



A Place To Feel Good

*At InterContinental
The Clement Monterey
751 Cannery Row ♦ 2nd Floor
Monterey, CA 93940
(831) 642-2075 ♦ www.energia-spa.com*

Our Philosophy

The Energia Spa at InterContinental The Clement Monterey is committed to creating a haven to restore the body to its natural state of blissful balance. Here, you will be transported to a place of inner peace and tranquility.

At Energia, we delight in bringing you healing spa services and rituals infused with the traditional wisdom of the ancient East Indian practice of Ayurveda or “Science of Life”. Energia Spa embodies the true meaning of spa by providing services that nurture the mind, body, heart and soul - a truly holistic approach to complete wellness and lifestyle change.

Simply stated, Energia Spa is *a place to feel good.*

Enjoying Your Visit to Energia

Spa Hours / Appointments / Check In

The Spa is open everyday, with extended hours many days throughout the year. For appointments and daily business hours, call hotel extension 2075 or 831.642.2075. A credit card number is required to guarantee your appointment time.

Please arrive at least 10 minutes prior to your scheduled appointment to check in and to provide us with information that will support us in best serving you. Treatment time on late arrivals will be reduced so that we may stay on schedule for incoming guests.

Cancellations

Missed appointments without 24 hours notice will be charged for the entire amount of services scheduled.

Gratuities

Gratuities are not included in treatment prices. Rewarding your therapist for excellent service is at your discretion and is greatly appreciated. Customary gratuity is 15% - 20%, similar to your favorite restaurant.



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Signature Treatments & Packages

Specially designed to feature our most popular services, our signature treatments and packages create the perfect spa visit!

***Energia Escape* ♦ 80 min / \$225**

Begin your aromatic journey as you breathe in calming essential oil customized to your energetic body type. You'll enjoy a full body Medley Massage, combined with a powerful anti-oxidant "mini" facial infused with exotic Ayurvedic herbs to leave your skin hydrated and revitalized.

***Sweet Surrender* ♦ 80 min / \$200**

Begin with a classic full body massage featuring the long strokes of Swedish Massage. Your feet then become the focus with a steamy herbal foot wrap, followed by a luxurious foot massage and exfoliation. Perfect for those looking for a truly relaxing experience.

***Thaiurvedic™ Herbal Compress Massage* ♦ 80 min / \$200**

This unique combination of relaxing, yet invigorating techniques relieves muscle soreness and promotes circulation. Pressure-point massage and Thai stretching promote energy flow, while aromatic and therapeutic herbs steamed in a muslin compress are rolled, kneaded, and compressed onto the body to warm muscles and reduce inflammation.

***Raindrop Therapy Massage* ♦ 80 min / \$200**

An ancient massage technique based on Lakota Native healing, this detoxifying treatment combines therapeutic essential oils with a stimulating massage to bring structural and electrical alignment to the body, mind, and spirit.

***Energia Healthy Start* ♦ 2 Hours / \$225**

Start with a one-on-one personal training session in our state of the art fitness center. Learn easy ways to integrate fitness into your travel plans. Then relax tired muscles with a 50 minute Sports/Deep Tissue massage. It's time to get fit!

***The Ultimate Spa Day* ♦ 5 Hours / \$450**

Make a day of it with the ultimate in relaxation. You'll enjoy the best of our pampering treatments, including an 80 minute Customized Holistic Facial, your choice of one of our signature body treatments, and your choice of either a Spa Manicure or a Spa Pedicure. During your visit, you'll also enjoy a healthy lunch as you relax on the sun deck. *Now, this is a vacation!*

Therapeutic Massage

Energia's deeply nourishing massage services provide relaxation and rejuvenation by stimulating circulation and reducing toxins and fatigue through the inherent wisdom of touch. Among its many benefits, massage has been proven to improve circulation, strengthen the immune system, and promote more restful sleep.

***Coastal Express Massage* ♦ 30 min / \$85**

This targeted massage focuses on those areas that always seem to need a little extra attention... the back, neck, and shoulders. Perfect for a quick pick me up, or as an add on to a facial or body treatment.

***Medley Massage* ♦ 50 min / \$125 ♦ 80 min / \$185**

We believe every body is unique and deserves a treatment customized just for you. Your therapist will tailor your massage using a variety of massage techniques that provide both relaxation and therapeutic benefits.

***Sacred Stone Massage* ♦ 75 min / \$185**

Smooth, heated stones become an extension of the therapist's hands while melting away tension and stress. This profoundly comforting massage connects the body to the spirit and provides deep relaxation. Prepare to be mesmerized!

***Pre or Post Natal Massage* ♦ 50 min / \$125**

Designed to address the spectrum of physical and emotional changes during pregnancy and post-partum, enjoy our tender care with attention to safety and comfort at each stage during and after pregnancy.

***Sports/Deep Tissue Massage* ♦ 50 min / \$125 ♦ 80 min / \$185**

Relieve stress and ease sore muscles with a soothing combination of therapeutic techniques including stretching and deeper pressure to the underlying layers of muscle. This powerful and customized massage promises to harmonize body and mind.

***Couples Massage* ♦ 50 min / \$240 ♦ 80 min / \$350**

Double the pleasure when you and your companion are taken on a journey of the senses and scents in our deluxe couple's room.

***In-Room Massage* ♦ 50 min / \$175 ♦ 80 min / \$235**

Enjoy any of our massage therapies, except the Sacred Stone treatment, in the privacy of your guest room.

Skin Care Essentials

Enjoy a journey of exquisite pampering using all natural, organic ingredients to improve the appearance of your skin while honoring the balance and harmony essential to good health.

***Customized Holistic Facial* ♦ 50 min / \$125 ♦ 80 min / \$185**

Experience the simple elegance of clean, healthy, vibrant skin. This aroma therapy treatment, customized to your skin type, is designed to restore the skin's natural balance, resulting in skin that is soothed, smooth and fresh.

***Vitamin C Time-Defying Facial* ♦ 50 min / \$125 ♦ 80 min / \$185**

Rejuvenate and brighten skin with this gentle yet extremely effective treatment designed to improve elasticity and firm mature or sun damaged skin. Featuring double exfoliation with papaya & pineapple enzymes and natural fruit acids, this treatment leaves a radiant glow of soft, balanced, and healthy skin.

***Therapeutic Acne Facial* ♦ 50 min / \$125 ♦ 80 min / \$185**

Rediscover your skin's inner radiance. This comprehensive treatment combines deep-pore cleansing techniques, gentle exfoliation, and an intensive mask to calm inflammation and soothe problem skin.

***Mother of Pearl Nourishing Facial* ♦ 50 min / \$125 ♦ 80 min / \$185**

Enriched with nourishing botanical extracts, crushed mother of pearl and natural fruit acids and exfoliants, this treatment is the ultimate remedy for thirsty, dehydrated skin. Your skin will radiate a dewy, other worldly glow.

***Chocolate Champagne Facial* ♦ 50 min / \$125 ♦ 80 min / \$185**

This powerful anti-oxidant treatment helps reduce the appearance of fine lines and wrinkles by ridding the skin of damaging free radicals caused by stress, sun damage and environmental pollutants. Indulgent Ghirardelli® Chocolate, herbs and Champagne combine to create a delectable experience while rejuvenating and invigorating the skin.

***Gentleman's Stress Relief Facial* ♦ 50 min / \$125 ♦ 80 min / \$185**

Escape everyday stress with this facial that addresses the specific needs of masculine skin, including razor irritation and ingrown hairs. Our coconut lime infused facial, complete with deep pore cleansing and a gentle papaya and pineapple exfoliation, will leave you refreshed and relaxed!

Skin Care Enhancements

These luxurious enhancements may be added to any facial.

***De-Stress Eye Treatment* ♦ \$25**

This nurturing addition, containing Vitamins A & E, plus Elastin and Collagen, helps relieve puffy, tired eyes, reducing the appearance of fine lines and dark circles. A must see!

***Lip Contour Treatment* ♦ \$25**

A plumping treatment to smooth wrinkles, hydrate, and restore the lips.

***Neck and Décolleté Rejuvenation* ♦ \$30**

Undo the sun's damage to the neck and décolleté area with this double exfoliation and vitamin enriched treatment designed to improve skin elasticity and firmness of mature or sun damaged skin.

***Collagen Infusion* ♦ \$30**

This 100% pure, ultra-fine marine collagen and anti-oxidant treatment is a perfect addition to any facial to revitalize, hydrate, and improve skin elasticity and firmness.

***Waxing Services* ♦ Call for details**

Body Indulgences

***Anti-Oxidant Grape Seed Scrub* ♦ 80 min / \$185**

An organic herbal blend of crushed grape seeds, bilberry, and citrus is applied to the body to exfoliate, stimulate lymphatic flow, eliminate toxins, and smooth and firm the skin. All followed by an invigorating massage to hydrate and soothe. Drink it in!

***Detoxifying Mother of Pearl Body Treatment* ♦ 80 min / \$185**

A luxury like no other, this treatment detoxifies and nourishes using a luminescent mother of pearl scrub, followed by a vitamin and herb infused full body mask. Finish with an application of shimmering Healing and Restoring Cream. Get ready for soft, glowing, radiant skin.

***Hydrating Aloe Vera Herbal Body Treatment* ♦ 80 min / \$185**

Relax as you enjoy a full body mask using powerful anti-oxidants, Green Tea, and deeply hydrating aloe vera. Finish with a light and refreshing full body massage using our deeply hydrating Healing and Restoring Cream. Great for dry, sun damaged, or sun burned skin.

Nail and Foot Care

Sole Reviver ♦ 30 Min / \$60

A perfect addition to any massage service or pedicure, this invigorating treatment includes an application of cooling Aloe Vera and a thorough foot massage and pressure point treatment.

Mother of Pearl Spa Manicure ♦ \$80

Treat your hands to our luxurious pampering using nourishing botanical extracts and crushed mother of pearl, followed by a natural fruit acid exfoliation to reduce hyper-pigmentation. You'll love the shimmer of our deeply hydrating cream while you enjoy a relaxing hand and arm massage. Cuticle nail care and the perfect polish finish off this amazing treatment.

Vino Therapy Spa Pedicure ♦ \$95

Feel the tension and aches melt away as we treat dry, cracked skin using a double exfoliation of crushed grape seed and sea salt scrubs. Enjoy the invigorating leg and foot massage using deeply hydrating moisturizer, all followed by nail care and the perfect polish!

Anti-Oxidant Hand Treatment ♦ \$25

Your hands will be silky smooth with this infusion of vitamins A & E, grape seed, hazelnut, and sunflower oil. The deep heat created by this treatment relieves stress, promotes relaxation, and leaves hands soft and smooth.

Anti-Oxidant Foot Treatment ♦ \$25

Relax as your feet are cocooned in warm booties, letting the nourishing Vitamin A & E serum penetrate your skin for deep moisturizing. Great for dry, cracked skin.

Please note that state regulations and our stringent health and sanitation procedures prevent us from performing any nail services on clients who have nail fungus or other skin conditions.

Bridal and Event Services

Let our professional make up artists and stylists create your perfect hair and make up look for your wedding day or special event.

Hair Style Consultation ♦ From \$85

Event Day Hair Styling (in room) ♦ From \$95

Event Make Up Trial ♦ \$85 ~ Event Day Make Up (in room) ♦ \$95

Make Up Application ♦ \$85 ~ Make Up Lesson ♦ \$95

Wellness Services

One-on-One Personal Training ♦ 50 min / \$100

Get back on track or get started on a physical activity program with expert help! This service is designed to incorporate health and fitness goals into an inspiring and motivating workout session. Gain new ideas and tips to integrate movement and fun into everyday life.

Fitness Walks / Adventure Hikes ♦ From \$100

Ready for a little adventure? Our Personal Trainers will guide you on a hike through the beautiful Monterey scenery. Choices range from a gentle and invigorating walk along the Monterey Rec Trail to a rigorous hike at Point Lobos or Garland Ranch, nearby recreational parks.

Fitness Assessment / Consultation ♦ 90 min / \$150

Begin with a personalized health and fitness analysis including heart rate, blood pressure, body composition and nutritional behavior. Then incorporate your results into a personalized program that includes exercise tips and easy ways to get started on your wellness program.

Nutritional Assessment / Consultation ♦ 90 min / \$150

Looking for practical, customized, science-based advice about food, nutrition, and healthy eating? Get expert answers to your questions from our Holistic Health Nutritionist. This service includes ideas for cooking for fun and health, prevention and healing, lifetime nutrition and fat loss.

Private In Room Yoga ♦ 50 min / \$100 (\$50 for additional person)

Improve your quality of life by working with a yoga instructor to create a mind/body connection. Session is appropriate for all levels of yoga and is personalized to your yoga ability and preferences.

Guided Meditation / Relaxation ♦ 50 min / \$100 (\$50 for add'l person)

Learn proven techniques for stress reduction, visualization, and connection with your inner being. This private session offers a personalized consultation and meditation, including guided visualization and energy balancing.