

PARK HYATT AVIARA®

RESORT, GOLF CLUB & SPA
NORTH SAN DIEGO

RESERVATIONS

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PARK HYATT AVIARA / SPA

Spa & Wellness

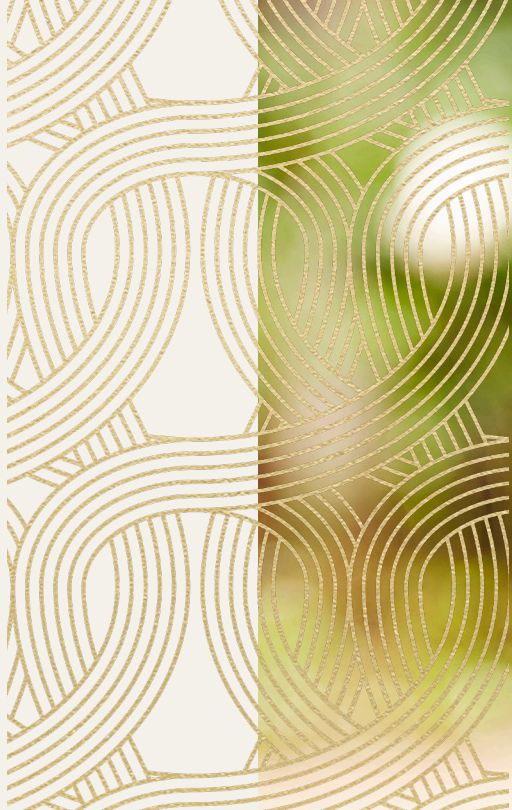
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Discover the best version of yourself

Enriching and transformative, the wellness offerings at Park Hyatt Aviara Resort, Golf Club & Spa are thoughtfully crafted to meet the breadth of nourishing experiences our guests seek.

Well-being is more than a concept at Aviara — it's a mindful mission infused into everything we do, from our spa to our fitness center to activities that foster centering and reflection, even in our dining menus. Here, amid the fresh ocean air, rolling hills and lush gardens of this coastal escape, you can't help but feel a powerful sense of healing and calm.





Aviara Spa

An immersive wellness experience.

Aviara Spa is a 15,000-square-foot oasis where our expert practitioners and our tranquil environment are dedicated to enveloping you in a world of wellness. Offering saunas, steam rooms and whirlpools to go with 16 intimate treatment rooms — including a couples suite featuring a fireplace, semi-private pool and Swiss shower — you can choose from a wealth of unique and traditional therapies, all with California flair.

MASSAGE

From our signature “Nurture at the Park” massage with macadamia, peppermint oil and vanilla to a CBD relief treatment incorporating soothing cannabinoids, we utilize both ancient methods and today’s techniques to replenish and revive the body and its muscles. Specialized therapies are available for athletes, expectant mothers, those seeking stress relief, and others.

SKINCARE

Many of our facials utilize exclusive HydraFacial technology to deliver immediate results and long-term benefits without downtime or irritation — cleansing, exfoliating, and extracting impurities while restoring nutrients and hydration. Other offerings include natural retinol alternatives, probiotics, and organic botanicals.

‘HEALTHY HOUR’

A welcome twist on happy hour, every Monday-Thursday between noon and 3 p.m. we offer the opportunity to enjoy one of three 50-minute treatments at a reduced rate!

- Aviara Bliss Massage
- Deep Pacific Massage
- Aviara Freshly Picked Organic Facial





VeraVia

A holistic approach to health.

Lasting, positive change is also on the menu at Park Hyatt Aviara, thanks to the award-winning VeraVia program. This exclusive and individualized system addresses the root causes of health concerns and allows you to make behavioral and lifestyle shifts that improve all aspects of your being — physical, mental, emotional and spiritual.

Working with our integrative medical experts, you'll use naturopathic and functional medicine approaches to achieve your health goals, manage stress and get more out of your life. It's like having an entire team of professionals on your side.

And because your wellness journey is ongoing, so is our support — after-care coaching extends long after you return home, helping to ensure you stay on track.

VeraVia offers a variety of all-inclusive packages at Park Hyatt Aviara, from the three-night Reboot Express to extended stays lasting up to four weeks. Learn more at veraviafit.com.