



CASA DEL MAR

WELLNESS YOUR WAY

WATER

10,000 BC GLACIER, STILL, CANADA

Locked in an icy vault for millennia, 10 Thousand BC Glacier Water hails from the pristine coastal glacier range of British Columbia. ◦10

CAVE H2O, STILL, GERMANY

A protected nature reserve in northern Germany produces this premium mineral water, which bubbles to the surface from ancient caves. ◦10

FINÉ, STILL, JAPAN

Originating in a pristine aquifer deep below Japan's Fuji volcanic belt, Finé is a mineral-rich, pollutant-free water boasting high levels of silica. ◦10

SAN FAUSTINO, SPARKLING, ITALY

A pristine spring in Umbria creates this sodium-free water that's high in calcium, helping you to strengthen your bones while staying refreshed. ◦10

JUICES

MONA VIE-ACAI JUICE, SOUTH AMERICA

A three-ounce shot of this energy-boosting juice from the Amazon rainforest is high in antioxidants, protein and omega fats, helping to flush toxins from the body and strengthening the immune system. ◦7

YOUNG COCONUT JUICE, MALAYSIA

More nutritious (and less fattening) than whole milk, young coconut juice boosts energy, aids in digestion, cleanses the liver and delivers replenishing electrolytes to the body. ◦7

COFFEE BERRY JUICE, SOUTH AMERICA

Naturally caffeinated coffee berry juice boasts phenolic acids, known to promote healthy skin, reduce stress, and lessen the risk of coronary heart disease and certain cancers. ◦7

POMEGRANATE JUICE, MIDDLE EAST

With excellent antioxidant properties, pomegranate juice has been known to raise the good levels of cholesterol while lowering the bad. A natural blood thinner, it helps promote blood flow to the heart and aids in the prevention of heart disease. ◦7

WELLNESS YOUR WAY

When it comes to your health, we don't want you to lose your way because you're away. At Casa del Mar, our wellness experts and amenities are here to help you move, focus and relax. May we suggest?

- Take a 10,000 step walk from Casa del Mar to Santa Monica Canyon
- Listen to our Gait Specialist's MP3 tutorial on perfect posture
- Unravel from travel at our poolside restoration class or beachside yoga
- Try a surf workout with a Casa del Mar trainer
- De-stress through hypnotherapy or in room biofeedback
- Explore the mind-body-spirit connection with our exclusive partner, Moonview Sanctuary
- Have a shot of Acai

Wherever and however you want to take care of yourself, you can with Wellness Your Way.

WWW.HOTELCASADELMAR.COM/WELLNESSYOURWAY 310.581.5533