



# Sente Bella

*Day Spa*

220 West G Street  
San Diego, CA 92101  
619.235.6865  
[www.sentebellaspa.com](http://www.sentebellaspa.com)

*discover*  
*embrace*  
*celebrate* **You**

Open 7 days a weeks for your convenience

*Indulge in our revitalizing treatments designed to inspire you to reconnect with life's simple pleasures and truly embrace who you are, as you are...*

*Beautiful.*

## *Spa Packages*

 **Stress Reliever \$225** 2 hours, 15 minutes

**Isn't it time to give your mind and body a rest?**

***90 minute Stress Reliever Massage*** (reg. \$155)

Indulge in a 60 minute Swedish massage enhanced with an additional 30 minute stress relieving *La Stone Therapy* back massage (incorporates relaxing essential oils to maximize results).

***20 minute Therapeutic Eye Treatment*** (reg. \$55)

Rest your tired eyes while your therapist treats you to our four-step active eye treatment; enhanced with Gota Kola, Eye Bright, Iron rich Wild Plum, and Vitamin K. A gentle exfoliation, masque, soothing cucumber eye gel & luxurious wild plum moisturizer will make your dark circles, fatigue, puffiness and lack of elasticity disappear. You'll look and feel years younger!

**And your choice of a:**

***25 minute Stress Reducing Acupuncture Treatment*** (reg. \$55)

Allow your body to relax as a licensed acupuncturist assesses your overall health through pulse and tongue diagnosis and rebalances your Qi through subtle manipulations of your meridian system, relieving stress and boosting the body's natural ability to heal itself.

***25 minute Cupping Session*** (reg. \$55)

A great way to release chronic tension and tightness in the back. This treatment is combined with acupressure and a herbal liniment, stimulating and releasing toxins from all the major organ systems. (Note: may leave slight redness or discoloration from 1 day to two weeks depending on individual response.)

***25 minute Ear Candling*** (reg. \$55)

Ear candling involves a waxed cone that fits tightly into the ear canal as the other end is lit on fire to create both heat and suction that removes built up wax in the ear. (\* careful not to be exposed to loud noises for at least 24 hours after treatment.)

# Spa Packages, *continued*



Deep Cleansing \$285 3 hours

Relax, rejuvenate and cleanse your body and mind.

*Includes: 90 minute Deep Cleansing Facial (reg. \$135)*

Your esthetician will customize this treatment to meet your skin's specific needs. Includes 2 deep cleanses, a deep exfoliation, rejuvenating and detoxifying masks, and extractions. This facial doesn't lack relaxation, you are also treated to a head, neck and foot massage.

*60 minute Total Body Detoxifying Wrap (reg. \$120)*

Purify the mind, body and spirit as your therapist indulges you with this advanced body treatment. A gentle oral formula is administered prior to the application of the rejuvenating Mind, Body and Spirit Detoxifying Wrap. Then, an East Asian herbal formula and five powerful elemental jade warming pillows are placed onto acupuncture points to enhance/maximize the benefits of the detoxifying wrap. Finally, a head, neck, hand and foot massage leaves you feeling fully relaxed and renewed.

And your choice of:

*30 minute cleansing back facial or a 30 minute Custom Green Tea Peel (reg. \$80/\$75)*



Bridal Package \$280 3 hours, 45 minutes

*60 minute Rejuvenating facial (reg. \$95)*

Designed to hydrate, oxygenate and perfect your complexion. No extractions. Perfect if you have an event that evening or shortly thereafter. Will leave the skin's surface refined and infused with a youthful, radiant glow. Suitable for all skin types and gentle enough not to cause blemishes for that special day.

*60 minute Swedish Massage (reg. \$90)*

Relaxation massage intended to melt away your pre-wedding tension.

*60 minute Sugar Shimmer (reg. \$90)*

The perfect treatment to get your skin ready to show off in that strapless gown!! A total body exfoliation that leaves your skin velvety soft with a radiant glow. Your skin will truly shine!

And your choice of: *(reg. \$50) each treatment is 40 minutes*

*Spa Pedicure*

*Self Tanner Application*

*Wash/Blow Dry (to be coordinated with Hair Salon in same Plaza)*

# Spa Packages, *continued*

Health and Well Being \$250 2 hours, 45 minutes to 3 hours

Have you focused on your skin care, nutrition, mental or physical needs lately? Meet all of your health and wellness needs in this unique package.

*Indulge in a: 60 minute Chi Herbal Jade Facial* (reg. \$95)

This exclusive treatment utilizes the healing powers of precious jade stone which has been used throughout centuries to uncover the skin's radiance, youth and tone. It detoxifies, exfoliates and moisturizes the skin. A traditional tool known as "Gua Sha" is used to increase circulation and detoxify dermal cells. An authentic jade roller is then used to regenerate the complexion, soothe, smooth and tighten the skin. An oral formula is administered to stimulate and rejuvenate the skin internally.

*60 minute Wellness Massage* (reg. \$115)

A combination Swedish/Deep tissue massage designed to relieve sore, achy, tired or injured muscles. Uses an Arnica, birch and lavender blend to improve circulation and heal strains, sprains and bruises.

And your choice of:

*45 minute Herbology Consultation* (reg. \$85)

All the principles of Chinese Medical diagnosis are applied through a thorough intake of signs and symptoms, history, dietary considerations, previous treatment and related lifestyle factors to determine the root cause of imbalance.

*45 minute Acupuncture treatment* (reg. \$85)     *60 minute Dietitian Counseling* (reg. \$85)

## Add-Ons

<i>La Stone Facial Treatment (30 min.)</i> .....	\$55
<i>La Stone Back Treatment (30 min.)</i> .....	\$65
<i>Essential Oil blends</i> .....	\$15
<i>Eye Treatment (30 min.)</i> .....	\$55
<i>Self Tanner (20 min.)</i> .....	\$50
<i>Dry Brushing (15 min.)</i> .....	\$25
<i>Sugar Scrub (30 min.)</i> .....	\$55
<i>Back Facial (30 min.)</i> .....	\$80
<i>Hot Oil Scalp Massage (20 min.)</i>	\$55

## Hands & Feet

<i>Basic Manicure</i> .....	\$25	<i>Basic Pedicure</i> .....	\$35
<i>Spa Manicure</i> .....	\$40	<i>Spa Pedicure</i> .....	\$50
<i>Hydra Paraffin (hands or feet)</i> .....	\$15		



# A La Carte Services

## Skin Care

All of our facials include a head, neck, face, and décolleté massage. 90 minute facials include a head, neck, face, décolleté and foot treatment/massage.

### **Sente Bella Signature Skin Care from Sonya Dakar**

Every Signature facial is a meticulously designed, results-oriented experience and the ultimate in luxury and relaxation. Each treatment blends botanically based **Sonya Dakar** Skin Care and is tailored to meet each client's needs. For over 30 years, celebrity skin care expert **Sonya Dakar** has been the hidden secret of movie stars, entertainers and Hollywood dignitaries. Her patented formulations incorporate a fusion of the purest grade essential oils, botanical extracts and the latest scientific breakthroughs. The line provides complete regimens to correct and maintain the skin of those concerned with Acne, Irritation, Scarring, Aging and Discoloration. The results are immediate, and provide clear, glowing and healthy skin.

60 minute Facials \$105, 90 minute Facials \$145

*Signature Clear*

*Signature Discoloration*

*Signature Refine*

*Signature Maintenance*

*Signature Irritation*

*Signature with Green Tea Peel* 60 minutes \$130, 90 minutes \$170

*Signature Anti-Aging* 60 minutes \$135, 90 minutes \$175

*Ultra Luxe Age Control* 60 minutes \$150, 90 minutes \$190

*Custom Green Tea Peel* 30 minutes \$75

*Microdermabrasion* 60 minutes \$150 90 minutes \$190

### **Organic Skin Care, Hungary**

Eminence: Take a trip to Hungary and treat your senses and your skin to an exotic skin care line that brings together high quality Hungarian ingredients with old world knowledge of herbs and fruits. Their natural properties of antioxidants (vitamins, bio-flavinoids and amino acids) act as natural protectors against free radicals – enhancing and assisting the body's rejuvenating and healing functions. By choosing Eminence, you join the fight in keeping the planet green, as Eminence is committed to the fight against global warming.

*Eminence Organics Custom Facial* 60 minutes \$95, 90 minutes \$135

### **Enzyme Skin Care, California**

Epicuren, developed by scientists, utilizes enzyme proteins discovered to heal the skin and retard the aging process. Originally used on burn patients to reduce scarring and accelerate healing, its properties include: collagen, niacin, biotin, riboflavin, fruit acids and human enzymes to promote eternal youth.

*Epicuren Classic Facial* 90 minutes \$135

*Epicuren Skin Perfecting Facial* 60 minutes \$95, 90 minutes \$135

# A La Carte Services, continued

## Massage

Experience the magical rejuvenation that occurs when body and mind are connected therapeutically. Massage therapy provides stress reduction, relaxation, and offers relief from physical pain. Choose a 30, 60 or 90 minute massage that best suits your needs:

	30 min	60 min	90 min
<i>Swedish (relaxation)</i> .....	\$50	\$90	\$110
<i>Deep Tissue or Sport Massage (therapeutic)</i> .....	\$65	\$110	\$130
<i>Head &amp; Neck (30 minutes only)</i> .....	\$50		
<i>La Stone Therapy (90 min. only)</i> .....			\$140
<i>Moms-to-Be (60 minutes only)</i> .....		\$95	
<i>Foot Massage (30 minutes only)</i> .....	\$50		
<i>Beauty &amp; Tranquility (90 minutes only)</i> .....			\$180

The ultimate indulgence. Two highly trained skin care/body therapists working in fluid motion to give you a massage and facial simultaneously.

<i>Acupuncture Massage</i> .....	\$125	\$155
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A licensed acupuncturist assesses your individual needs and uses several modalities to reduce pain, tension, stress, etc.

## Dietitian Counseling

Work with a clinical dietitian trained to educate and motivate you to achieve your personal goals. Personal Dietitian counseling services: weight loss, weight management, health and wellness, or disease management.

<i>1 hour session</i> .....	\$85
<i>Series of 4 or more Sessions</i> .....	15% Off
<i>Series of 7 or more sessions</i> .....	20% Off

## Waxing

Removal of unwanted hair has been a practice since ancient times. A safe and beneficial alternative to shaving removes the hair at the root rather than at the skin's surface (You must refrain from waxing if you are using Retin-A (currently or in the last 3 months), Accutane (currently or in the past 6 months), other keratolytic medications (that increase skin exfoliation), or are sunburned or recovering from a recent laser peel).

<i>Brow Shaping</i> .....	\$25	<i>Brazilian/Playboy Bikini</i> .....	\$55
<i>Brow Maintenance</i> .....	\$17	<i>Upper Legs w/bikini</i> .....	\$60
<i>Lip, Chin</i> .....	\$15	<i>Full Legs w/ bikini</i> .....	\$85
<i>Facial</i> .....	\$40	<i>Back, Chest, Upper leg</i> .....	\$35
<i>Underarms</i> .....	\$20	<i>Arms, Lower Legs, Bikini</i> .....	\$30

# A La Carte Services, *continued*

## Body Treatments

### *90 minute Mind Body Spirit Wrap \$150*

Purify the mind, body and spirit as your therapist indulges you with this advanced body treatment. A gentle oral formula is administered prior to the application of the rejuvenating Mind, Body and Spirit Wrap. *Choose between the Jade Detoxifying Wrap OR the Enhanced Metabolism Wrap.* Then, an East Asian herbal formula and five powerful elemental jade warming pillows are placed onto acupressure points to enhance/maximize the benefits of the detoxifying/slimming wrap. Finally, a head, neck, hand and foot massage leaves you feeling fully relaxed and renewed.

### *60 minute "Sugar Shimmer" \$90*

A total body exfoliation that leaves your skin velvety soft with a radiant glow.

### *90 minute Sea Weed Wrap \$120*

A revitalizing body exfoliation and firming treatment. Warm seaweed, rich in micro-nutrients, is applied all over to extract excess fluids, firm, and tone.

### *90 minute Banana Leaf Wrap \$140*

Our banana wrap is a unique experience that leaves you fully relaxed, with silky smooth skin. Incense greets you..... your skin is prepared with a series of aromatic blends, next a body wrap of fresh banana leaves envelops you. Warm stones are then placed on certain meridian points and a hot coconut oil head neck and shoulder massage is given.

### *90 minute Dilo Burn Relief Wrap (perfect for sun burned skin) \$130*

### *90 minute "Sun Kiss" Self Tanning Treatment \$120*

The Sugar Shimmer is followed by an application of an aromatic and rejuvenating fruit acid base self-tanning fluid.

### *90 minute East Asian Royal Healing Face & Body Treatment \$215*

Two highly trained skincare/body therapists working in fluid motion to give you a facial & body treatment and massage simultaneously. **Treatment includes:**

*A Chi Herbal Jade Facial* which utilizes the healing powers of precious jade stone. It detoxifies, exfoliates and moisturizes the skin.

*And a Mind Body Spirit Wrap. Choose between the Jade Detoxifying Wrap OR the Enhanced Metabolism Wrap.*

## Acupuncture Services

	<i>60 min</i>	<i>90 min</i>
<i>Acupuncture</i> .....	<i>\$125</i>	<i>\$155</i>
<i>Series of (4) Acupuncture Sessions</i> .....	<i>\$400</i>	
<i>Acupressure Massage</i> .....	<i>\$125</i>	<i>\$155</i>
<i>Acutherapy Massage</i> .....	<i>\$125</i>	<i>\$155</i>
	<i>45 min</i>	
<i>Herbology Consultation</i> .....	<i>\$85</i>	
	<i>25 min</i>	
<i>Cupping</i> .....	<i>\$55</i>	
<i>Ear Candling</i> .....	<i>\$55</i>	

# About Sente Bella

## PACKAGES

All Spa packages must be used on the same day. Choose from one of our thoughtfully designed packages or create/customize your own: select three or more treatments and receive 10% savings on all services (per-treatment minimum is \$50.)

## SERIES

A 15% discount for all pre-purchased series is available. Services must be used consecutively with no longer than a 4 week period between appointments. Series may not be changed or substituted for any other purpose or service after purchased. 4 or more sessions required.

## GIFT CARDS

Whether a special occasion or just because, a Sente Bella gift card is always welcomed. Gift cards can be given for any treatment or dollar amount.

## SCHEDULING APPOINTMENTS

It is recommended that you call 72 hours in advance to ensure your appointment time is available, however our conscientious Spa Coordinators will do their best to meet your appointment requests time. You may request to be put on our waiting list if your appointment time is not available. We require a credit card to be held on file for all scheduled appointments.

## CANCELLATION POLICY

Please help us to serve you better by respecting our policy. *We accept cancellations up to 24 hours before your scheduled appointments. Those calling later or no-shows will be charged 75% per reserved treatment.*

## HOURS OF OPERATION

 Open 7 days a weeks for your convenience

Monday & Thursday 11 AM - 7:30 PM

Tuesday, Wednesday & Friday 9:30 AM - 7 PM

Saturday 9:30 AM - 6 PM

Sunday 10 AM - 5 PM

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