

Empress Hotel



Wellness Offerings

Live your best life here in La Jolla at The Empress Hotel.

In addition to our complimentary services, we have partnered with some of the area's favorite local businesses to give your San Diego beach getaway more. Plan a day trip to one of the nearby activities or check out the offers below to create your very own wellness program in paradise.

Complimentary Services

Afternoon Cookies
Beach Concierge
Yoga Mat on Request
Fitness Room
Wi-Fi

Savings on Dining

20% Froglanders Frozen Yogurt
20% Olala Crepes
10% Lean & Green Cafe
BOGO-Breakfast, Lunch, Dinner
at The Lot Restaurant

20% Savings on Activities

La Jolla Sports Club
Drop In Group Classes:
Pilates, Barre, Dance
Cycling, Zumba & Yoga

La Jolla Bike and Kayak
Explore La Jolla Caves by Kayak

The Empress is located in one of California's most picturesque destinations with proximity to a variety of outdoor activities like hiking and golfing at Torrey Pines, boating in Mission Bay, swimming at Coggan Family Aquatics and tennis at La Jolla Tennis Club.

