



GUIDE TO
RANCHO LA PUERTA

SPA SERVICES AND THERAPIES

Beautiful possibilities await. Our three health and beauty centers will be your sanctuaries for the week, each staffed by skilled estheticians and therapists who have been widely trained...and often cross trained in several disciplines. Our treatments use aromatic and medicinal herbs and other healing plants grown in our organic gardens at Tres Estrellas. Their purity and freshness is a source of great pride at Rancho La Puerta. Some see our treatments as pure pleasure, but in truth they are also a valuable and therapeutic part of your balanced mind/body/spirit experience at The Ranch.

*Nature provides everything we need to look and feel beautiful.
Our challenge is getting these nutrients from the soil to the
skin without compromising their benefits...or the
earth that gives us their gifts.*

The Natural Healing Process



The Ranch philosophy of health and well-being supports our natural healing process, one that assists the body in healing itself—a process that is eminently built in and natural. All forms of holistic health care follow innate principles for self-healing and restoring balance to the whole being. Much as the cycles of nature govern how the earth renews itself, the human body also needs to cleanse and relax before renewing and reactivating once again. We've designed our treatment programs to align with these natural cycles.

To make the most out of your week at Rancho La Puerta, we encourage you to start by scheduling cleansing treatments at the beginning of the week, continue mid-week with treatments that relax and restore, and opt for ones that energize during the last day or two before leaving The Ranch.

CLEANSE

Detoxify, Purify, Eliminate

Detox Massage	Back Facial
Rosemary Loofah Salt Glow Treatment	Custom Facial
Water Element Treatment	Harmonizing Firming Facial
Xocolatl Skin Replenishment Treatment	Japanese Restorative Facial
RLP Herbal Wrap	Men's Refresher Facial
Ranch Remedy Wrap	Blissful Journey Pedicure
Seaweed Wrap	Ranch Custom Pedicure
Gemstone Reflexology	Ranch Custom Manicure
Happy, Hands & Feet	

RELAX

Soothe, Repose, Unstress

Four-Hand Massage	Metal Element Treatment
Head-to-Toe Relaxation Massage	Water Element Treatment
Maternity Massage	Wood Element Treatment
Mountain Sage Hot Stone Massage	RLP Herbal Wrap
Personal Retreat Massage	Ranch Remedy Wrap
Ranch Classic Massage	Seaweed Wrap
Sacred Moments Massage	Gemstone Reflexology
Wellness Journey Massage	Happy Hands & Feet
Birchwood Treatment	Deep-Moisture Facial
Earth Element Treatment	Hydrating Warm Stone Facial
Fire Element Treatment	Blissful Journey Pedicure
	Ranch Custom Pedicure
	Ranch Custom Manicure

ENERGIZE

Activate, Revitalize, Strengthen

Back, Neck & Shoulder Massage	Healing Therapy Treatment
Personal Retreat Massage	Metal Element Treatment
Sacred Moments Massage	Rosemary Loofah Salt Glow
Sports Recovery Massage	Ranch Remedy Wrap
Wellness Journey Massage	Gemstone Reflexology
Birchwood Treatment	Happy Hands & Feet
Energy Balance Treatment	Blissful Journey Pedicure
Fire Element Treatment	Ranch Custom Pedicure
	Ranch Custom Manicure

RESTORE

Nourish, Renew, Re-establish

Back, Neck & Shoulder Massage	Wood Element Treatment
Detox Massage	Rosemary Loofah Salt Glow Treatment
Maternity Massage	Ranch Remedy Wrap
Personal Retreat Massage	Seaweed Wrap
Sacred Moments Massage	Happy Hands & Feet
Sports Recovery Massage	Gemstone Reflexology
Wellness Journey Massage	Scalp Treatment
Birchwood Treatment	Harmonizing Firming Facial
Earth Element Treatment	Japanese Restorative Facial
Healing Therapy Treatment	Men's Refresher Facial
Xocolatl Skin Replenishment Treatment	Blissful Journey Pedicure
	Ranch Custom Pedicure
	Ranch Custom Manicure

SUGGESTED RANCH TREATMENTS

RANCH SIGNATURE TREATMENTS

Our Ranch Signature treatments feature time-honored traditions, organically grown herbs from our garden, and natural ingredients found in our region.

Head-to-Toe Relaxation Massage
Mountain Sage Hot Stone Massage
Ranch Classic Massage
Energy Balance Therapy Treatment
Rosemary Loofah Salt Glow
Xocolatl Skin Replenishment Treatment
RLP Herbal Wrap
Ranch Remedy Wrap
Blissful Journey Pedicure

MEN'S FAVORITES

Back, Neck & Shoulder Massage
Head-to-Toe Relaxation Massage
Mountain Sage Hot Stone Massage
Sports Recovery Massage
Metal Element Treatment
Rosemary Loofah Salt Glow
RLP Herbal Wrap
Happy Hands & Feet
Scalp Treatment
Ranch Classic Massage
Energy Balance Treatment
Men's Refresher Facial
Blissful Journey Pedicure
Ranch Custom Manicure

ABOUT OUR HERBAL WRAPS

Our herbal wraps are inspired by Father Sebastian Kneipp's water bath. Father Kneipp was a Bavarian priest and one of the founders of the naturopathic medicine movement in the 1800's. The Ranch uses aromatic herbs from the gardens of Rancho La Puerta to help deeply relax the muscles.

Herbal wraps are wonderful for arthritis, bursitis, pulled muscles, rotator cuff issues, and other physical ailments. It decreases inflammation and helps purify skin. It's hard to stay awake during this very relaxing wrap! To ensure your maximum comfort, we always ask if you want your arms wrapped in or out.

MASSAGES

RANCH CLASSIC MASSAGE

50 min., 90 min., VHC, WHC, MHC, RELAXING

Our signature Classic Massage provides the many substantiated health benefits of massage, and it especially aims at releasing stress and tension in the body and mind. Depending on your preference, the rhythm of your massage can be slow and gentle, vigorous and firm, or deep pressure. Select from our aromatic wellness oils to enhance your treatment experience.

MOUNTAIN SAGE HOT STONE MASSAGE

50 min., 90 min., VHC, RELAXING

Our therapist's nurturing touch combined with warmed, smooth river stones renowned for their healing capabilities, effectively release tense muscles, stressed emotions and helps to calm an active mind. Our mountain sage oil is formulated to gently detoxify, calm and ground your energy.

Heat from the stones may cause skin redness lasting up to 24 hours.

Not recommended if you are pregnant.

HEAD-TO-TOE RELAXATION MASSAGE

90 min., VHC, RELAXING

A scented massage oil warmed from its candle, is used to gently massage your body with long nourishing strokes from scalp to toes. Unwind, de-stress, and feel warm and revitalized by improved blood circulation.

Please arrive with clean and dry hair.

Not recommended if you are pregnant.

SPORTS RECOVERY MASSAGE

50 min., VHC, WHC, MHC, RESTORING & ENERGIZING

The perfect treatment after a day of activities! This deep massage incorporates a variety of massage techniques with some assisted stretching to release muscle tension, improve flexibility, and range of motion. It also aids in the prevention of injuries.

Not recommended if you are pregnant.

BACK, NECK & SHOULDER MASSAGE

50 min., WHC, MHC, RESTORING & ENERGIZING

This focused massage session targets accumulated stress and tension in the back, neck and shoulders; those places where we tend to hold it most. You will feel that weight lifted off your shoulders and relief in the back and neck, resulting in more ease in aligning your posture.

NEW! DETOX MASSAGE

90 min. WHC, MHC, CLEANSING & RESTORING

Invigorating Detox Massage using special beauty massage cups in combination with 100% natural active ingredients from Mother of Pearl extracts bring out the individual's beauty to its best. Gentle breathing and profound detoxifying massage techniques revitalize the body and prepare it for the subsequent intense circulation-stimulating massage with the silicone cups. This balanced treatment of a slimming massage and the skin-protecting active ingredients promotes the revitalization and elasticity of the skin.

Not recommended if you are pregnant.

WELLNESS JOURNEY MASSAGE

50 min., 90 min. WHC, MHC, RELAXING, RESTORING & ENERGIZING

A holistic experience to support your wellness journey, soothe the soul and allow the body to heal physically and emotionally. The power of each wellness focused aromatherapy blend is based on the therapeutic properties of essential oils. Our unique massage technique supports the immune system and promotes balance. Hot compresses applied along the spine help essential oils penetrate into the nervous system.

Not recommended if you are pregnant.

SACRED MOMENTS MASSAGE

(COUPLES)

50 min., 90 min., VHC, RELAXING, RESTORING & ENERGIZING

Share this moment in time with a loved one. Side-by-side massages in our couple's retreat are a perfect bonding time for partners or best friends. Your special connection is nurtured while sharing these sacred healing moments together.

FOUR-HAND MASSAGE

50 min., VHC, RELAXING

Choreographed heaven! Two experienced therapists work simultaneously on matching muscle groups on opposite sides of the body, creating a feeling of great balance, symmetry, energy, and release. We offer the most classic form of a four-hand massage, during which therapists mirror each other's Swedish style massage techniques using a combination of slow and long strokes.

PERSONAL RETREAT MASSAGE

(IN GUEST ROOM)

90 min., RELAXING, RESTORING & ENERGIZING

Your casita will transform into your own private spa sanctuary. Our time-honored Ranch Classic Massage is enhanced with your choice of aromatic wellness oils and massage techniques to help relax muscles, calm nerves, and restore balance. Enjoy tranquility and deep rest in the privacy of your own space.

MATERNITY MASSAGE

50 min., VHC, RELAXING, RESTORING

For new or expecting mothers, this massage can include anything from a full body Swedish massage to other light massage modalities. Aimed at alleviating pre or post-natal discomfort, this nurturing massage is comforting and restorative.

Note: As with any therapeutic approach to pregnancy wellness, women should discuss massage with their prenatal care provider.

WRAPS

RLP HERBAL WRAP

30 min., WHC, MHC, CLEANSING & RELAXING

The RLP Herbal Wrap has been a long standing tradition in the Ranch Healing Process. Steaming hot linens steeped in local Native American herbs wrap the body to warm, cleanse and detoxify. This famous wrap is recommended prior to any massage to prepare the body for deep relaxation and to release muscle tension.

Not recommended if you are pregnant.

RANCH REMEDY WRAP WITH MASSAGE

50 min., 90 min., WHC, MHC, CLEANSING, RELAXING, RESTORING & ENERGIZING

Hot, steamy linens stimulate detoxification and then relax and soften muscle tension, making the massage techniques more effective and therapeutically beneficial. Choose from our range of aromatic wellness blends

Not recommended if you are pregnant.

SEAWEED WRAP

50 min., WHC, MHC, CLEANSING, RELAXING & RESTORING

Similar to our renowned RLP Herbal Wrap, this purifying, cleansing treatment uses seaweed as the principal element. It improves circulation, detoxifies, and helps remineralize the skin cells, improving tone and cellular metabolism.

Not recommended if you are pregnant.

HEAD, HANDS, & FEET

SCALP TREATMENT

50 min., VHC, RESTORING

This nourishing treatment relieves dry scalp and helps damaged hair recover its suppleness. Vigorous brushing supplies oxygen and nutrients to the hair follicles. A neck and shoulder massage follows to relax tense muscles.

Please arrive with clean and dry hair. Leave oils in your hair for at least two hours after the treatment and avoid sun exposure while the oils are in your hair.

HAPPY HANDS & FEET

50 min., VHC, CLEANSING, RELAXING, RESTORING & ENERGIZING

A combination of foot reflexology and hand massage. Communication with the whole body through the hands and feet releases energy blockages in the meridians and trigger points. A warm finishing dip of essential oils leaves your hands and feet satiny smooth and soft.

Not recommended if you are pregnant.

GEMSTONE REFLEXOLOGY

50 min., VHC, CLEANSING, RELAXING, RESTORING & ENERGIZING

Our therapist applies targeted pressure to points on the feet with the help of energy balancing gem stones. This treatment releases energy blockages and stimulates circulation, which relieves stress and increases well-being in the entire body.

Not recommended if you are pregnant.

BODY TREATMENTS

HEALING THERAPY

(TRIGGER-POINT TECHNIQUES)

90 min., VHC, RESTORING & ENERGIZING

Using techniques such as trigger-point, myofascial and neuromuscular release, your therapist will customize a session that helps address chronic pain and restricted movement. Some temporary discomfort triggered by working on long-locked-up tissues will release into unprecedented new freedom.

Note: This treatment is not necessarily a full body massage.

NEW! XOCOLATL SKIN REPLENISHMENT

90 min., VHC, CLEANSING, RELAXING & ENERGIZING

In ancient Mexico, chocolate (xocolatl) was considered to be food for the Gods. This native-inspired ritual feeds the skin with anti-oxidants from cacao. Nourishing cacao butter and sugar make a delicious body butter scrub that conditions and softens the skin. Exfoliation is followed by a yoghurt and honey mask that renews texture of skin. Massage infused with cacao is the ultimate body nourishment.

ENERGY BALANCE

90 min., WHC, MHC, RESTORING & ENERGIZING

Energy healing is a fundamental part of holistic therapy. Your therapist balances *chakras* (centers of vital energy) and returns them to their natural state of vibration and frequency using color, light, sound, aroma, energy work, and sacred geometry.

ROSEMARY LOOFAH SALT GLOW

50 min., VHC, CLEANSING, ENERGIZING & RESTORING

Crushed rosemary from our garden is blended with organic oil, salt, honey, and oatmeal, for an invigorating massage over the body with a natural loofah to thoroughly cleanse the pores. Dead layers of skin cells disappear and circulation is stimulated leaving the skin renewed, soft and radiant.

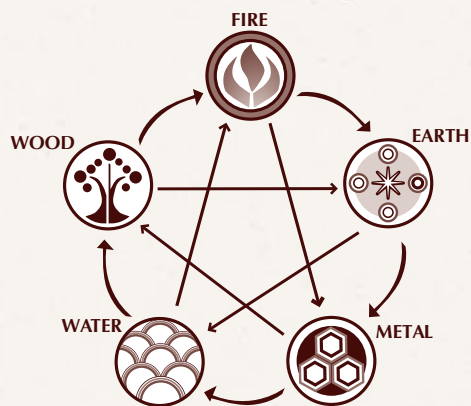
Avoid sun exposure before and after treatment

BIRCHWOOD TREATMENT

50 min., VHC, RELAXING, RESTORING & ENERGIZING

Birchwood massage tools are handcrafted and carefully shaped to provide an extraordinary anti-aging, skin-toning treatment. Flowing massage movements help purify tissues, relieve tension, and stimulate the metabolism. Your skin will feel firm and supple.

FIVE ELEMENTS TREATMENT



Based on ancient healing practices, balancing the five elements balance and restore the *Qi* (pronounced “chi”), the vital energy of body and mind in areas that have become unbalanced by mental, emotional and physical disturbances.

Each one of the five elements has a specific purpose, protocol and massage oil blend. All treatments start with a dry brushing to prepare skin for the aromatherapy blends that help connect and balance the body and mind.

Benefits: Each one of the oil blends used in the five elements are designed to balance the emotional and mental disorder of the element; the treatment or body work is intended to restore the physical disturbance.

To determine the treatment that best meets your needs, ask yourself, “How do I feel?”

Avoid sun exposure after treatment any Five Element treatment.

WOOD – GROWTH

50 min., 90 min., VHC, RELAXING & RESTORING



When the wood element is out of balance it causes an obstruction of energy leading to feelings of frustration, anger, depression, lack of peaceful sleep and irritability.

A healthier Wood element gives us the ability to make decisions and plan, and promotes flexibility.

What to expect from the treatment: Light or firm strokes stimulate the skin to breathe, expand and repair itself.

WATER – THE ESSENCE OF LIFE

50 min., 90 min., VHC, CLEANSING & RELAXING



When the water element is out of balance, it can result in anxiety, insecurity and lack of confidence. In the physical body this imbalance can result in lethargy, lower back ache and poor concentration.

A healthier Water element can give you more focused determination and better knowledge of how to work, rest, and play.

What to expect from the treatment: Undulating body movements to create an energetic wave effect throughout the body which facilitates the drainage of toxins.

METAL – ORDER AND PRECISION

50 min., 90 min., VHC, RELAXING & ENERGIZING



When the metal element is out of balance it impairs the intake and outflow of the most powerful life force, which is air, creating blockages, grief and sadness. In balance, this element generates optimism and orderliness.

A healthier Metal element results in a greater sense of self-awareness and life’s meaning.

What to expect from the treatment: Firm pressure with pulling and twisting maneuvers restores harmony in the mind and body.

FIRE – ENERGY, PASSION AND UPWARD MOTION

50 min., 90 min., VHC, RELAXING & ENERGIZING



When the fire element is out of order one will experience confusion, lack of imagination, brain fog and faulty memory. When in balance life is joyful, peaceful and contented. The heart is the nest of all the emotions; therefore it is responsible for a balanced emotional life.

A balanced Fire fuels the passion, desire, and enthusiasm that transforms and drives you in the physical world.

What to expect from the treatment: Bodywork on the nerves and muscles along the spinal column to balance emotions.

EARTH – STABILITY

50 min., 90 min., VHC, RELAXING & RESTORING



When this element is out of balance one will experience lack of concentration, confusion and excessive mental activity.

A more balanced Earth element makes you will feel more grounded, able to eat well (but in moderation), and facilitates a relaxed and calm mind.

What to expect from the treatment: Cross-body movements and Shiatsu that stimulate the communication between the two cerebral hemispheres.

FACIALS

CUSTOM FACIAL

50 min., 80 min., VHC, CLEANSING

Our personalized facial begins with a cleansing and analysis of your skin, followed by an exfoliation, toning, mask, and moisturizing from our high performance organic skincare line. Antioxidants help repair your skin's natural moisture barrier. To complete the magic, we include a neck and shoulder massage.

Recommended for: All skin types (extractions if needed).

80-minute session adds a special eye area treatment as well as extractions.

HARMONIZING FIRING FACIAL

80 min., VHC, CLEANSING & RESTORING

Restores youthful elasticity and leaves your skin feeling hydrated, fresh and radiant. This facial starts with a deep cleansing and purification of the skin, followed by polishing and a mask that smooth fine lines, rejuvenates, and rehydrates—a “harmony” of results!

Recommended for: Mature skin (extractions if needed).

80-minute session includes eye-area treatment experience and extractions (if needed).

JAPANESE RESTORATIVE FACIAL

50 min., 80 min., VHC, CLEANSING & RESTORING

Dramatically restores skin tone, smoothness, and minimizes fine lines and wrinkles. We begin with a thorough cleansing, and then imbue your skin with a renewed look achieved via lifting and stimulating the underlying facial tissue using massage techniques. Other benefits include increased circulation, improved neuromuscular response and tissue vitality. This results-oriented treatment is performed with our exclusive organic skincare products.

Recommended for: Mature Skin. 80 min. session includes extended facial massage, eye area treatment experience and extractions.

MEN'S FAVORITES

RANCH CLASSIC MASSAGE

50 min., 90 min., VHC, MHC, RELAXING

Our signature Classic Massage provides the many substantiated health benefits of massage, and it especially aims at releasing stress and tension in the body and mind. Depending on your preference, the rhythm of your massage can be slow and gentle, vigorous and firm, or have consistent deep pressure. Select from our aromatic wellness oils to enhance your treatment experience.

HYDRATING WARM STONE DEEP-MOISTURE FACIAL

50 min., VHC, RELAXING

Enjoy a superb well-being experience that leaves your skin shimmering with luminosity and suppleness. Smoothing, anti-aging and long-lasting moisturizing effects result from a warm stone facial massage featuring organics that literally makes wrinkles and expression lines fade away...along with all your cares and stress.

Recommended for: Mature / dry / sensitive / dehydrated skin (no extractions).

BACK FACIAL

50 min., VHC, CLEANSING

Often overlooked, the back deserves better! Our back “facial” begins with a deep steaming designed to open the pores and soften the skin, followed by an exfoliating scrub to remove dead skin cells and extractions on clogged pores if needed. Then your back is covered in a rich organic moisturizing mask to restore balance, clarity and radiance of the skin.

Recommended for: Problem skin (extractions if needed).

MEN'S REFRESHER FACIAL

50 min., VHC, CLEANSING & RESTORING

Perfect for a man's skin, this facial provides the full spectrum of skin benefits using our organic skincare line to refresh and revitalize. Depending on your needs, your aesthetician will determine the appropriate combination of treatments for your skin: cleansing, double hydrating, mask, and some extraction may be included. The facial concludes with a relaxing scalp and neck massage.

Recommended for: All skin types (extractions if needed).

Please shave at least three hours before the facial.

MOUNTAIN SAGE HOT STONE MASSAGE

50 min., 90 min., VHC, RELAXING

Our therapist's nurturing touch combined with warmed, smooth river stones renowned for their healing capabilities, effectively release tense muscles, stressed emotions and helps to calm an active mind. Our mountain sage oil is formulated to gently detoxify, calm and ground your energy.

(Heat from the stones may cause skin redness lasting up to 24 hours)

HEAD-TO-TOE RELAXATION MASSAGE

90 min., VHC, RELAXING

A scented massage oil warmed from its candle, is used to gently massage your body with long nourishing strokes from scalp to toes. Unwind, de-stress, and feel warm and revitalized by improved blood circulation.

Please arrive with clean and dry hair.

SPORTS RECOVERY MASSAGE

50 min., VHC, MHC, RESTORING & ENERGIZING

The perfect treatment after a day of activities! This deep massage incorporates a variety of massage techniques with some assisted stretching to release muscle tension, improve flexibility, and range of motion. Also aids in the prevention of injuries

BACK, NECK & SHOULDER MASSAGE

50 min., MHC, RESTORING & ENERGIZING

This focused massage session targets accumulated stress and tension in the back, neck and shoulders; those places where we tend to hold it most. You will feel that weight lifted off your shoulders and relief in the back and neck, resulting in more ease in aligning your posture.

ENERGY BALANCE

90 min., MHC, RESTORING & ENERGIZING

Energy healing is a profound and fundamental part of holistic therapy. Your therapist balances *chakras* (centers of vital energy) and returns them to their natural state of vibration and frequency using color, light, sound, aroma, energy work, and sacred geometry.

METAL – ORDER AND PRECISION

50 min., VHC, RELAXING & ENERGIZING



When the metal element is out of balance it impairs the intake and outflow of the most powerful life force, which is air, creating blockages, grief and sadness. In balance, this element generates optimism and orderliness.

A healthier Metal element results in a greater sense of self-awareness and life's meaning.

What to expect from the treatment: Firm pressure with pulling and twisting maneuvers restores harmony in the mind and body.

ROSEMARY LOOFAH SALT GLOW

50 min., VHC, CLEANSING, RELAXING & RESTORING

Crushed rosemary from our garden is blended with organic oil, salt, honey, and oatmeal, for an invigorating massage over the body with a natural loofah to thoroughly cleanse the pores. Dead layers of skin cells disappear and circulation is stimulated leaving the skin renewed, soft and radiant.

Avoid sun exposure before and after treatment.

HAPPY HANDS & FEET

50 min., VHC, CLEANSING, RELAXING, RESTORING & ENERGIZING

You'll derive total relaxation from our combination of foot reflexology and hand massage. Communication with the whole body through the hands and feet releases energy blockages in the meridians and trigger points. A warm finishing dip of essential oils leaves your hands and feet satiny smooth and soft.

SCALP TREATMENT

50 min., VHC, RESTORING

This nourishing treatment relieves dry scalp and helps damaged hair recover its suppleness. Vigorous brushing supplies oxygen and nutrients to the hair follicles. A neck and shoulder massage follows to relax tense muscles.

Please arrive with clean and dry hair.

RANCH REMEDY WRAP HERBAL WRAP WITH MASSAGE

50 min., 90 min., MHC, CLEANSING, RELAXING, RESTORING & ENERGIZING

This longtime favorite combines our RLP Herbal Wrap with a massage. The hot, steamy linens stimulate detoxification and then relax and soften muscle tension, making the massage techniques more effective and therapeutically beneficial. Choose from our range of aromatic wellness blends to enhance the experience.

MEN'S REFRESHER FACIAL

50 min., VHC, CLEANSING & RESTORING

Perfect for a man's skin, this facial provides the full spectrum of skin benefits using our organic skincare line to refresh and revitalize. Depending on your needs, your aesthetician will determine the appropriate combination of treatments for your skin: cleansing, double hydrating, mask, and some extraction may be included. The facial concludes with a relaxing scalp and neck massage.

Recommended for: All skin types (extractions if needed).

Please shave at least three hours before the facial.

BLISSFUL JOURNEY PEDICURE

90 min., BSC, CLEANSING, RELAXING, RESTORING & ENERGIZING

This is a dream come true for your feet. Our pedicure includes a spiritual walk on our outdoor reflexology path, followed by a foot wash ritual, a complete pedicure, relaxation reflexology, and a foot massage that slips you into a blissful state.

RANCH CUSTOM MANICURE

90 min., BSC, CLEANSING, RELAXING, RESTORING & ENERGIZING

This customized manicure beautifies your hands while fragrant essential oils indulge your senses. Nails are trimmed and shaped. Cuticles are pushed back and oiled. A wonderfully gentle exfoliation scrub prepares your hands to be massaged and moisturized with warm oils. Your treatment is completed with a soothing hand and arm massage, and buffing—the final touch to beautiful hands.

BEAUTY SALON SERVICES

BLISSFUL JOURNEY PEDICURE

90 min., BSC, CLEANSING, RELAXING, RESTORING & ENERGIZING

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RANCH CUSTOM PEDICURE

50 min., BSC CLEANSING, RELAXING, RESTORING & ENERGIZING

This simply wonderful customized pedicure begins with a relaxing soak in scented water followed by cuticle nail work and callous reduction. Next, a gentle exfoliation scrub prepares your feet to be massaged and moisturized with warm oils. This indulgence concludes with a treat—a massage to legs and feet. Polish is professionally applied in the color of your choice.

SPA RITUAL MANICURE

50 min., BSC CLEANSING, RELAXING, RESTORING & ENERGIZING

Our Ranch Custom Manicure featuring the SPA Ritual nail care line.

SPA RITUAL PEDICURE

50 min., BSC CLEANSING, RELAXING, RESTORING & ENERGIZING

Our Ranch Custom Pedicure featuring SPA Ritual nail care line.

FRENCH MANICURE, 50 min., BSC

FRENCH PEDICURE, 50 min., BSC

NAIL POLISH CHANGE, 15 min., BSC

For your health...and peace of mind: We sanitize our hands and put on gloves before your service begins; a new file is used for every nail service; we sanitize, disinfect and autoclave (sterilize) all metal tools; we will not provide any service

HAIR SALON

SHAMPOO AND SET, 50 min., BSC

SHAMPOO & BLOW DRY, 50 min., BSC

SHAMPOO & ARTISTIC BRAIDING, 50 min., BSC

HAIRCUT (WOMEN), 45 min., BSC

HAIRCUT (MEN), 40 min., BSC

CUSTOMIZED ARGAN OIL TREATMENT

Add to any hair treatment, BSC

The Argan Oil Hair Treatment moisturizes hair, reduces frizz and increases shine. This antioxidant-infused, nutrient-, and vitamin-rich oil also protects hair from UV Rays. The treatment begins with shampooing followed by the application of an Argan oil hydrating hair mask. After a refreshing, cleansing rinse, the treatment concludes with a deep conditioning.

WAXING, BSC

- Lip + Eyebrow Design
- Chin
- Cheeks
- Sideburns
- Underarms
- Half Arms (Upper or Lower Arms)
- Full Arms
- Half Legs (Upper or Lower Legs)
- Full Legs
- Full Legs and Bikini
- Bikini
- Full Face
- Neck
- Abdomen
- Back
- Chest
- Chest + Back + Shoulders

Rancho La Puerta offers therapeutic one-on-one sessions throughout the week. From craniosacral therapy and chiropractic services to Feldenkrais®, acupuncture, Ayurveda, and WATSU®, our therapists are highly skilled masters—the finest in their fields.

ACUPUNCTURE

Acupuncture is a healing practice that involves inserting hair-thin needles into specific points on the body that are along a network of energetic pathways (meridians). It is part of a comprehensive medical system that emerged in China over the past 2,000 years through empirical study and observation of the body's "life force" energy ("Qi," or chi). When this energy flows through the body without obstruction, it carries nourishment (blood, oxygen, food) to the cells and helps eliminate cellular toxins. This proper flow of Qi manifests itself as a more healthy and balanced state of wellness.

Guests should consider eating lightly before therapy and wear loose, comfortable clothing.

BIODYNAMIC CRANIOSACRAL THERAPY

Biodynamic Craniosacral Therapy is a holistic healing method designed to help the body reconnect with its ability to heal itself and magnify its own health. This modality is adept at reducing or eliminating long term chronic pain from injuries, poor posture and surgeries, emotional pain, depression, and unresolved grief or loss. It is also excellent for helping restore homeostatic balance in the digestive, endocrine and immune systems.

The therapist will apply light touches to the head, face and other areas of the body, while "listening" with his or her hands to the subtle rhythmic pulsations generated by the nervous system. The therapist will detect places where trauma is held and treat and restore these areas while the client rests comfortably.

In this practice, the wisdom in every cell is acknowledged, as well as the dynamics of body, mind and spirit.

(Lecture offered; see schedule for days and times.)

CHIROPRACTIC

Discover the root cause of your chronic pain and treat your symptoms while at The Ranch. Your chiropractor will evaluate your strength, flexibility, posture, biomechanics, and gait. Soft-tissue massage, chiropractic adjustments, and yoga exercises will be used to treat the underlying condition(s) that cause discomfort. You will be educated about and provided solutions for your personal self-treatment program.

THE FELDENKRAIS® METHOD

The Feldenkrais Method is a learning-based system that uses the relationships of movement with thinking, feeling, and sensing. Through subtle motion it allows us to explore our own sensations, developing our ability for internal feedback and natural self-correction. This leads to the reorganization of how we move, breathe, act and experience ourselves in the world. The Feldenkrais Method has the power to change deeply held patterns and habits that constrain our potential. It has profound positive effects on our abilities and reduces stress, tension and fatigue.

(Lecture offered; see schedule for days and times.)

WATER SHIATSU

Water Shiatsu, or WATSU®, is the leading therapeutic aquatic healing technique. This passive work is done while the body is supported and gently moved through warm water (96°) in graceful and fluid movements. WATSU® promotes a deep state of relaxation and often generates dramatic changes in the autonomic nervous system.

(Demonstration offered; see schedule for days and times.)

Visit the Spa for details on appointment times and pricing for our Wellness Practitioners or call Ext 625 or 640.

PREPARING YOURSELF...

...for the most rewarding experience possible!

- Drink a full glass of water prior to and after any treatment.
- Arrive at least 10 minutes before your appointment time, which is precisely on the hour. Inform the receptionist if you have any allergies or special requests.
- Please do not arrive late to any therapy. Ten minutes after the hour appointments are canceled and fully charged to your room.
- While waiting to be called, take a shower, relax in the hot tub, and sip tea or our fresh fruit agua fresca.
- Do not schedule back-to-back therapies at the two different health centers, which are distant from each other. Walking between the two takes 10 minutes or more.
- Leave valuables, especially jewelry that might have to be removed for a treatment, in your room safe. We cannot be responsible for losses.
- Sunbathing or shaving is not advised prior to skin treatments.
- Contact lenses should not be worn during facials.
- Our body treatments are performed by male and female therapists. If you prefer one or the other, please let us know at the time you book an appointment. If possible, we will try to accommodate your wishes.
- If you are pregnant and unaccustomed to massage and other body treatments, please discuss your condition with our nurse by calling ext. 630. Other conditions that concern you, such as fragile bones and joints, arthritis, infection, etc., should also be discussed with the nurse prior to booking a body treatment.
- A facial leaves newly exposed skin vulnerable to sun damage. Your esthetician will apply a protective lotion. Please wait 30 minutes before sunning and reapply sunscreen after swimming or exercising. Water-resistant sunblock is available in dispensers at the Health Centers and swimming pools.

RANCHO LA PUERTA SPA PRICING

MASSAGE

RANCH CLASSIC MASSAGE	50 min.		\$90
	90 min.		\$150
MOUNTAIN SAGE HOT STONE	50 min.		\$90
	90 min.		\$155
HEAD TO TOE RELAXATION MASSAGE	90 min.		\$160
SPORTS RECOVERY MASSAGE	50 min.		\$90
BACK & NECK MASSAGE	50 min.		\$90
DETOX MASSAGE	90 min.		\$155
WELLNESS JOURNEY MASSAGE	50 min.		\$100
	90 min.		\$160
SACRED MOMENTS MASSAGE	50 min.		\$180
	90 min.		\$310
FOUR HAND MASSAGE	50 min.		\$155
PERSONAL RETREAT MASSAGE	90 min.		\$160
MATERNITY MASSAGE	50 min.		\$95

WRAPS

RLP HEBAL WRAP	30 min.		\$50
RANCH REMEDY WRAP	50 min.		\$90
	90 min.		\$145
SEAWEED WRAP	30 min.		\$55

HEAD, HANDS & FEET

SCALP TREATMENT	50 min.		\$90
HAPPY HANDS & FEET	50 min.		\$90
GEMSTONE REFLEXOLOGY	50 min.		\$90

BODY TREATMENTS

ENERGY BALANCE THERAPY	90 min.		\$150
XOCCOLATL SKIN REPLENISHMENT	90 min.		\$160
HEALING THERAPY	90 min.		\$150
ROSEMARY LOOFAH SALT GLOW	50 min.		\$90
BIRCHWOOD THERAPY	50 min.		\$95
5 ELEMENT TREATMENTS	50 min.		\$100
	90 min.		\$160

FACIALS

CUSTOM FACIAL	50 min.		\$95
	80 min.		\$150
HARMONIZING FIRING FACIAL	80 min.		\$150
JAPANESE RESTORATIVE FACIAL	50 min.		\$105
	80 min.		\$160
HYDRATING WARM STONE DEEP MOISTURE FACIAL	50 min.		\$95
BACK FACIAL	50 min.		\$120
MEN'S REFRESHER FACIAL	50 min.		\$95

BEAUTY SALON SERVICES

NAILS

BLISSFUL JOURNEY PEDICURE	90 min.		\$95
RANCH CUSTOM MANICURE	50 min.		\$35
RANCH CUSTOM PEDICURE	50 min.		\$45
SPA RITUAL MANICURE	50 min.		\$45
SPA RITUAL PEDICURE	50 min.		\$55
FRENCH NAIL POLISH (add to service)			\$10
NAIL POLISH CHANGE			\$16

HAIR SALON

SHAMPOO & SET			\$75
SHAMPOO & BLOW DRY			\$40
SHAMPOO & ARTISTIC BRAIDING			\$40
HAIR CUT WOMEN			\$55
HAIR CUT MEN			\$30
ADD ON: CUSTOMIZED ARGAIN OIL TREATMENT			\$20

WAXING

LIP + EYEBROW DESIGN			\$30
CHIN			\$28
CHEEKS			\$20
SIDEBURNS			\$15
UNDERARMS			\$25
HALF ARMS (upper or lower arms)			\$28
FULL ARMS			\$45
HALF LEGS (upper or lower legs)			\$38
FULL LEGS			\$70
FULL LEGS W/ BIKINI			\$95
BIKINI			\$40
FULL FACE (without eyebrow design)			\$40
FULL FACE (including Eyebrow Design)			\$58
NECK			\$18
ABDOMEN			\$18
BACK			\$48
BACK + SHOULDERS			\$58
CHEST			\$58
CHEST + BACK + SHOULDERS			\$108

24 hours advance notice is required if you must cancel or change an appointment's time or day. We regret that same-day changes cannot be accommodated. Prices may change without notice.

Mexican tax will be added to all therapies

TO MAKE OR CHANGE APPOINTMENTS:

Saturday 8:30 a.m. to 4:00 p.m. at the Dining Hall
Saturday 4:00 p.m. to 9:00 p.m. at all Health Centers

AT ALL HEALTH CENTERS:

Sunday through Thursday 7:00 a.m. to 9:00 p.m. Last treatment: 8:00 p.m.
Friday 7:00 a.m. to 7:00 p.m. Last 50 min. treatment: 5:00 p.m.
Please arrive 10 minutes before your appointment.

CANCELLATIONS:

24 hours in advance to avoid charge.



800-443-7565 | www.rancholapuerta.com