

Additional Services

The following additional services are available to enhance your upcoming stay.

CAL-A-VIE SERVICES TRADE POLICY

Any treatment within the basic spa package can be exchanged for any non-premium treatment of equal or lesser value. No credit or refunds will be given for services traded for a lesser value. Please speak with the guest service representative in the scheduling department for clarification of these specific treatments.

CAL-A-VIE SERVICES CANCELLATION POLICY

We are happy to enhance your spa package with our specialty services such as acupuncture, tennis, and evening massages. We require 24 hours' notice for cancellations. Any services cancelled with less than 24 hours' notice will be subject to a charge for the full rate.

Rates are subject to change.

DERMAL SPA SERVICES

MELISSA STARICKA

MN, FNP

Melissa's love for aesthetics began with her own struggle fighting stress-related acne while in college. She experienced a long journey on treating her skin issues. A graduate degree from the University of Washington, Melissa's experience includes both acute and chronic skin conditions, and she has spent years in emergency room, urgent care, forensics and family practice settings. She continues to expand her abilities and knowledge through certification programs for medical aesthetics and laser skin treatment.

Botox Injections: For improvement of glabella (frown) lines, crowsfeet. Forehead wrinkles, chin dimples, sagging platysma muscles (neck cords), and axillary sweating. \$15.00 per unit

Dermal Fillers: Enhances cheeks, volumize lips, reduce nasolabial folds (side of mouth), improve lip lines and other mouth wrinkles.

- Juvederm Xc: \$750.00 per syringe
- Restylane: \$750.00 per syringe
- Voluma: \$1200.00 per syringe
- Volbella: \$600.00 per syringe

Kybella Injections: Reduces Submental (chin) fat, jowl fat, and axillary (arm pit) / chest fat.

- \$750.00 per syringe

Microneedling: Collagen induction therapy, using micro channels made with very fine, surgical micro needles to induce regeneration, enhancing stimulating collagen naturally.

- Face and Neck: \$400.00
- Additional Area(s): \$200.00

VITAMIN INJECTIONS:

B Complex: Improves cell metabolism, skin health, muscle tone, immune and nervous system function, helps prevent anemia, and improves memory.

B12: Improves cellular energy production. Deficiency symptoms include depression, mood disorders, fatigue, and memory loss.

- \$50.00 per injection

Please call our Scheduling Department at for an appointment



WELLNESS INJECTION

DR. SARAH COREY, N.D.

Dr. Sarah Corey, N.D., is a naturopathic medical doctor. Dr. Corey was trained both in the science of western medicine, as well as, advanced functional and natural medicine, which emphasizes the importance of treating illness by identifying and eliminating the root cause of disease.

CALM, COOL AND COLLECTED:\$158

Support your bodies adrenal function and reduce symptoms of stress and anxiety.

THE ATHLETES DREAM:\$200

Enhance your pre or post workout with this lean muscle building, shot.

THE WAIST WHITTLLER:\$150

This natural fat burner shot helps to boost your body's fat burning processes and reduce storage of fat.

THE "B" POSITIVE:\$167

Helps to support key neurotransmitter pathways to enhance positive mood.

THE ENERGIZER BUNNY:\$167

Supercharge your day with a double dose of B vitamins.

CUSTOM BLEND SHOT:\$200

Not sure what you should get? Talk to Dr. Corey before your shot to determine the best blend of ingredients for you!

THE FOUNTAIN OF YOUTH:\$167

This shot contain biotin for skin, nails and hair, and glutathione for detoxing.

HYDRATION IV\$420

Having trouble getting in your 8 cups of water a day? This is the perfect IV that will leave you hydrated and ready to go.

- Muscle hydration, Key electrolyte replacement

IMMUNE BOOST IV\$583

Feeling a little under the weather? This IV will supercharge your immune system with its high dose Vitamin C.

- Pre/Post Airplane Travel, Immune and Antiviral Support

CUSTOM BLEND IV:\$583

Tailor your IV to meet your unique nutrition and lifestyle needs. Dr Corey can look at previous labs done at Cal-a-Vie or have a consult with you to determine what ingredients should go in your bag.

FOUNTAIN OF YOUTH IV:\$583

This Hollywood favorite is perfect for those who want maximum anti-aging benefits and a beauty boost from the inside out.

- Detoxification, Anti-aging, Skin brightening



ACUPUNCTURE

JUANITA AYSON

L. AC.

Having over thirty years experience in treating her patients with Acupuncture, Juanita’s techniques are effective in treating ailments such as chronic pain, headaches, allergies, carpal tunnel syndrome, addiction, insomnia and many other conditions. Other treatments available include cupping, gua sha, Assemblage Point and acupuncture/chakra balancing with sound healing and color therapy.

50 Minute Acupuncture	\$165
50 Minute Cupping and Guasha	\$165
50 Minute Acupuncture with Chakra Balancing	\$165
90 Minutes	\$300
90 Minute Acupuncture with Cupping and Guasha.....	\$300
90 Minute Assemblage Point Session with Chakra Balancing	\$345

FELDENKRAIS

JUDY KILEEN

The Feldenkrais Method offers a novel approach to pain relief treatment and disability. Feldenkrais uses our nervous system’s capacity for self-organizing and self-regulating to improve the quality of our actions, a process called neuroplasticity. Improving movement quality allows the body to function more efficiently. This efficiency creates environments for chronic pain and injuries to heal, and opportunities for athletes and other to excel. Judy Kileen has had a private Feldenkrais practice since 1996.

50 Minute Private Session	\$160
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LIFE COACH

BRETTE KEY CAMPOS

LIFE COACH

As a life coach, Brette Campos recognizes that all three parts of self – mind, body and spirit - can be equally cared for, maintained, and balanced under one guide. Our emotional reality can dramatically affect our health so it is very important to have healthy emotions. Brette’s expertise helps people overcome emotional, physical, and spiritual challenges. Brette combines ancient practices and knowledge, such as prayer, reiki, meditation, yoga, chakra balancing, aromatherapy, and crystals, with modern tools such as magnets and emotion code to help people create balance between their mind, body, and spirit. Brette studied Environmental Studies at the University of Redlands and received her Bachelor of Science in Sociology from Loyola University.

SERVICES

A variety of self-assessment and healing techniques will be implemented in your coaching session to aid in bringing balance and focus to an established life path or create new goals and direction.

50 Minute session..... \$140

CHIROPRACTOR

DR. AVTAR SIDHU DC

CHIROPRACTOR

Dr. Avtar Sidhu DC. specializes in optimizing the function of the nervous system through chiropractic care and energy balancing. Dr. Avtar serves patients from all over the world in his San Marcos, CA office, Triune of Life Chiropractic & Wellness. His main focus is to harmonize the mind, body connection through gentle manipulation of the spine allowing both emotional and physical healing. Dr. Avtar attended Palmer College of Chiropractic West where he graduated with honors. He utilizes the Palmer system of chiropractic care. Dr. Avtar’s philosophy is to educate, enlighten and empower every individual who wishes to express their optimal healing potential from the inside out.

Initial evaluation and treatment.....\$275
30 Minute additional treatment.....\$150
30 Minute additional treatment with Passive and Active
diagnostics and corrections.....\$185

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GOLF

VISTA VALLEY

COUNTRY CLUB

The dress code for Vista Valley Country Club is as follows: Bermuda shorts no shorter than four inches above the back of knee are permitted. Shirts with collars are to be worn at all times. Shirrtails must be tucked in. Ladies may wear designer blouses without collars. Spike-less golf shoes are required. No jeans.

WEEKDAY (MONDAY-THURSDAY)

9 Holes w/cart	\$75
18 Holes w/cart	\$150

WEEKEND(FRIDAY-SUNDAY)/ HOLIDAY

9 Holes w/cart	\$100
18 Holes w/cart	\$200
Golf Lessons	\$65 an hour
Driving Range	\$25
Club Rental 9 Holes	\$25
Club Rental 18 Holes	\$50

TENNIS LESSONS

KRIS KLUIS

COACH

Enhance your game, learn new skills, and enjoy a great workout on Cal-a-Vie's "red clay" court. Kris Kluis, Cal-a-Vie's teaching professional since 1996, is a graduate of the prestigious Professional Tennis Management Program at Ferris State University Michigan. Kris has 20 years of experience teaching adults of all ability levels at various private country clubs, resorts, and spas. His goal is for you to have a lot of fun while enjoying the benefits that an on-court workout will provide!

Private Lesson Each	\$95
Semi-Private Lesson (2 guests)	\$65 each
Group Tennis (3 or more)	\$55 each

