fluid clearance, reduce swelling, alleviate leg fatigue, and improve oxygen flow through the body. It can serve as a pre & post liposuction procedure.

The system applies specially designed inflatable garments to the legs with five compression chambers that apply controlled external pressure, resulting in a firming, slimming and toning effect.



30 min \$45
1 hr \$85
90 min \$125

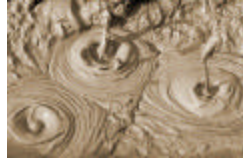
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SPA PACKAGES

TUSCAN ESCAPE

- ❖ Tuscan 1 Signature Massage
- ❖ Tuscany's Touch Facial
- ❖ Italian Bliss Scrub & Mud Wrap

3.5 hours \$250



LA DOLCE AGUA (The Sweet Water)

- ❖ Hydrotherapy Treatment
- ❖ Scalp & Hair Treatment
- ❖ Spa Pedicure

1.5 hours \$115



BENESSERE (Well Being)

- ❖ Talega's Forte Facial
- ❖ Italian Bliss Scrub
- ❖ Tuscan 2 Signature Massage

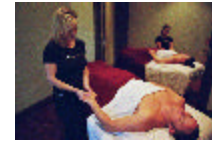
3+ hours \$265



BACIO LOVERE (Couples Package)

- ❖ Tuscan 1 Signature Massage in Couples Room
- ❖ Couples Private Sauna
- ❖ Mini Sole Survivor Foot Treatment

1.5 hours \$250



BELLA (Beautiful)

- ❖ Lunch Break Facial
- ❖ Simply Classic Manicure
- ❖ Simply Classic Pedicure

1.5 hour \$105



THE "BOTTICELLI" for Mars or Venus (Men or Women)

- ❖ Tuscan 1 Signature Massagio
- ❖ Tuscany's Touch Facial

2 hours \$155



FERRARI (Sports Treatment)

- ❖ Hydrotherapy Treatment
- ❖ Tuscan 2 Signature Massage (with Active Cooling Gel for Spot Treatment)
- ❖ Steam/Sauna

1.5 hours \$140



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LA BELLA (Good for the bride)

- ❖ Italian Bliss Scrub
- ❖ Tuscan 1 Signature Massage
- ❖ Simply Classic Pedicure
- ❖ Simply Classic Manicure

3 hours \$215



MEMBERSHIP PACKAGES

1. ETRUSCAN:

Prepay \$600 or more to your membership and receive 10% off all services and products of your choice

2. MICHAELANGELO

Prepay \$1200 or more to your membership and receive 15% off all services and products of your choice. Includes TWO "Spa Amenity Use" passes.

Amenity Use subject to reservation and scheduling around treatment service appointments. All spa amenity usage-visits must be used before last service-visit is complete.

Spa Membership fees are non-refundable but are transferable if authorized by purchaser of membership.

Discount cannot be combined with any other specials, sales or discounts. Limited to Talega Day Spa services only.

NAIL SERVICES



Relax in the confort of Talega Day Spa's Pompeii Room and be pampered like the Roman elite did. We feature "Creative Nail"® Spa treatments for your hands and feet, taking the basic manicure and pedicure to another level.

SIMPLY CLASSIC MANICURE

For the client on the go, this manicure will reshape the nails, meticulously care for the cuticles, and massage moisture into the hands. Finished with a fresh coat of nail enamel.



About 30 min \$25

TALEGA DAY SPA'S SIGNATURE SPA MANICURE

This deluxe citrus "facial for the hands" is the ultimate restorative treatment. An intense 2-step citric acid exfoliation will rejuvenate, deeply hydrate and help restore skin to a more youthful appearance. This is followed by a moisture pack and meticulous nail and cuticle care, finishing with a hand and arm massage and the perfect nail enamel of your choice.

About 50 min \$45

SIMPLY CLASSIC PEDICURE

Refresh and beautify the feet. Your feet are soaked in a whirlpool tub, in a thrown style setting. Skin is gently exfoliated, cuticles are perfected, and nails are clipped, reshaped, buffed and polished.

About 30 min \$35



TALEGA DAY SPA'S SIGNATURE SPA PEDICURE

The ultimate pedicure, A luxurious, marine-inspired facial for the feet, which features a 3 step exfoliation process of beach sand, sea salt and alpha-hydroxy acid, followed by a rejuvenating and hydrating marine-algae foot masque, and award winning Cucumber Heel Therapy to relieve dry, cracked heels. We finish with a pampering foot and leg massage and the perfect nail enamel of your choice.

About 75 minutes \$60



BRISA GEL NAIL ENHANCEMENTS

Brisa, by "Creative Nail"®, is a beautiful, hypoallergenic nail enhancement. It has the strength of acrylic and is as light as polish. Each service includes a mini manicure and exfoliating scrub.

Overlays.....starting at..\$50.00

Full Set w/Tips (pink and white or natural)...\$65.00

Full Set w/Sculptures (pink and white only)...\$75.00

Rebalances.....\$40.00

Repairs.....\$5.00 per nail

****Gift Certificates, group packages, and Spa Memberships Available. See Receptionist For Details.**



❖MEDICAL-SPA SERVICES

Talega Day Spa offers the following independent medical-spa services for your convenience:

- ❖ Acupuncture
- ❖ Chiropractic
- ❖ Botox, Restylane, Laser Hair Removal, Sclerotherapy, and Skin Rejuvenation

❖ ADDITIONAL SPECIALTY SERVICES

The following independent specialty services are offered through Talega Day Spa:

- ❖ Permanent Make-up
- ❖ Personal Training by "Fitness Evolution"
- ❖ Personal Life Coaching by "Anima"

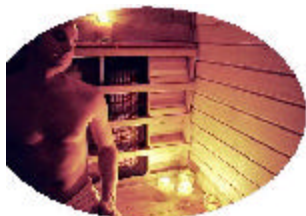
TALEGA DAY SPA AMENITY DAY- USE

Come and relax, take a break, refresh your mind and body. Take in our Roman ambiance and facilities. Includes use of locker, robe/sandals, and full use of all spa amenities including

- ◆ swiss showers
- ◆ steam rooms
- ◆ infra-red sauna
- ◆ relaxation room
- ◆ Chromatherapy Electronic Light Shower
- ◆ Outside Patio Lounge

(Subject to reservation, and scheduling around treatment service appointments)

SPA USE FEE \$35



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SPA BOUTIQUE

***If you liked the treatments, you also liked the products...**

Our imported muds, lotions, and creams we use for face, body, hands, and feet are available in our Spa Boutique. We offer a full line of skin and body products by:

- ◆ **Girzi**®, imported from Italy', using a rare, high-end virgin olive oil as it's base, thermal mineral waters, and rich peat from Lake Massaciucoli in Northern Italy.



- ◆ **Epicuren**® skin care products, the professional enzyme skin treatment product that works with the dermal cells to speed up and rejuvenate the skin



- ◆ **Olivie Wine Therapy**, the antioxidant skin care with Chardonnay grape seed extract from Burgundy, France. By obtaining this fresh extract immediately after harvest and before fermentation, a highly bio-available anti-aging ingredient is yielded for your skin's revitalization, protection, and care. When applied to the skin, grape seed prevents skin cell damage and aging cause by free radicals. It also stimulates the renewal of cells and collagen.
- ◆ Spas worldwide love using **Creative Nails**®, the popular Spa Pedicure and Manicure product used in the treatments enjoyed here. You can take the experience home for yourself, or as a gift for someone else.

We also imported food by **Venturelli-Denk**® imported from the Tuscany region, products noted for their highly organic and natural properties worldwide. Some of our spa services include a taste of some of these food items.



Talega Day Spa features it's own signature teas called "**Tea-lega.**" Supplied by Lavender Lounge Tea Co., they are blends of unique and health-oriented teas, served to you in our spa, and available for you to take home.

And finally, you can find plush Spa robes, sandals, aroma candles, attractive **Spa-Diva** shirts, **Votivo** scented candles, & other boutique items which make perfect gifts for that special someone.

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SPA RECOMMENDATIONS & GUIDELINES:

- **A credit card is required to secure a desired appointment.**
- **Please reserve your appointments for Spa Packages, multiple services, and group bookings at least 2 weeks in advance for your preferred times.**
- **Please check in for your appointment at least 15 minutes early to prepare for your treatment, and to avoid having your appointment cut short by a late arrival**

CANCELLATION POLICY:

We can all agree, time is our most valuable asset. As a courtesy to you, we will confirm your appointment 1 day prior to your appointment. To insure that service provided is as best as possible, we maintain a 24-hour cancellation policy for all appointments. If 24-hour notice is not provided, your account will be charged 50% of the service fee. Regretfully, "no shows" will be charged the full service value.

Same-day appointments that cancel are subject to a 50% charge of the intended service.

We appreciate your consideration in honoring our cancellation policy.