

GROOMING & GLAMOUR

Nail Care

Signature Manicure and Pedicure • Spa Manicure and Pedicure
Specialty Manicure and Pedicure • Gentleman's Manicure and Pedicure
Shellac Manicure and Pedicure

Please ask our spa concierge for more details.

Nail Enhancements

Paraffin Hand or Foot treatment • French Style Polish • Nail Repair

Bridal Service

Bridal Make-Up Consultations • Bridal Hair Consultations • Bridal Up-Do
Bridal Make-Up

Hair Design

Shampoo & Styling • Lady's Cut & Styling • Up-Do • Special Occasion Style
Color • Highlights • Partial Highlights • Gentleman's Cut

Make-Up Artistry

Make-Up Application • Make-Up Lesson • Eyelash Tint

Facial & Body Depilation

Lip • Chin • Brow • Underarm • Forearm • Bikini • Half Leg • Full Leg • Back • Chest

ADDITIONAL INFORMATION

Fitness Center

Here you will find the latest fitness equipment, steam rooms, and locker facilities. This is complimentary to our spa guests. Guests must be at least 16 years of age to use the equipment. Guests under 16 must have adult supervision at all times.

Spa at Home

For unique, exclusive gifts to create a home spa experience visit our Brezza Boutique. Find products that help you experience many of our treatments at home, as well as bath and beauty products, sun care and more. Gift certificates are always available.

Celebrating the Child

Please ask our spa concierge for more details on our children and teen services.



1775 East Mission Bay Drive
San Diego, CA 92109

Hours of Operation: 8:00 am to 8:00 pm

For reservations please call: 619.275.8942

spa brezza,
on mission bay

at the Hilton San Diego Resort & Spa

ABOUT YOUR SPA BREZZA VISIT

Scheduling

To ensure your desired time, make your reservation early. If you would like to request a particular therapist, please let us know when you book your appointment.

Cancellation Policy

We require a twenty-four hour notice to cancel without charge. You will be charged the full amount of your service if you cancel within twenty-four hours of your scheduled time or fail to arrive.

Punctuality

Please arrive 15 minutes prior to your appointment time. Your treatment will start promptly at its designated time. If you arrive late for your service, your treatment will be modified. All treatments end on time so the next guest will not be inconvenienced.

Upon Arriving

Feel free to arrive in whatever attire is comfortable. We will provide you with a robe and sandals for your treatments. All dressing and undressing will occur in the designated locker rooms. Men having facials should shave no less than two hours prior to their service. For your safety and comfort, we suggest you leave your jewelry and valuables in your room.

During Your Visit

To get the most of your treatment, communicate with your spa professional. Your comfort and enjoyment are most important to us. Please let us know if you have concerns about depth of pressure during your massage, the temperature of your spa room, music volume or other issues.

Quiet, Please

To maintain a peaceful atmosphere, we ask that you turn off your cell phone while in the spa, and keep conversations to a whisper.

Service Charge

For your convenience, a 20% service charge will be added to all services and distributed to the staff, subject to your discretion. Ask our spa concierge if you have any questions.

FACIAL CARE

Belladermabrasion

Microdermabrasion is effective for the treatment of fine lines, wrinkles, hyperpigmentation, acne scarring, enlarged pores, and sun-damaged skin. This painless process can significantly diminish the signs of aging.

Signature Facial

This treatment is designed to promote the general health and appearance of skin by calming irritation, replenishing lost nutrients, and improving the skin's natural immune response to free radical, medical, or environmental damage. This facial is customized for each client and uses the finest products for the ultimate results.

Eco Escape Facial

A truly organic facial. This facial contains a premium blend of organic and natural ingredients for pure nourishment and restoration of the skin; the perfect elements to create a superior, distinctive and enhancing treatment.

Men's D-Stresser Facial

Designed specifically for men, this European-style facial soothes skin irritated by daily shaving and environmental aggressors.

Transformation Radiance Facial

Achieve optimal skin health and visible results with this immediately effective treatment. While a single treatment will produce visible results, a series is designed to achieve accelerated results for healthy, radiant, beautiful skin.

Transformation Facial Treatment

This transforming treatment provides instant radiance and brilliance to the skin. Resurfacing gently whisks away damaged, aged skin cells, immediately minimizing lines, brightening and toning – leaving skin glowing and beautiful. The facial features a customized mask to help regenerate healthy skin at a faster pace.

Total Transformation Ritual

This transforming treatment uses vitamins A, C, E, and fatty acids to repair and restore the skin after suffering the impact of environmental damage and photo aging. Ingredients rich in antioxidants firm, tone and reduce the appearance of fine lines and wrinkles. An advance eye restoration serum is gently massaged around the delicate areas of the eyes, while the arms and hands are gently polished to remove any dry rough areas.

MASSAGE THERAPIES

Abhyanga

Abhyanga literally translates to "oil massage." This rhythmic and deeply relaxing hot oil massage helps to move the "prana" or life force, which stimulates your body's vital energy.

Sacred Stone

Surrender to the healing warmth of this ancient massage technique. Heated volcanic river stones penetrate the deeper levels of your muscles to take you to a new dimension of relaxation.

Balinese

Be transformed by our signature massage ritual, based on the traditions of Bali. A combination of acupressure, rolling motions and rhythmic strokes relieves tension and promotes total relaxation.

Tropical Essence

This massage is the perfect antidote to lift your mood. Includes a tropical mango body polish, followed by an aromatic massage using a rare blend of tropical essential oils.

Mommy-To-Be

Share a moment of serenity with your baby. Your massage will ease the discomforts that occur as your body changes. We request your physician's written consent.

Swedish

Unwind with this gentle, relaxing massage that improves circulation and vitality. Pressure can range from very light to medium.

Sports / Deep Tissue

Facilitate muscle recovery with this moderate to firm deep tissue massage, designated to relieve soreness resulting from exertion or exercise. Gain an improved range of motion and increased flexibility.

Massage Medley

A customized massage with Swedish and Deep Tissue techniques combined to create a personalized massage experience.

Pedisage

Treat your feet and lower legs to this rejuvenating massage. Eastern techniques are employed to release tight muscles, improve circulation and clear the mind.

In-Room Massage

Enjoy a relaxing 50 minute or 80 minute massage in the comfort of your room. Our Companion Special includes two back-to-back 50-minute massages in your room. (Must be booked in advance.)

Couple's Massage

Our romantic couples' rooms are the perfect setting for two. See our spa concierge to choose from a selection of massage rituals and experiences.

BODY INDULGENCES

Island Fresh Scrub

Uncover smooth, glowing skin with this gentle exfoliation derived from raw sugar crystals. Skin is then revived with rich body butter that is gently massaged into the skin, locking in moisture and the fresh coconut aroma.

Milk & Honey Body Wrap

Avert the signs of aging with this naturally hydrating treatment. Milk and honey are rich in antioxidants, which help regenerate damaged tissue, deflect free radicals and improve skin tone and elasticity. This treatment includes a gentle exfoliating sugar scrub, a replenishing body wrap, and scalp and foot massage.

Sunburn Relief Dilo Wrap

Save your vacation with this calming sunburn treatment. Nourish dry or sunburned skin with this unique blend of cold-pressed dilo nut, virgin coconut oil, and aloe vera in a soothing body indulgence. This wrap will promote healing and revitalize irritated skin.

Signature Back Glow

This invigorating treatment includes a glycolic scrub and detoxifying mask to decongest the pores and revitalize the skin.

Airbrush Tan

A healthy glow of sun-kissed skin is achieved with true airbrush motion, providing incredibly smooth coverage and the best tanning results. Extend the life of your tan with our add-on exfoliation treatment.

Deep Detox Ritual

This ancient cleansing ritual begins with a body exfoliation using a purifying energy scrub to allow maximum penetration of our luxurious Deep Detox Ritual Mask. This treatment will gently eliminate toxins, purify the body and relax tense muscles. While you are cocooned in our wrap receive a scalp and foot massage to enhance your experience.

Beach Ready Body Treatment

A firm massage using a body sculpting gel penetrates deep into skin layers, smoothing its texture and diminishing the appearance of cellulite. This treatment will help firm, condition, and smooth out the uneven look of dimpled "orange peel" skin and cellulite.

GLOBAL RITUALS

Javanese Royal Treatment

Lose yourself in this lavish ritual direct from the palaces of Java. Includes a luxurious Balinese Massage, essential oil and herbal exfoliation, a cool yogurt splash and shower. To complete your experience, sink into a soaking tub prepared with rose petals and infused with tropical fragrances.

Volcanic Earth Clay Ritual

Take part in this ancient rite performed to soften, purify and renew the skin. Includes a detoxifying volcanic clay body mask, a pampering foot massage, an aromatic shower and traditional massage.

Thai Herbal Therapy

Nurture your tired spirit with this revitalizing treatment. A hot poultice of medicinal herbs is used to relieve muscle tension and invigorate your mind in this healing blend of Thai massage and aromatherapy techniques. The poultice is yours to keep.

ENHANCEMENTS

Add these services to a massage or facial to enhance your Spa Brezza experience.

Serenity Soak

Sink into a lavish bath filled with rose petals, milk bath, salts, or oils. Relax and unwind prior to or after any of our spa experiences.

Sugar Scrub

Renew your skin by adding an exfoliating body scrub prior to or after any of your spa services.

Aromatherapy Blends

Used for centuries to improve overall health and relieve tension, essential oil blends can turn any massage into an exotic indulgence.

Therapeutic Muscle Balm

Ask for this ancient Chinese pain-relieving formula to ease muscle soreness and stiffness.

Hot Poultice

Compliment your pedisage with a hot herbal poultice treatment to rejuvenate your feet. This treatment uses heat and medicinal herbs to help you reach total relaxation. The poultice is yours to keep.

Please ask our spa concierge for details on our children and teen services.

SPA PRICING

All Spa Pricing is Subject to Change

Massage Therapies

Abhyanga	50 min \$140
Sacred Stone	50 min \$140 / 80 min \$190
Balinese	50 min \$140 / 80 min \$190
Tropical Essence	50 min \$160 / 80 min \$200
Mother-To-Be	50 min \$130 / 80 min \$180
Swedish	50 min \$120 / 80 min \$170
Sports/Deep Tissue	50 min \$130 / 80 min \$180
Massage Medley	50 min \$130 / 80 min \$180
In-Room Massage	50 min \$160 / 80 min \$220
Neck, Back, Shoulder	25 min \$75
Pedisage	25 min \$75

Enhancements

Serenity Soak	20 min \$75
Sugar Scrub	25 min \$75
Aromatherapy Blends	\$10
Therapeutic Muscle Balm	\$10
Hot Poultice	\$10

Global Rituals

Javanese Royal Treatment	110 min \$260
Volcanic Earth Clay Ritual	80 min \$200
Thai Herbal Therapy	80 min \$200

Body Indulgences

Island Fresh Scrub	50 min \$130
Milk & Honey Body Wrap	50 min \$120
Sunburn Relief Dilo Wrap	25 min \$75
Signature Back Glow	25 min \$75
Airbrush Tan	15 min \$65
with Exfoliation	50 min \$130
Deep Detox Ritual	50 min \$130
Beach Ready Body Treatment	50 min \$130

Facial Care

Belladermabrasion	
Face Only	50 min \$175
Face & Neck	50 min \$200
Face, Neck & Decollete	80 min \$225
Signature Facial	50 min \$125
Eco Escape Facial	50 min \$125
Men's D-Stresser	50 min \$125
Transformation Radiance Facial	25 min \$75
Transformation Facial	50 min \$125
Total Transformation Ritual	80 min \$210

Spa Pricing continued

Nail Care

Specialty Manicure / Pedicure	\$65 / \$95
Spa Manicure / Pedicure	\$55 / \$85
Signature Manicure / Pedicure	\$45 / \$70
Gentleman's Manicure / Pedicure	\$40 / \$60
Shellac Manicure / Pedicure	\$70 / \$90
French Style Polish	\$8
Nail Repair	\$8
Paraffin	\$20

Grooming & Glamour

Make-Up Application	\$70
Make-Up Lesson	\$95
Eyelash Tint	\$40
Bridal Make-Up Consultation	\$70 & Up
Bridal Make-Up	\$80 & Up
Bridesmaid Make-Up	\$80 & Up

Hair Design

Shampoo & Styling	\$50 & Up
Lady's Cut & Style	\$70 & Up
Up-Do	\$80 & Up
Special Occasion Style	\$70 & Up
Color	\$70 & Up
Highlights – Partial	\$95 & Up
Highlights – Full	\$160 & Up
Gentleman's Cut	\$45 & Up
Bridal Hair Consultation	\$80 & Up
Bridal Up-Do	\$95 & Up
Bridesmaid Up-Do	\$70 & Up

Kids Menu

Tutti Frutti Manicure / Pedicure	\$25 / \$40
Ice Cream Pedicure	\$40
Cutesy Cut	\$40
Conditioning Treatment	\$25
My First Massage	25 min \$75
Neck, Back, Shoulder Massage	25 min \$75
Young Athlete Massage	50 min \$105
Fountain of Youth Facial	25 min \$75

Waxing Services

Lip	\$20
Brow	\$20
Chin	\$20
Underarm	\$30
Forearms	\$45
Bikini	\$35 & up
Half Leg	\$45
Full Leg	\$75 & Up
Back	\$75 & Up
Chest	\$50 & Up