



SPA LA QUINTA
FACT SHEET

- ADDRESS:** Spa La Quinta
La Quinta Resort & Club
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- OPENED:** 1998
- SPA OVERVIEW:** Nestled at the base of the majestic Santa Rosa Mountains, Spa La Quinta is an integral part of the historic La Quinta Resort & Club, a longtime desert retreat and member of Hilton's Waldorf Astoria Hotels & Resorts. This award-winning spa offers a quiet respite and therapeutic treatments designed to promote wellness and self-discovery. Housed in a distinctive Spanish Colonial-style structure, the 23,000-square-foot facility offers an array of unique, rejuvenating experiences – from private open-air shower treatments to garden baths and body renewal treatments. After a customized experience in the luxurious garden sanctuary, guests emerge feeling revitalized and invigorated, yet deeply relaxed.
- HISTORY:** For nearly 85 years, La Quinta Resort & Club has captivated visitors as both a secluded haven – and a source of inspiration. Though relatively new to the resort, Spa La Quinta adds an important dimension to the property's spiritual and tranquil appeal.
- The original La Quinta Resort opened its doors in 1926. Spa La Quinta was constructed in 1998 on the site of the original 1937 tennis courts.
- SPA DIRECTOR:** Leslie Johnson, a 25-year veteran of the spa, nutrition, fitness and wellness industries.
- ACCOLADES:** ~ Top 100 Spa (#22), *Spas of America*, 2011, 2010
~ Best Medical Spa Program, Readers' Choice Award, *SpaFinder*, 2010
~ Best Golf Resort with a Spa, Readers' Choice Award, *SpaFinder*, 2010
~ Favorite Spa Professional, Cristy Lozano, Lead Esthetician, Readers' Choice Award, *SpaFinder*, 2010

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DESIGN:

Although it was constructed just over 10 years ago, the spa's traditional white stucco structure – accented by a red clay tile roof, classic arches and a large bell tower – echoes the 1920s Spanish Hacienda-style design of the original resort.

Interiors and the exterior have recently been upgraded with an understated palette of soft tans and creams with Saltillo tile, dark wood and bronze accents. A hallmark of the recent redo is a reinvented Spa lobby, with a handsome wood reception desk embedded with backlit-etched mirrors and a 200-gallon saltwater fish aquarium flanked by two large fountains. Additionally, the adjacent Salon now has been refurbished, and the retail area reconfigured to feature a dramatic bronze inset ceiling.

The exteriors have been retooled as well. Crisp cream awnings now accentuate the front entrance, which is anchored by the resort's original 1926 urn-style fountain – newly encircled by stepping stones with inspirational words such as Harmony, Beauty Love, Peace, Joy, Power, Light and Love.

FACILITIES:

Expansive and airy, Spa La Quinta has 38 treatment rooms, including massage, facial and wet treatment rooms. Also featured in this state-of-the-art facility are seven private whirlpool baths, two steam rooms, men's and women's treatment wings with locker rooms, and salon. A central sanctuary courtyard offers a tranquil spot to unwind before or after a treatment, with features such as an outdoor fountain, a fireplace and a cooling mist system; and four signature open-air La Quinta Celestial Showers – a customized cascading Swiss shower with varying temperatures – awaken the senses.

TREATMENT HIGHLIGHTS:

The resort recently introduced a new menu of services carefully designed to promote treatment customization and incorporate local indigenous elements. Programming highlights now include massages, skin care and body treatments. Spa La Quinta also offers specially designed treatments for children and young adults, as well as a program for pets, in addition to its team of spa concierges who help design the perfect spa experiences with a combination of therapies.

Signature treatments reflect the resort's serene desert surroundings, including:

WATER THERAPIES:

Garden Bath: Guests luxuriate in a private garden tub, enhanced by a choice of aromatherapy blends: Refreshing, citrus; Easing, eucalyptus, white oak bark and Epsom salt; Calming, wild lavender and rose; or Nourishing, rich milk whey proteins. (20 minutes)

SPECIALTY OFFERINGS:

Sacred Stone Therapy: Smooth warmed stones and geranium and sage essential oils are integrated with soothing Swedish massage. (75 minutes)

Grounding Earth Reflexology: Balinese grains and spices cleanse the legs and prepare the feet for this age-old treatment, known to open energy pathways and initiate complete body relaxation. (75 minutes)

BODY RENEWAL:

Native Elements: Spanish sage and lime essential oils in tandem with Dead Sea salts exfoliate and enliven the senses. Dual hydration from a liquid African shea butter mist and Egyptian geranium moistening cream render the skin smooth as silk. (45 minutes)

Grape Seed Glow: Rich in vitamins and antioxidants, grape seeds from Napa Valley polish and revive the skin. The treatment culminates in a refreshing Vichy shower and massage application of lemongrass lotion. (45 minutes)

California Essentials: Organic body brushing awakens the skin and allows total absorption of nutrient-rich avocado lotion. Eucalyptus oil aids in muscle relief, as a focused massage alleviates head, neck and foot tension. (75 minutes)

TOUCH THERAPIES:

La Quinta Custom Massage: This ultra-relaxing massage is customized to each guest's preferences, with varying techniques and levels of pressure. (50 or 80 minutes)

Focused Massage: Targeted massage with focus on a specific muscle group to bring relief to specific areas of concern. (20 minutes)

Foot Reflexology: Pressure applied to foot reflex points stimulates and opens energy pathways, releasing tension and promoting rejuvenation. (20 minutes)

ADVANCED SKIN CARE:

Sea Creations: This lavish treatment utilizes massage with smooth conch shells to assist in the delivery of pearl proteins to deep layers of the skin, activating fresh new cell growth. The nutritional benefits of sea algae promote circulation, improve skin tone and increase hydration. (90 minutes)

Oxygen Power Lift: Utilizes the latest in liquid oxygen biotechnology to improve the skin's health and appearance. A rich clay mask, enzyme peel and multi-active vitamin fluid deliver cell protection and nourishment, revealing skin that is vibrant and revitalized. (90 minutes)

Seduction of the Senses: A restorative facial choreographed to music evoking the tranquility of the sea. Rich proteins and amino acids support the matrix structure of the skin tone with an immediate overall lifting effect. Vitamins C and B12 promote collagen synthesis, resulting in a radiant complexion. (90 minutes)

All Advanced Skin Care treatments include hand and foot massage.

ESSENTIAL SKIN CARE:

Radiant Reveal: Activates the regeneration process and new skin cell development with the Advanced Biogen System, a natural metabolic process that supports skin renewal with hyaluronic acid, vitamin E, peptides and amino acids. (60 minutes)

Gentleman's Choice: This special facial formulated just for men, utilizes Siberian ginseng, hops and taurine to boost the skin's performance and resilience. Deep cleansing, exfoliation and extractions are included. (60 or 90 minutes)

All Essential Skin Care facials include a hand massage.

ULTIMATE EXPERIENCE: Spa staff will assist in creating the ultimate, customized spa day. Guests can choose any combination of menu items to create an experience of 185 minutes or more – and receive a 15-percent discount.

YOUTH SERVICES: Spa La Quinta offers unique treatments for younger guests aged 8–17, among them:

Young Athlete: a customized sports massage utilizing a gentle yet effective liniment rub. (45 minutes)

Perfect Skin: A relaxing facial accompanied by special recommendations for young skin; includes deep cleansing, exfoliation, extractions, a mask and moisturizing.

All children under 18 must be accompanied and registered in the spa by a parent or guardian.

SPECIAL SERVICES: **For the Pampered Pet:** The Spa has also introduced canine massage as part of its many offerings. A menu of pet massages – including a standard doggy massage and a duet massage for pet and owner – is offered in the comfort of one's own guestroom for resort guests.

- HOURS:** Open daily, 10 a.m. to 6 p.m. (Doors open at 9:30 a.m.)
- PRODUCT LINES:** **Epicuren Discovery** – Combining the latest discoveries within nature and technology, Epicuren is a pure, innovative skin care line using the most natural, luxurious ingredients available.
- BABOR** – A cosmetic and skin care line containing exclusive, plant-based active ingredients with products for both men and women.
- BEAUTY SALON:** Now managed by La Quinta resort staff, the salon has also been recently upgraded to include top of the line equipment, including six new pedicure stations. Complimenting the new facilities: a new product line featuring Davines and Hero for hair, SpaRitual for nails and the La Bella Donna mineral cosmetic line. Luxury services include hair styling, cuts and color, manicures, pedicures and makeup artistry. Hours: 10 a.m. to 6 p.m.
- FITNESS FACILITIES:** Adjacent to the spa and tennis facilities, the 4,000-square-foot fitness center and movement studio is equipped with the latest fitness equipment: Precore Treadmills, Life Cycle, Life Step, Life Stride and Paramount ETX equipment. Guests may choose from a selection of wellness classes (including Yoga, Pilates Mat, Aqua, Strength & Stretch and T'ai Chi). Hours: 6 a.m. to 10 p.m.
- SPA BOUTIQUE:** The Oasis Spa gift shop offers endless ways to take the spa experience home, with an appealing selection of body, bath, skin care and beauty products, active wear, casual apparel, candles, jewelry and wellness-oriented books and CDs. Hours: 10 a.m. to 6 p.m.
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