



  
spa cerro

*Inspired by the land and sea of California's Central Coast, Spa Cerro provides a range of luxurious health and wellness options that capture the uniqueness of this region. Located in Hotel Cerro — a spa resort in San Luis Obispo, our 4,000-square-foot oasis of relaxation, restoration, and rejuvenation is artfully designed and ecologically conscious. Enjoy steam baths prior to your treatment and our Relaxation Quiet Room for a cossetting fireside tea.*

*Spa Cerro, a San Luis Obispo spa resort, provides a full range of massage treatments and options including facials, scrubs, and wraps. Whether in our chic single treatment rooms, our luxurious couple's treatment room with foot baths, or our wet treatment rooms with Chromotherapy cascade water treatments & foot baths, state-of-the-art facilities curate the ultimate experience. Après-spa, the San Luis Obispo sunshine beckons for post-treatment relaxation on our Spa Relaxation Terrace for a reviving tea or glass of bubbly.*

# massages

## **CERRO SIGNATURE SWEDISH MASSAGE**

Long strokes with light to medium pressure soothe sore muscles and stimulate circulation.

60 OR 90 MINUTES

## **DEEP TISSUE/SPORTS MASSAGE**

A powerful firm body massage using hands, elbows and forearms. Restores peak performance for stressed muscles and increases the Lymphatic flow and circulation of the body to release muscle tension and alleviate fatigue.

60 OR 90 MINUTES

## **MOON MOTHER CBD MASSAGE**

A light to medium pressure full body massage with the highest quality certified organic CBD Massage Oil from Moon Mother Hemp Company. Moon Mother uses full spectrum hemp oil with CO2-extracted full spectrum hemp containing over 80 naturally occurring phytocannabinoids, terpenes and phytonutrients. The CBD oil is partnered with jojoba oil, which acts as nature's best moisturizer while alleviating skin irritation.

60 OR 90 MINUTES

## **SUPER TANDEM**

Four hands provide double the relaxation to achieve your state of rejuvenation with Spa Cerro's Super Tandem Massage. Work out kinks in tired muscles, doubling the therapeutic effect by customizing the pressure to your comfort level- light, medium or deep pressure. We recommend you experience this at least once in a lifetime!

60 OR 90 MINUTES

## **AROMATHERAPY MASSAGE**

Through the combination of gentle massage techniques and the effects of aromatherapy oils, blockages in the body are released allowing energy to flow freely again. A sensory journey that influences the mood, this treatment creates a state of relaxation and overall well-being.

60 OR 90 MINUTES

## **HIMALAYAN SALT STONE MASSAGE**

Warmed, smooth Himalayan salt stones deeply penetrate your aching muscles to aid in relaxation while also helping to lower blood pressure, improve circulation, promote healthy blood sugar, support sinuses and a healthy respiratory system, relieve anxiety and insomnia. The stones work with the meridians and reflex points in the body and are excellent for the central nervous system.

60 OR 90 MINUTES

## **MOMMY TO BE MASSAGE**

Designed for expectant mothers past the first trimester. This full body massage reduces excess water retention, promotes circulation, soothes tired muscles and relaxes the body to reach the ultimate in Zen. Mommy's must be out of their first trimester to receive this massage.

60 MINUTES

## **TWO-HOUR CUSTOM MASSAGE**

Enjoy a 2-hour custom designed massage based on your body's needs.

120 MINUTES

## facials

### SIGNATURE FACIAL - THE JOY OF BEAUTY

Treat your skin to the care it deserves! A bespoke power packaged facial with Comfort Zone skincare products such as Recover, Active Pureness, Hydramemory and Remedy that are selected especially for your skin's needs whether it be age protection, hydration, purification or soothing.

60 OR 90 MINUTES

### GENTLEMEN'S PURIFICATION RITUAL FACIAL

Detoxify your skin while nourishing your well-being simultaneously with Skin Regimen products by Comfort Zone skincare. Environmental damage and impurities are removed with active ingredients to reveal a healthy complexion. The ultimate organic grooming facial designed specifically for the skincare regimen of men.

60 OR 90 MINUTES

### BLUE POPPY ORGANIC ENZYME FACIAL

Advanced anti-aging with active, natural, cutting-edge peptides, organic grape stem cells, papaya, raspberry and mushrooms enzymes, blue poppy seeds, kombucha and tea extracts to brighten and improve skin tone and texture, address signs of aging, sun damage, pigmentation, dehydration & breakouts. This facial will leave your skin vibrant, hydrated and glowing with products by the Organics line of EmerginC Skincare.

60 OR 90 MINUTES

*Add a Brow, lip or chin wax to any facial.*

### MICRODERMABRASION FACIAL

This micro-polishing facial treatment consists of a two-part exfoliation system using microdermabrasion and natural fruit acids to remove dead skin cells and instantly improve tone and texture, while minimizing the appearance of fine lines and wrinkles. Plant based ceramides, hyaluronic acid and botanical extracts help to restore moisture leaving skin hydrated and firmed with products from the Signature Line of EmerginC Skincare. Microdermabrasion improves age spots and black heads, hyperpigmentation, reduces fine lines and wrinkles, eliminates enlarged pores, and treats acne and the scars left by acne.

60 MINUTES

### APPLE STEM CELL FACIAL

Fight the appearance of fine lines and wrinkles with cutting-edge, plant[1]based stem cells. Our Apple Stem Cell Treatment combines natural botanicals, fruit acids and powerful antioxidants such as Vitamin C to improve visible signs of aging. The apple stem cell mask helps tone and tighten, delivering an immediate "lifting effect" to improve the appearance of fine lines, wrinkles, uneven skin tone and texture with products from the Signature Line of EmerginC Skincare.

90 MINUTES

### URBAN DETOX FACIAL

Combat pollution and cleanse impurities with this detox facial formulated with Chlorella and plant-based Charcoal. Dull skin will be revived with Skin Regimen products by Comfort Zone skincare.

60 MINUTES

## couple's retreats

*Our luxurious double treatment room is specifically designed for two people. This elegant space features two-foot baths and two massage tables. Our couple's retreats are designed for you and your partner to spend quality time together while sharing in relaxation during your spa experience.*

### **COUPLE'S MESSAGES & FACIALS**

For best friends, mum and daughter or lovers, make any of the above massages and facials a couple's treatment in our luxurious couple's suite.

**60 OR 90 MINUTES**

### **BLISS & BUBBLY COUPLE'S RETREAT**

Spa Cerro's couple's romance package is a sensual delight for you and your partner in our romantic Couple's suite. This package features Aromatherapy Foot Baths and Cerro Signature Swedish Massages, followed by Sparkling Wine service.

**90 MINUTES OR 120 MINUTES**

### **BODY IS A WONDERLAND**

This unique couples experience will allow you to paint your partner with Healing Green Clay, shower off in our Chromotherapy Shower & indulge in our Signature Swedish Massage - ending with sparkling wine in our Quiet Room.

**110 MINUTES**





## aromatherapy foot bath

Add an individual or couple's Aromatherapy foot bath to any of our Spa Cerro massages or facials.

30 MINUTES

*Essences of lavender & hibiscus, clementine oranges, coconut and fresh melon. A lavender, hibiscus and sea salt soak with a coconut shea sugar scrub and a massage with fresh melon shea butter and Himalayan Salt Stones will nourish, exfoliate and soothe tired, aching feet.*

# body rituals

## ORGANIC ALMOND ORANGE FRUIT & NUT BODY POLISH

This dazzling natural treatment with products by EmerginC Skincare, will stimulate the senses with vibrant aromas of citrus and almond body polish infused with apricot seed, orange oil, oat kernel and walnut shells to gently clean and polish the skin, followed by a Chromotherapy cascade water treatment. A nourishing massage of grape stem cell, white tea and seaweed body butter completes the treatment for total body relaxation.

60 OR 90 MINUTES

## ORGANIC BODY FIRING DETOX POLISH

Natural ingredients with products by EmerginC Skincare help to address dryness, dehydration, and the appearance of cellulite while toning and firming skin. This full body exfoliation will stimulate collagen, elasticity, lymphatic flow and circulation, remove dead skin cells and brighten skin's appearance. A Chromotherapy cascade water treatment followed by a nourishing massage with botanical oils will relax you and leave your skin feeling silky smooth.

60 OR 90 MINUTES

## ORGANIC FRENCH GREEN CLAY & SEAWEED WRAP

Erase the impurities of daily life and experience the ultimate detox with EmerginC Skincare products in this soothing wrap of French green clay and seaweed, citrus, kombucha, peppermint, and spirulina algae. A lavender, hibiscus, and sea salt soak with a coconut shea sugar scrub and a massage with fresh melon shea butter and Himalayan Salt Stones. After being cocooned in a comforting wrap you will experience a Chromotherapy cascade water treatment and hydration with shea butter, jojoba, grape stem cells, and tea extracts.

100 MINUTES

## DEEP BODY RENEWAL TREATMENT

Enjoy an aromatherapy foot bath with lavender hibiscus and sea salt, essences of clementine, coconut and fresh melon and a Himalayan salt stone reflexology massage. A smoothing, renewing and regenerating treatment for restored tone, elasticity and hydration with Body Strategist products by Comfort Zone. An ideal treatment for skin that needs moisture and elasticity, and for those who want to contrast stretchmarks. With a regenerating and revitalizing action, the skin is left soft, silky and compact.

60 OR 90 MINUTES

## WHIPPED HONEY SALT SCRUB

Indulge in an agave nectar and whipped honey salt scrub to exfoliate and cleanse the skin. This salt scrub provides detoxing qualities, encourages the natural flow of circulation and improves cellulite and aging. An amber-like scent with notes of clove and nutmeg combine with silky rice bran oil and the finest of salt grains to deliver soft skin like you've simply never felt before! This is one serious body scrub – uniquely formulated with Rice Bran Oil for its high concentration of Vitamin E that brings lasting, radiant-looking skin. Following the scrub you will experience a Chromotherapy Water Treatment followed by a relaxing massage with Whoopie Cream Shea Butter.

60 OR 90 MINUTES

## journeys

*All encompassing, our Spa Cerro Journeys are sure to take you on a journey of relaxation and self-renewal.*

### **TOTAL UNWIND**

Aromatherapy Massage, Blue Poppy Enzyme Facial, followed by Sparkling wine service.

**120 MINUTES**

### **SERENE ESCAPE**

Aromatherapy Foot Bath, Detox Body Polish, Chromotherapy cascade water treatment, Massage, and Aromatherapy Scalp Treatment followed by Sparkling wine service.

**130 MINUTES**

### **ZEN RENEWAL**

Aromatherapy Foot Bath, Body Scrub, Wrap, Chromotherapy cascade water treatment & Cerro Signature Facial, followed by Sparkling wine service.

**160 MINUTES**

## treatment enhancements

*Once you get here you won't want to leave. In anticipation, we have designed the following Treatment Enhancements to prolong your sensual journey.*

### **AROMATHERAPY SCALP TREATMENT**

Nourishing aromatherapy oils coat and protect your hair. Pressure points on the scalp relieve tension throughout the body. Scalp massage completes the experience.

**30 MINUTES**

### **REFLEXOLOGY**

Balance your body by focusing on your feet to stimulate the body's energy points. Warmed Himalayan salt spheres incorporate an added element of relaxation and therapeutic benefits.

**30 MINUTES**

### **MINI MASSAGE**

Back, neck & shoulder massage with organic oils of jojoba, olive oil, shea butter, arnica, and chamomile.

**30 MINUTES**

### **MINI EXPRESS FACIAL**

A radiant glow awaits you in minutes with ingredients of kombucha, natural fruit extracts, spirulina, algae, grape stem cells, French green clay and tea extracts.

**30 MINUTES**

## spa policies

For maximum convenience and flexibility, we recommend you schedule your spa sessions 48 hours in advance. All appointments must be guaranteed with a credit card. Please notify our Spa staff if you are pregnant or have any health concerns that we should be informed of. It is always advisable to check with your doctor prior to your arrival.

After booking your appointment you will receive a confirmation e-mail stating details of your appointment as well as our spa guest intake form to complete prior to your arrival for your spa treatment.

All spa treatments include use of the facilities- access to our Relaxation Quiet Room, locker rooms, and our Spa Relaxation Terrace.

Spa Cerro features a steam room in both his and hers locker rooms. We recommend bringing a bathing suit to enjoy the Spa facilities. Lockers, spa robes, and sandals will be provided upon your arrival.

We invite you to join us at Spa Cerro at least 30 minutes prior to your scheduled appointment time.

This permits adequate time to enjoy the facilities prior to your service. Services will start promptly at the time that was booked.

To maintain the peacefulness of the spa and as a courtesy to other guests, we kindly request you leave your cell phones and other electronic devices behind. Please use your spa voices while visiting Spa Cerro. We reserve the right to ask any disruptive guest to leave at any time without refund.

If you choose, undergarments or a bathing suit may be worn during treatments. However, all Spa Therapists are skilled in proper draping procedures to ensure your complete comfort and privacy. All treatment rooms have air purifiers and mists with sanitizing essential oil blends.

## spa reservations

### **SERVICE CHARGE**

For your convenience, a 20% service charge plus sales tax will be added to the cost of your treatment. This service charge is dispersed to the spa staff members who served you during your visit. For spa specials, the service charge is based on the original price of the service.

### **PARKING**

Complimentary valet parking is offered Monday through Thursday to guests dining in our restaurant or enjoying spa services. This is subject to availability and blackout days may apply.

### **DIRECTIONS TO THE SPA**

The main entrance of the Spa is located at 1120 Broad Street. From the guest rooms - take the elevator to the second floor and head to the edible garden. The Spa elevator is tucked across from the greenhouse. Take the elevator to the first floor and it will open to Spa Cerro. From the Hotel Cerro Vale - go through the door at the far West end of the valet terminal, go through the 2nd door, take the elevator to the first floor and it will open to Spa Cerro.

### **CANCELLATIONS**

Because we reserve a spa therapist, especially for you, we require that you give 24 hours advance notice, should you need to change or cancel your appointment. Late cancellations or no-shows will be charged at full treatment price. A late arrival will reduce your scheduled treatment time so that we can ensure that we can fulfill our previously scheduled services on time.