



Advanced Reservations Required 800.553.1793 SpaAllegretto.com



Allegretto Spa — Inspired and crafted with joy.

The Allegretto is home to endless wonders, but most of all, this is where one finds joy. As you're swept into a rich tapestry of food, culture, relaxation, and endless beauty, you'll feel a calming charge that reconnects you to what truly matters.

Upon arrival at the Allegretto Spa, you'll be greeted by someone who finds their passion in giving you the gift of tranquility & repose. A centered and healing heart, whose only desire is to infuse you with the gift of peace, inner tranquility, and to inspire complete joy in your soul.

At the Allegretto Spa, one enjoys artfully cultivated essential oils and spicy aromatics, masterly chosen to create that "just right" blend for your one-of-a-kind, indulgent spa escape. As you move beyond the Spa, touring the hotel grounds, you will discover a cache of hidden stories, which offer an intimate peek at the passion and love that is the true foundation of the Allegretto.



Spa at Allegretto Price List

I-800-553-1793

MASSAGE

INTERMEZZO Stone Massage
50/80/100 min \$135/185/235

THE ALLEGRETTO Signature
30/50/80/100 min \$75/135/185/235

VINE INSPIRED Aromassage
50/80/100 min \$135/185/235

CABALETTA 4 Handed Massage*
50 / 80 / 100 min \$270 / 370 / 470
*Cabaletta counts as 2 treatments in all packages

PURE BLISS Hand & Foot Indulgence
Any 30/50 min \$75/135

INDIAN Head Massage
30/50 min \$75/135

MATERNITY
50/80 min \$135/185
2nd & 3rd Trimester Only

BODY

FLEUR de VIGNE or
BODY SCRUBS

50/80 min \$135/185

FACE

PREMIER CRU
CAUDALIE
50/80 \$135/185

VINOPERFECT RADIANCE
TREATMENT
CAUDALIE
50/80 \$135/185

TRIPLE CROWN
BACK, FACE, & SCALP
50/80 \$135/185

MANICURES & PEDICURES

Vinothérapie Spa Manicure
Approx. 30 min \$50

Vinothérapie Spa Pedicure
w/ Luxury Foot & Leg Massage
Approx. 50 min \$70

For 2 Massage

(couples, family, friends)

50/80/100 min \$265/365/465

Spa Escape

Choose any* Two 50 min spa treatments

Use of the Hot Tub, Pool & Sauna
Per Person \$255

Spa Surrender

Choose any* Three 50 min spa treatments

Use of the Hot Tub, Pool & Sauna

\$35 Dining Certificate

Per Person \$450

I / Joyful Massage

INTERMEZZO Stone Massage

50/80/100 min

\$135/185/235

Melt your tension away with warm scented spices and elemental basalt stones that radiate their warmth into the surrounding body tissues and muscles, increasing blood circulation, as well as decreasing stress, tension and tissue stiffness. Deep comfort for the body and mind.

THE ALLEGRETTO Signature

30/50/80/100 min

\$75/135/185/235

An unequalled indulgent Allegretto spa treatment, this full body massage movement replete with yielding, soft linens, exotic aromas, warm oils, and intuitive massage, is especially designed to comfort weary travelers, restoring and affirming holistic health and harmony.

VINE INSPIRED Aromassage

30/80/100 min

\$135/185/235

A dual indulgence of nourishing therapeutic massage with the added crescendo of organic vine inspired essential oils that linger in the air and reach the deepest memories of life among the vines. A personal retreat you'll want to experience time-and-again.



CABALETTA 4 Handed Massage*

50 / 80 / 100 min

\$270 / 370 / 470

This unique treatment offers the unforgettable relaxation of two massage therapists working in 2-part harmony with one individual guest. The body completely relaxes as both therapists focus their skilled synergies to remove stress or tension. If you love massage and would like to take your relaxation to the next level, this treatment is for you!

*Cabaletta counts as 2 treatments in all packages

PURE BLISS Hand & Foot Indulgence

30/50 min

\$75/135

The hands and feet are pathways to all internal body systems. Alone, or in concert with any other spa treatment, the entire body is relieved of tension and deep relaxation is achieved with this wonderful hand & foot spa therapy. Highly skilled therapists combine warmed exotic oils following an invigorating, herbal scrub. You'll soon drift away into a deep state of relaxation. Unforgettable!

INDIAN Head Massage

30/50 min

\$75/135

Warm oil is applied in this rhythmic aromassage targeting specific marma points (energy centers) throughout the head, shoulders, neck and back. Indian Head Massage restores energy and balance and can help to regulate mood and relieve congestion and tension.

MATERNITY

50/80 min

\$135/185

Available 2 & 3rd trimester only.

2/ Let's Face It



PREMIER CRU
CAUDALIE
50/80

\$135/185

This exceptional beauty treatment is the ultimate in anti-aging, blending all three of our signature patented ingredients, to treat all signs of aging. An indulgent aromatic facial massage, followed by an exclusive mask enriched with Resveratrol, the skin feels denser, smoother and firmer. Wrinkles and fine lines fade visibly. Your complexion looks younger and radiant. The 80 min treatment also includes an intensive lip and eye therapy treatment.

VINOPERFECT RADIANCE TREATMENT
CAUDALIE
50/80

\$135/185

The ideal treatment for skin lacking radiance and luminosity. After skin is gently cleansed, a massage with essential oils (chosen for your skin type) and small warm basalt stones stimulates your skin's radiance. The deep-action peeling mask awakens the luminosity of your complexion. Caudalie's Vinoperfect collection adds the finishing touch to this treatment, leaving you looking rested and radiant. The 80 min treatment also includes an intensive lip and eye therapy treatment.



TRIPLE CROWN
BACK, FACE, & SCALP
50/80

\$135/185

Luxury, luxury, luxury! This spa indulgence delivers incredible relaxation while cleansing, toning, purifying, hydrating and protecting these 3 key areas.



SPA FACE INDULGENCE
NON-INVASIVE, NON-CORRECTIVE*
30/50/80

\$75/135/185

One hour of pure bliss! Rare herbs and exotic oils calm the body, mind and spirit, as pressure points on the face and scalp are massaged to increase a sense of peace and well-being. Includes indulgent aromatherapy and a delightful hand and arm massage.

*Spa Face Indulgence facial massage treatments are performed by licensed massage therapists, are non-invasive, non-esthetic, and are solely for the purpose of relaxation and to increase a sense of well-being; they are not intended to treat, groom, correct, or improve any particular skin condition.

3/ Bodylicious Scrubs



GARDEN FRESH & IN-SEASON BODY SCRUBS

50/80 min

\$135/185

Inspired from the lush harvest of our chef's garden, these fresh body scrubs features the best of our local seasonal harvests. We combine all natural salts, sugars, fruits and nuts to create a delicious exfoliants with hydrating and invigorating properties design to delight all your senses and bring

Year Round

Lavender & Lemongrass

Tangerine & Grapefruit

Frankincense & Cedarwood

Geranium & Rosewood



In-Season Fresh

WINTER

Mint & Honey

SPRING

Rose Petals & Elderberry

SUMMER

Lemon Verbena & Champagne

FALL

Figs & Fennel

4/ Joyful Packages

For 2

(couples, family, friends)

Luxurious Full Body Massage

50/80/100 min \$265/365/465

50 mins \$265

80 mins \$365

A serenata is a song or composition in someone's honour. Inspired by the music, our therapists move in 2 part harmony soothing all of the aches and cares as they indulge the two of you in a warm bed of spices and healing touch.

This celebratory spa indulgence is a blissfully private affair for two.

Optional Upgrade to Outdoor Private Cabana Pool side
Weather Permitting
Add \$100.



Spa Escape

2 -3 Hrs.

Choose any* Two 50 min spa treatments

Use of the Hot Tub, Pool & Sauna

Per Person \$265

Spa Surrender

Half Day

Choose any* Three 50 min spa treatments

Use of the Hot Tub, Pool & Sauna

\$35 Dining Certificate

Per Person \$450

5/ Over the top romance!



Optional Upgrade to Outdoor Private Cabana Pool side
Weather Permitting
Add \$100.

*4 Handed Massage counts as 2 Treatments

Joy of Romance

Chocolate Tarts, Spicy Body Oils, Soft Linens, Fresh
Scented Breezes & Full Body Massage

Choose any Two* 50 min spa treatments per person

\$50 Food & Beverage Certificate for Hotel Restaurant

Use of the Hot Tub, Pool, Detox Sauna

Includes Bottle of House Wine

Hand Blended Massage Oil

TWO PEOPLE

Only \$650

6/ Mani-Pedi's & Wine Flights



Vinotherapie Spa Manicure

Approx. 30 min \$50
w/Optional wine flight \$65

First, we soak your hands in fresh organic flower petals until their soft and creamy. We'll clean, trim and shape your nails to their nature glamour and luster. Luxe nail colors available to let the world know the mood your in.

Includes a luxurious hand and arm massage and did we mention, every manicure and/or pedicure includes a 3 part wine flight?

And to bring the the most joy possible, all this happens on a zero-gravity chair that let's you lay back and relax Paso Style.

We're serious about relaxation...enjoy!



Vinotherapie Spa Pedicure w/ Luxury Foot & Leg Massage

Approx. 50 min \$70
w/Optional wine flight \$85

Did you know that pedicures are good for the soul? This is not your ordinary pedicure. We invite you to lay back and enjoy yourself in our zero gravity chair while your feet and calves are pampered and polished. There's nothing like a fresh pedicure and a glass of wine to say "life is good."

Optional: \$15 wine flight of 3 local wines. Experience a pedicure like never before on our zero-gravity chairs. Lay back and enjoy!

7/ Man, have we got something for you!

MOUNTAIN of SPICES
CEDARWOOD FULL BODY MASSAGE
50/80

\$135/185

We bring the scent of the smoky California Mountains to you while you're in the beauty of the glorious Central Coast vines. Deep tranquility is ushered in by a firm massage and the scent of cedarwood, pine, and rosemary wrapping you in memories of campsites and great catches.

GENTLEMAN'S FACIAL
REFINING & SOOTHING
50/80

\$135/185

Men do look better with age thanks to our deluxe pampering treatment that takes care of your skin while you rest and unwind. We'll cleanse, extract, hydrate and lavish comfort, all the while helping you put your best face forward. If requested, we'll even recommend some at home, easy yet powerful age-rebellion strategies, —just ask.

ROMAN ROAD BODY POLISH
50/80

\$135/185

All roads lead to relaxation and rejuvenation as we put a new twist on the old Roman bath royal treatment. Skin is softened with warmed oils and briskly exfoliated to renew tired, sun-weary, or winter-dry bodies. This treatment combines the best of invigorating massage, with the aromatic, exotic oils that pay homage to the spice trade of the ancient Indo-Roman merchants. Spices such as cassia, ginger, cinnamon, cardamom, pepper, and turmeric will relax and revive you at the same time. We promised you Joy, —here it is!

GENTLEMAN'S MANICURE or PEDICURE
30/50

\$50/70

Did you know pedicures are good for the soul? We'll clean, trim, buff and moisturize your hands or feet, and include a great massage so you can relax and enjoy your stay feeling completely restored and riding high in the lap of luxury with healthy, restored hands and feet.

SCALP VITALITY AROMATIC MASSAGE
50/80

\$135/185

We've not met a man yet that doesn't love a great scalp massage. We'll rub luxurious warmed oils designed to promote deep peace & relaxation onto your head and you won't believe how great you'll feel. This treatment will promote scalp vitality and it might just put you to sleep. Snoring welcome.



8/ Spa Policies

Pool & Jacuzzi Use

Guests receiving treatments valued at \$250+/per person at Allegretto Spa are entitled to use of the pool, hot tub, and fitness room during the days treatments are scheduled. The Infrared Sauna, Meditation Room and Lounging Terrace are available for all spa guests at no charge regardless of treatment duration.

Age Policy

Adults 18 years and older are welcome to enjoy massages, facials, and body services. For Spa Services, children 12 – 17 years old must be accompanied by an adult at all times. The minimum age for the fitness center (Gym Facilities) is 18 years old. To protect the tranquil nature of the spa and its environment, children under 12 are not permitted to use the spa facility.

Spa Treatment Hours

Offered based on availability between the hours of 8:00 AM to 8:00 PM

*Hours of operation are subject to change without notice at management's discretion.



Reservations & Cancellations

We strongly recommend booking your spa reservations in advance. Please call the Allegretto Spa directly at (800) 553-1793.

As a courtesy to other guests and to our service providers, we strictly adhere to the spa cancellation policy: If you must reschedule or cancel an appointment, please advise us 24 HOURS in advance of your appointment time, to avoid being charged 100% of the scheduled service.

Personal Property

Lockers are provided at no additional cost during your stay however, we encourage you to leave valuables at home as we cannot accept responsibility for lost or stolen items.

50 Minute Minimum

We reserve a 50 minute minimum requirement per person for spa services. Shorter duration add-ons must accompany a 50+ minute treatment.

All prices subject to change without notice.

Thank you for your co-operation. We look forward to pampering you!

9 / Sauna Protocols

INFRARED SAUNA PROTOCOLS

Follow this quick guide for the optimal sauna experience.*

PRE SAUNA SESSION

- Hydrate with at least 8 oz. of water to prepare your body for an increase in core temperature.
- Use Towels to absorb sweat during sessions.

SAUNA SESSIONS

- Begin your session when your sauna reaches 100°F.
- The optimal sauna experience occurs between 100° and 130°F.
- To get your body accustomed to infrared therapy, start with 10-15 minute sessions at 100°F every other day.
- Gradually increase towards 40 minute daily sessions in the optimal temperature range.*
- Don't be surprised if you don't sweat during the first few sessions. Sweating will increase with regular use, removing toxins and leaving you feeling refreshed and rejuvenated.

POST SAUNA SESSION

- Drink at least 24 oz. of water or electrolyte to rehydrate.
- Cool down naturally or with a refreshing shower.

PRECAUTIONS

If any of the below apply to you, consult your physician prior to sauna use:

- Medications
- Children
- Elderly
- Chronic conditions / diseases associated with reduced ability to sweat or perspire
- Hemophiliacs / individuals prone to bleeding
- Cardiovascular conditions
- Pacemaker / defibrillator
- Alcohol/alcohol abuse
- Fever
- Sensitivity to heat
- Pregnancy
- Joint Injury
- Implants

*Listen to your body. Be aware of excessive detoxifying. If you begin to feel symptoms such as nausea, fatigue, or flu-like symptoms during your sauna session, discontinue use immediately. If these symptoms continue, consult your physician.

