



## **Sè SPA Fact Sheet**

*“To a mind that is still, the whole universe surrenders.” – Chuang-tzu*

[Sè SPA](#) is an urban oasis and the ultimate experience in relaxation and indulgence. Guests enjoy a 5,500-square-foot spa offering the finest health and beauty treatments as well as a selection of massages. Sè SPA’s design and treatment offerings are based on the cultural and aesthetic influences of the historic “Silk Road”, originating in Southeast Asia, India, Northern Africa and Japan. The “Silk Road” is an ancient caravan route along which merchants traded exotic treasures, connecting the peoples and traditions of Asia with those of Europe, and celebrating their harmony. Guests at Sè SPA are invited into a world of blended culture and uniquely crafted treasures.

### **The Experience:**

- Arriving at Sè SPA is an ultra personalized experience, where guests are transported into a world of blended culture and harmony. Upon arrival spa guests are offered a welcome Soma shot and escorted to their private treatment room or the relaxation lounge.
- Sè SPA features nine personal treatment rooms with private steam showers, including two specialty suites (double suites) and private VIP lounge. Three of the treatment rooms include a water closet, offering privacy so guests never have to leave their room.
- All appointments are made for at least 75 minutes with a 60-minute or 90-minute treatment option. This allows guests additional time to steam and relax with ease. Guests can choose from an assortment of treatments from the extensive “Silk Road” menu.
- All treatments rooms include a private dressing area so guests can maintain privacy throughout their spa experience. Separate locker rooms are also available for guests who require them.
- Spa guests are welcome to enjoy the pool, restaurant, and other hotel amenities while utilizing the spa.
- Guests wanting a few quiet moments in the relaxation lounge prior to a treatment will be shown to their treatment room where they can change in privacy. A spa attendant will then show them to the lounge and secure all personal belongings in a custom garment bag and deliver to the guest upon request.

### **The Amenities:**

- Food & beverage – Sè SPA will offer an entirely organic full-bar and dining menu, highlighting the spa’s special “Spatinis” and Blooming Tea Bar, where guests can sip on their choice of exotic and specialty teas.
- “Soma” shots – Upon arrival, guests will receive an exotic mixture of honey, pomegranate, and organic vodka (or without). Based on ancient Indian tradition, Soma was considered to be the “wine of immortality”. In Indian mythology it was thought to be the giver of life, courage, long life, and virtue.
- Studio Sutra – Accommodating a series of treatments, this is the spa’s lavish suite featuring a Japanese infinity edge soaking tub, shower, flat screen television, lounge area and food and beverage service. Studio Sutra is an ideal place for couples or groups to enjoy a full day of relaxation.

- Relaxation Lounge – Offering Moroccan style chaise beds with light, sheer fabric separating the beds for privacy, guests can unwind before and after treatments in the lounge.
- VIP “Silk Lounge” – This area can be reserved for a small party (up to four adults) for special gatherings. Guests can enjoy an early evening happy hour, or simply relax between treatments.
- Spa Level Guestrooms – There are seven guestrooms located on the spa level, and each offer the option to have a Sè SPA associate provide in-room treatments.
- Spa Boutique – The spa offers various items for purchase, including apparel, jewelry and gifts. In addition to its own signature line of spa and beauty products, featured product lines include:
  - Sampar and Ling skin care lines
  - Red Flower body care
  - Pink Lotus Yoga Wear
  - ANK Swimwear
  - Jimmy Belasco Soy Candles - custom made with teacup sleeve

**Signature Treatments: (For a full list of treatments please reference the [Sè SPA menu](#).)**

- Moroccan Rasul – Sè SPA has the only Moroccan Rasul in the United States. The Rasul treatment is an Arabic cleansing ritual that exfoliates the skin and draws out impurities from the body. Guests select their spa mud according to the desired outcome (relaxation, detoxification, invigoration, etc.). After applying the mud to the skin, the Rasul will activate the properties of the mud with 15 minutes of dry heat, followed by 10 minutes of aromatherapy-infused steam, then a rinse under a rainforest shower. The Rasul can be experienced as an individual or couple’s treatment.
- Treatment tables feature “So Sound” vibrational therapy built in. This technology allows guests to feel the music coming through the table, resulting in deeper relaxation.
- Beauty treatments – Sè SPA offers facial treatments using micro current skincare technology.
- Manicure/Pedicure Area – Guests enjoy manicure and pedicure chairs with whirlpool bath and light therapy. Several signature hand and foot treatments are available.
- Individual music systems in each treatment room allow guests to custom select music from three spa themed music channels.
- Bookings at Sè SPA are made through the Spa Concierge who is available to walk guests through their own “Silk Road” journey of rituals. Reservations can also be made online ([www.sesandiego.com](http://www.sesandiego.com)).

**The Design:**

- Designed by Sharilyn Olson-Rigdon, Design-Studio Limited, and conceptualized by Cary Collier, Blue Spa Inc., Sè SPA is designed to be completely three-dimensional.
- As guests enter the spa they are greeted by a custom piece of artwork from [Jennifer Prichard](#) installed directly onto Sè SPA’s backdrop wall. Prichard’s “Loop” teacup design encompasses hundreds of small and colored teacups intricately placed to create a harmonious flow.
- In the hallway of the spa, guests will find Raku artwork from [Artist Joseph Conforti](#). Reflecting the spa’s Asian influences, Raku is a traditional Japanese technique for finishing ceramics. The beauty is in the uncontrolled creative process that results in a unique end product.
- The relaxation lounge in the spa features original arc windows that allow natural light to flood the space. The light is reflected off of pearlized tiles on the walls, giving the room a glistening effect.

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