



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

ENERGIZE

Activate, Revitalize, Strengthen

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

RESTORE

Nourish, Renew, Re-establish

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

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 HERBAL 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

30 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.

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.

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.

Not recommended if you are pregnant.

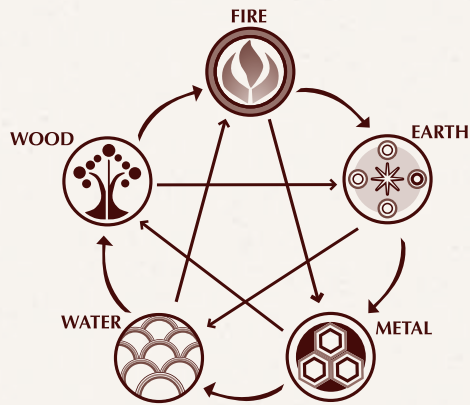
ROSEMARY LOOFAH SALT GLOW

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

FIVE ELEMENTS TREATMENT



Based on ancient healing practices, Five Elements balances and restores *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.

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.

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).

CLEARING FACIAL

50 min., VHC, CLEANSING & RESTORING

This results-driven facial will renew your skin and create a healthy glow. It utilizes organic nutrients that are specifically designed to even out the skin tone and clear the complexion. The experience includes a double cleansing, organic blemish clearing system, toner, mask, and moisturizer application. It will heal, hydrate and prevent future breakouts.

Recommended for oily, combination and blemish prone skin.

REPAIRING FACIAL

50 min., VHC, CLEANSING & RESTORING

Experience our powerful repairing facial and reverse the signs of damage caused by age, stress, and environmental factors. This experience includes a deep cleansing, soft peel, hydrating mist, and moisturizer application to reduce the appearance of fine lines and wrinkles. The Repairing Facial will revitalize the skin and deliver a youthful appearance.

Recommended for mature, dry and dehydrated skin. Extractions provided if needed.

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., 80 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.

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

MOUNTAIN SAGE HOT STONE MASSAGE

50 min., 90 min., VHC, RELAXING

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(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.

METAL - ORDER AND PRECISION

50 min., VHC, RELAXING & ENERGIZING



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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.

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.

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

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

BEAUTY SALON SERVICES

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 (optional), 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

50 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.

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.

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 that cannot be performed safely.

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

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

FACE TONING TREATMENT

Skin Care Centers

The Secret of Microcurrent is a low-level, safe, effective, and soothing treatment that mimics the body's natural current. It is used for instant and cumulative facial contouring, toning and firming anti-aging results. You can use Microcurrent right in your home with the innovative NuFACE Trinity.

HOLISTIC THERAPIES

Nurture your mind, body and spirit with Rancho La Puerta's private healing sessions. From Craniosacral Therapy and Chiropractic services to Feldenkrais®, Acupuncture, Reiki, and WATSU®, our therapists are highly skilled masters—the finest in their fields.

Visit the Spa or call Ext. 640 for appointment times, practitioner information, and pricing.

ACUPUNCTURE

Improve and maintain your health through the deeply therapeutic practice of acupuncture. Hair-thin needles are painlessly inserted into a network of energetic pathways called meridians or channels. Energy runs throughout the meridians, allowing for the body's Qi (pronounced 'chi') or energetic life force, to flow without obstruction. Whether you seek treatment for an acute or chronic condition, or seek simply to achieve overall wellness, acupuncture treats the root cause of imbalances. This ancient Chinese healing practice creates a relaxed and harmonious state of equilibrium within.

BIODYNAMIC CRANIOSACRAL THERAPY

Achieve a revitalized state of health by naturally reducing aches, chronic pain, stress and emotional imbalances. As you rest comfortably, light healing touches are applied to the body to treat trauma and restore health. Biodynamic Craniosacral Therapy brings the emotions and spirit into balance and reconnects the body with its ability to heal itself.

Lectures about the practice are offered; see schedule for days and times.

CHIROPRACTIC

Understand and treat the root cause of chronic pain with a rehab oriented chiropractic session. Receive evaluations for strength, biomechanics, and gait, and experience corrective soft tissue massage, chiropractic adjustments, and restorative yoga exercises. Guests are provided with a self-treatment plan in order to extend the beneficial effects of these sessions at home.

THE FELDENKRAIS® METHOD

Improve comfort, posture, and balance while reducing pain, tension, and stress. Each Feldenkrais® Method session is tailored to meet your needs and aimed to improve how you feel and function. As you lay fully clothed on a table, your body will be gently moved in ways that allow for effective communication with the brain and the nervous system. Sessions are designed to increase confidence and pleasure in daily activities.

Feldenkrais® workshops are offered; see schedule for days and times.

WATER SHIATSU

Enter a deep state of relaxation and strengthen the mind-body connection while floating in a cocoon of warm water. In Water Shiatsu, or WATSU®, the body is supported, massaged, and gently moved through a warm 96° pool in graceful and fluid movements. This soothing therapy often generates positive changes in the autonomic nervous system.

Demonstrations are offered in the South Pool; see schedule for days and times.

ENERGY MEDICINE

REIKI

Dissolve the body's aches, strains and emotional imbalances with an empowering Reiki session. Soften into tranquility as the chakras are balanced, either with gentle touches or with hands slightly off the body. Reiki uses Qi (pronounced 'chi'), its life force energy to remove energy blocks so healing energy can freely flow and harmonize the mind, body, and spirit.

RECONNECTIVE HEALING®

Experience an optimal state of balance and wellbeing with a Reconnective Healing®. Rest deeply as the practitioner guides energy, light and information (vibrational frequencies) around the body using a hands-off approach. Feel relief as imbalances leave the body, and a sense of harmony replenishes the spirit.

SOMATIC EXPERIENCING®

Feel alive, relaxed and whole again as tension, pain, and stress diminish. Somatic Experiencing resets the Central Nervous System through sensory methods that help to resolve the effects of past traumas. Learn to regulate stress through a guided exploration of the interplay between emotions and the body.

LIFELINE TECHNIQUE™

Regain a sense of peace and empowerment as you awaken to the root causes of stressful experiences that manifest as symptoms. The practitioner will help connect the conscious and subconscious mind with practices such as Chinese Five Element theory, sound, crystal and color therapy, chakra balancing, Neuro-linguistic Programming (NLP), and Applied Kinesiology.

Lectures on Energy Healing are offered; see schedule for days and times.

RANCHO LA PUERTA SPA PRICING

MASSAGE

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

WRAPS

RLP HERBAL 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
XOCOLATL SKIN REPLENISHMENT	90 min.		\$160
HEALING THERAPY	90 min.		\$150
ROSEMARY LOOFAH SALT GLOW	50 min.		\$90
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
CLEARING FACIAL	50 min.		\$95
REPAIRING FACIAL	50 min.		\$95
BACK FACIAL	50 min.		\$120
MEN'S REFRESHER FACIAL	50 min.		\$95
	80 min.		\$150

BEAUTY SALON SERVICES

NAILS

BLISSFUL JOURNEY PEDICURE	90 min.		\$95
RANCH CUSTOM MANICURE	50 min.		\$35
RANCH CUSTOM PEDICURE	50 min.		\$45
FRENCH NAIL POLISH			\$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

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

FACE TONING TREATMENT

FACE TONING AND MAKEUP (Free with \$300 purchase at SKC)			\$70
MEN'S FACE TONING (Free with \$250 purchase at SKC)			\$50
MAKEUP SESSION (Free with \$150 purchase at SKC)			\$50

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 of 16% will be added to all therapies.

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.

TO MAKE OR CHANGE APPOINTMENTS:

Saturday 8:30 a.m. to 4:00 p.m. at the Dining Hall
Saturday 7:00 a.m. to 9:00 p.m. at all Health Centers

AT ALL HEALTH CENTERS:

Saturday through Thursday 7:00 a.m. to 9:00 p.m. Last 50 min. 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.



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