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MILA MOURSI
Spa
AT THE INN

THEINNATRSF.COM • 858.221.6000

WELCOME

Welcome to The Mila Moursi Spa at The Inn. Our exclusive spa facility is built around the beauty rituals, teachings, techniques, and premier products from celebrity-favorite skin expert, Mila Moursi. Here we invite guests to indulge in face and body treatments rooted in relaxation, rejuvenation, and results-driven skin care. Through the synergy of science, nature, and expertise our treatments help restore and maintain healthy-looking, radiant skin. Many of our treatments feature Mila's own dry contouring and sculpting technique to lift and firm the skin without the use of machines. This technique naturally smooths, contours, and tightens skin while increasing circulation, stimulating cellular renewal, and encouraging a radiant, rosy glow.

MILA MOURSI

Before opening her own spa in 1981 and launching her own brand in 1985, Mila Moursi studied esthetics in Paris, going on to study cosmetic chemistry as a disciple of Dr. Louis Renaud, renowned French chemist and artisan known for creating luxurious and timeless formulas. For 30 years and counting, Mila has provided her A-list clientele luxuriously effective French skin care and treatments at the Mila Moursi Skin Care Institute in Los Angeles.

MILA'S PHILOSOPHY

Beauty and wellness are interconnected, and beauty radiates from within. Eating healthily, getting proper sleep and hydration, and leading an active lifestyle all contribute to good skin health. Mila teaches her clients about the importance of consistency and discipline in their lifestyle choices and many of our offerings can be purchased in series for ease of regularity.

FACE TREATMENTS

Each facial treatment is customized to the client's needs and goals.

All series expire 6 months from purchase date.

CLASSIC EUROPEAN FACIAL

60 min \$285 | **90 min** \$410

Effectively removes impurities, deeply hydrates, and balances tone, leaving skin supple, oxygenated, and well-nourished.

SCULPTING REJUVENATION TREATMENT

75 min \$350

Series of 6: \$1860 | **Series of 3:** \$960

This unique rejuvenating treatment features Mila Moursi's technique of dry contouring and sculpting to lift and firm without the use of machines. Naturally smooths, contours, and tightens skin while increasing circulation, promoting healthy cell turnover, and encouraging a radiant glow.

MICROCURRENT TREATMENT

60 min \$390 | **90 min** \$490

60 min series of 6: \$2100 | **60 min series of 3:** \$1080

90 min series of 6: \$2640 | **90 min series of 3:** \$1380

By stimulating the facial muscles beneath the skin, this lifting and firming treatment works to diminish signs of wrinkles while enhancing facial contour and muscle tone. Microcurrent boosts collagen production, improving the appearance of lax skin and fine lines.

INTENSIVE REJUVENATING TREATMENT

90 min \$475

Series of 6: \$2610 | **Series of 3:** \$1335

Using Mila Moursi's dry contouring and sculpting technique along with advanced technology to lift and firm the skin, this treatment includes one supplemental corrective protocol along with potent serums to improve elasticity and achieve flawless radiance.

BIO-BRASION FACIAL

60 min \$325

Different from crystal microdermabrasion, this treatment is gentle yet effective on every skin type, including sensitive skin, and boasts an extensive list of benefits: brightening dull skin, removing dead and damaged skin, and leaving the skin feeling and looking softer.

L'OPTIMAL FACE TREATMENT

90 min \$550

Series of 6: \$3000 | **Series of 3:** \$1545

Using a combination of manual and state-of-the-art technology, this treatment lifts and firms skin delivering optimal results. This treatment includes two supplemental corrective protocols along with potent serums to improve elasticity and achieve flawless radiance.

OXYLIGHT® TREATMENT

90 min \$750 | **120 min** \$900

90 min series of 6: \$4200 | **90 min series of 3:** \$2145

120 min series of 6: \$5040 | **120 min series of 3:** \$2580

A red-carpet favorite, this treatment is a non-invasive, comprehensive facial service that incorporates a combination of Radio Frequency, MyoLight (Microcurrent and integrated LED light therapy), microdermabrasion, biosonix, myosonix, negative pressure vacuum, and thermatone.

VACUDERMIE CONTOURING TREATMENT

60 min \$350

Series of 6: \$1800 | **Series of 3:** \$945

Enhances skin health by promoting nutrition, oxygenation, and the elimination of toxins, leaving the skin rejuvenated and redefining facial contour. Noticeable results are seen immediately.

TOTAL HEAD-TO-TOE BEAUTY RITUAL

MILA MOURSI SCULPT & DETOX COMPLETE EXPERIENCE

120 min \$850 | Series of 6: \$4800 | Series of 3: \$2430

Indulge in our most sought-after 2-hour face and body treatment for a holistic renewal and state of well-being.

Two specialists provide head-to-toe care, beginning with gentle infrared warmth to promote detoxification.

The facial portion features Mila Moursi's signature dry contouring and sculpting technique, lifting and toning while stimulating blood flow. The body therapist follows with a customized massage blending lymphatic drainage and slimming techniques to refine and contour. The treatment concludes with a harmonious four-hands finale, leaving you balanced, radiant, and renewed.

FACIAL ENHANCEMENTS

LED LIGHT THERAPY \$75

Enhances skincare by stimulating collagen, reducing acne, and improving skin tone and texture.

PEELS \$75

Exfoliate and renew the skin's surface, addressing concerns such as uneven tone, fine lines, and texture irregularities.

DERMAPLANING \$125

Reveal smoother, brighter skin with this 30-minute add-on. Gently exfoliates the face, removing dead skin cells and fine vellus hair for a refined texture and radiant glow.

SHEET MASK \$45

Enriched with multiple peptides and hyaluronic acid for optimum hydration.

TARGETED CORRECTIVE ENHANCEMENTS

MICROCURRENT

BIO-BRASION

RADIO-FREQUENCY

VACUODERMIE

LED

BODY ENHANCEMENTS

EUCALYPTUS SINUS RELIEF \$45

Cold pack placed on face cradle with eucalyptus aromatherapy, followed by warm towel compressions on sinus pressure points.

WARM STONES \$40

Warm stones incorporated throughout a full body massage for extra relaxation and muscle release.

COMPRESSION THERAPY \$60

Gentle air pressure boosts circulation and reduces fluid retention through lymphatic drainage. Promotes detoxification, reduces swelling, and contributes to a more toned appearance.

CUPPING \$85

Enhance your massage with the therapeutic benefits of cupping. Gentle suction improves circulation, relieves tension, and promotes detoxification.

SCALP TREATMENT \$65

Nourishes the scalp, relieves tension, and promotes relaxation, leaving you refreshed and revitalized.

CBD \$40

Enhance your massage with our full spectrum concentrated cbd for additional relief and relaxation.

FOOT SCRUB \$40

Invigorate your senses with an exfoliating foot treatment to increase circulation while hydrating and soothing tired muscles.

BODY TREATMENTS

Each body treatment is customized to the client's needs and goals. In-room massage available upon request, \$75 upcharge.

All series expire 6 months from purchase date.

SIGNATURE OR DEEP TISSUE MASSAGE

60 min \$275 | **90 min** \$400

A customized massage to induce a state of relaxation throughout the entire body. Firm, therapeutic massage strokes effectively dissolve tension, alleviate muscle fatigue, and promote microcirculation.

REFLEXOLOGY MASSAGE

60 min \$275

Experience benefits of reflexology, a targeted massage technique that applies pressure to specific points on the feet, hands, or ears which correspond to various organs and systems in the body. This holistic treatment helps to alleviate stress, enhance overall well-being, and support the body's natural healing processes.

PRE-NATAL MASSAGE

60 min \$280

Soothing, customized prenatal massage allowing expecting mothers to safely lay on their stomach for an enhanced therapeutic experience.

COUPLES MASSAGE

60 min \$525 | **90 min** \$765

Relax and reconnect in our private spa suite with personalized massages, soothing music, calming aromas, and heated beds for the ultimate shared escape.

ILLUMINATING BODY SCRUB

60 min \$265 | **90 min** \$365

Begins with an energizing body brushing to gently exfoliate skin and activate the lymphatic system. Followed by an invigorating full body scrub, leaving your skin feeling luminous, moisturized, and renewed.

BODY DETOX & WELLNESS TREATMENT

120 min \$495

Series of 6: \$2580 | **Series of 3:** \$1335

This detoxifying, skin-conditioning body restoration begins with a sweat-inducing treatment to eliminate toxins. A personalized massage and advanced circulation therapy intensify detoxification, address cellulite, and firm the body.

VACUDERMIE & PRESSOTHERAPY CONTOURING TREATMENT

60 min \$350 | **90 min** \$475

60 min series of 6: \$1860 | **60 min series of 3:** \$960

90 min series of 6: \$2550 | **90 min series of 3:** \$1320

Target stubborn cellulite at its root by boosting circulation and flushing out cellular waste. This treatment pairs gentle suction and specialized massage with compression therapy for improved flexibility and a smoother silhouette.

MICROCURRENT BODY TREATMENT

60 min \$375 | **90 min** \$450

60 min series of 6: \$2010 | **60 min series of 3:** \$1035

90 min series of 6: \$2400 | **90 min series of 3:** \$1230

Utilizing microcurrent technology to stimulate muscles beneath the skin, this lifting and firming body treatment works to diminish signs of wrinkles and enhance the contour and tone of the skin.

L'OPTIMAL BODY TREATMENT

120 min \$650

Series of 6: \$3600 | **Series of 3:** \$1845

This 2-hour body treatment utilizes state-of-the-art equipment to detoxify, firm, and rejuvenate the body. By enhancing circulation and lymphatic flow, it smooths and tightens, leaving you with a visibly contoured silhouette.

ETIQUETTE & INFORMATION

CHECK-IN & ARRIVAL

Please arrive a minimum of 15 minutes prior to your appointment and enjoy our spa facilities. To ensure all guests receive their full treatment, late arrivals will end at the originally scheduled time. Valet is complimentary for spa guests.

FACILITIES

We have five treatment rooms, including a couple's retreat, an indoor relaxation room, three outdoor cabanas, and cold plunge therapy. Our resort saltwater pool and hot tub are available for use, based on availability. We provide an array of luxury personal care products for use, snacks, dried fruit, and nuts.

FITNESS CENTER

Our Fitness Center features free weights and state-of-the-art equipment, including a variety of cardio and weight machines. The Fitness Center is complimentary to all resort and spa guests. Personal training (reservations required) and fitness classes are also available. For your safety, proper closed-toe fitness shoes and clothing are required in the Fitness Center and in fitness classes.

ATTIRE

Spa robes, sandals and lockers are complimentary. Most guests prefer to fully undress for treatments, our staff is professionally trained in proper draping techniques to ensure modesty and comfort. If you prefer, you may wear undergarments for your treatment. A bathing suit is required for our saltwater pool and hot tub.

MINIMUM AGE REQUIREMENT

Guests must be 16 years or older to receive massage and facial treatments, and 18 years or older to use the Fitness Center.

CONSIDERATIONS & VALUABLES

Please avoid bringing valuables and wearing jewelry to your treatment. We are not responsible for items that are lost or left at The Spa.

CANCELLATIONS

We kindly ask that cancellations and appointment changes be made 24 hours prior to your scheduled service to avoid being charged in full. Cancellation policy may vary based on availability for group bookings.



TO BOOK CALL (858) 221-6000
or scan for treatment and booking details.

STAYWELL LONGEVITY MENU

BY DR. SARAH COREY

Southern California's leading integrative concierge doctor

SIGNATURE WELLNESS TRACKS

THE INN SIGNATURE WELLNESS

In-depth consultation to review your wellness goals, understand your unique health history, and recommend specific diagnostics to help uncover root causes of health challenges.

Includes a customized treatment plan to address your unique concerns.

Suggested Enhancements: The Inn Longevity Blood Panel, TruAge & TruHealth Test, Genetic Testing

HORMONE HEALTH

Hormone health consultation and treatment plan. Perfect for perimenopause, menopause, andropause, or fertility support. Can include prescriptions for hormone therapy where appropriate for both male and female hormones.

Suggested Enhancements: The Inn Longevity Blood Panel, TruAge & TruHealth Test, Genetic Testing, DUTCH Complete Hormone & Adrenal

FOREVER YOUNG – LONGEVITY OPTIMIZATION

Hormone health consultation and treatment plan. Can include prescriptions for hormone therapy where appropriate for both male and female hormones.

Suggested Biometrics: The Inn Longevity Blood Panel, TruAge & TruHealth Test, Genetic Testing

BEAUTY FROM WITHIN

Healthy skin and hair start from the inside out. Dive into gut health, nutrients, and hormones—all of which play a critical role in supporting radiant skin and strong, healthy hair.

Suggested Enhancements: Gut Health Profile, Micronutrient Testing

Pricing from \$1,295 based on track and lab work

PEPTIDE THERAPY \$695

A biohacking favorite, this therapy supports energy, recovery, longevity, muscle mass, and healthy metabolism. Includes initial consultation and trial of recommended peptides. *Individual peptide prices vary and will be discussed during consultation.*

NAD+ AT-HOME PATCHES \$300+

NAD+ is a key anti-aging molecule that supports brain function, mood, energy, longevity, and inflammation control. NAD+ patches are ideal between IV infusions or for those who prefer to avoid needles.

NUTRITION OPTIMIZATION CONSULTATION

Single Session \$250 | 3-Month Transformation \$1,895

What we eat has the power to transform our health. Our nutrition team creates customized plans to meet your nutrient needs and promote optimal wellness.

NEBULIZED GLUTATHIONE \$200

Delivers the antioxidant glutathione directly to the lungs to reduce inflammation and improve breathing. Excellent for respiratory illnesses, allergies, or lung injury.

WELLNESS MENU

IV THERAPY

WELLNESS IVs

\$395 | *Specialty IV's prices as listed*

Super Immune Boost IV

Strengthen your immune system year-round

Jet Lag IV

Reset circadian rhythm and boost energy after travel.

Stress Support IV

Improve stress tolerance and adrenal health.

Fertility Support IV

Optimize antioxidants for reproductive health.

Detox & Glow IV

Support liver detoxification and radiant skin.

Pre/Post-Surgical IV

Speed healing and recovery.

Tension Ease IV

Relieve muscle tension and headaches.

Circadian Health Sleep Support IV

Improve relaxation and mental clarity.

Gut Health IV

Support digestive health and immune function.

Beauty Filter IV

Collagen-boosting and skin-brightening benefits.

Metabolism IV

Support fat loss, blood sugar balance, and energy.

Iron IV | \$350+

Restore healthy iron levels (requires labs).

Brain Health IV | \$495+

Support cognitive function and cellular health

Bespoke IV Drip | \$495

Fully customized to your needs.

NAD+ Longevity IV | \$495+

Boost cognition, mood, and energy.

Niagen NR+ Longevity IV

500MG \$850 | 1000MG \$1400

Advanced anti-aging therapy.

IV ENHANCEMENTS

Additional Fluids | \$125

Anti-Nausea, Zofran | \$65

Anti-Inflammatory, Toradol | \$65

Glutathione | \$60

B12, B Complex, Magnesium, Taurine, MIC,
L-Carnitine, Zinc, Vitamin C | \$40

WELLNESS VITAMIN INJECTIONS

WELLNESS INJECTIONS

\$150 | *Specialty injections price as listed*

The B Basic

B12 shot for energy, focus, and immunity.

Detox & Glow

Liver and kidney support for detoxification and energy.

The Skinny B

Metabolism and fat-burning support.

Lights Out

Magnesium and neurotransmitter support for better sleep.

Gut Health

Supports digestion and reduces inflammation.

Anti-Viral Support

Immune-boosting blend.

Fertility Love

Optimizes reproductive health for men and women.

Beauty Filter

Improves skin, hair, and nails.

Athlete's Dream

Muscle recovery and performance support.

Vitamin D Shot

2,500–5,000 IU for optimal levels (requires labs).

NAD or NR+ Longevity Shot | \$200

Anti-aging, energy, and brain health benefits.

Bespoke Wellness Shot | \$200

Customized for your unique needs.