

SAND SPA

AT **THE BEACH HOUSE**

IN-ROOM WELLNESS MENU · HERMOSA BEACH · CALIFORNIA

self care starts here

ROOTED IN THE RHYTHM OF SAND & SEA

THE MESSAGE COLLECTION

Each treatment blends intuitive touch with purposeful technique — releasing what's heavy, awakening what's vital, and returning you to your natural state of balance and calm.

50 min. \$185 · 80 min. \$225

Tranquil Harmony

SWEDISH RELAXATION MASSAGE

Flow, breathe, let go. Gentle, rhythmic strokes with light to moderate pressure calm the nervous system and melt away tension — like still water at low tide.

Deep Revival

DEEP TISSUE MASSAGE

For when you carry more than just stress. Firm yet mindful pressure reaches deeper layers of muscle and fascia to release chronic tension and restore clarity.

Active Renewal

SPORTS MASSAGE

Recovery, refined. Cross-fiber work, assisted stretching, and dynamic techniques enhance flexibility and accelerate recovery for active lifestyles.

Mother's Bliss

PRENATAL MASSAGE

A nurturing experience for every stage of pregnancy. Gentle, toxin-free products ease discomfort and calm the mind — honoring both mother and baby.

Sand Spa Bespoke

CUSTOM-TAILORED EXPERIENCE

Your massage, your flow. Our therapists artfully blend modalities into a fully personalized journey that restores, balances, and renews from within.

ELEVATE YOUR EXPERIENCE

ENHANCEMENTS

Add to any massage · \$40 each

AROMATHERAPY

A selection of calming essential oils to deepen relaxation and quiet the mind.

HOT STONES

Smooth, heated stones melt into tired muscles — warmth flowing through the body like sunlit tide pools.

CUPPING THERAPY

An ancient technique reimagined. Gentle suction releases deep tension and encourages circulation.

CBD THERAPY

Non-psychoactive, tonifying CBD calms the nervous system and supports full-body balance.

SPECIALTY MASSAGE OILS

OSEA Undaria Algae Oil, rich in marine minerals · Red Flower Ocean or Palo Santo — botanical and deeply grounding.



IV THERAPY · IN-ROOM INFUSIONS

Restorative vitamin infusions delivered in the comfort of your room by our licensed clinical team — hydration and recovery, elevated.

All infusions \$299

Ultimate Solution

THE COMPLETE RESET

Vitamin C · B-Complex · B12 · Lysine · Magnesium · L-Carnitine · Glutathione 500 mg

Your most comprehensive, full-body reset — supporting energy, hydration, immune function, and overall recovery. If you're unsure where to start, this is the one. Ideal for travel, stress, or low energy.

Metabolism IV

BURN

Vitamin C · B-Complex · L-Carnitine · Glutathione 500 mg

Supports how your body converts nutrients into usable energy — ideal for low energy, weight management, and high-performance days.

Immunity IV

DEFENSE

Vitamin C · B-Complex · Lysine · Glutathione 500 mg

Strengthens your body's natural defenses — supporting resilience, recovery, and overall immune function. Ideal during travel, high stress, or when feeling run down.

Enhance any drip with NAD+ for deeper cellular energy support.

Reserve Your Experience

(424) 404-1831

CALL OR TEXT

Facials, waxing & nail services are also available by request.

SAND-SPA.COM