



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 aestheticians and therapists who have been extensively trained... and often cross trained in several disciplines. Our treatments use aromatic and medicinal herbs and other healing plants grown from 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.

RANCH HEALTH CENTERS

VILLAS HEALTH CENTER

treatments • steam • sauna • jacuzzi • cold plunge



WOMEN'S HEALTH CENTER

treatments • steam • sauna • jacuzzi • infrared sauna



MEN'S HEALTH CENTER

treatments • steam • sauna • jacuzzi • infrared sauna



BEAUTY SALON CENTER

haircuts & styling • waxing • manicures • pedicures



THE NATURAL HEALING PROCESS

The Ranch philosophy of health and wellbeing 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

A perfect time for a new start. Purify and eliminate any excess from your body and mind.

■ RELAX

SOOTHE, REPOSE, DE-STRESS

...slow down, relax, and enjoy. Take a deep breath and get ready for new things to come.

■ RESTORE

NOURISH, RENEW, RE-ESTABLISH

Pay attention and give yourself the moments to heal, reset, and re-establish.

■ ENERGIZE

ACTIVATE, REVITALIZE, STRENGTHEN

Embrace the future! Close the cycle of healing with your new and powerful energy.





VILLAS HEALTH CENTER

treatments • steam • sauna • jacuzzi • cold plunge

Spa Services for Women and Men

SPA SERVICES HOURS

Saturday-Thursday 11:00 a.m. to 9:00 p.m. (last 50 min. treatment is at 8:00 p.m.)

Friday 10:00 a.m. to 6:00 p.m. (last 50 min. treatment is at 5:00 p.m.)

Please arrive 10 minutes before your appointment.

STEAM • SAUNA • JACUZZI • COLD PLUNGE HOURS

Saturday-Thursday 9:30 a.m. to 8:30 p.m. (women only)

Men's Night, Tuesday 4:00 p.m. to 8:30 p.m.

Friday 9:30 a.m. to 7:00 p.m. (women only)

APPOINTMENT BOOKING HOURS AND LOCATIONS

Saturday-Sunday 7:00 a.m. to 8:00 p.m. All Health Centers

Saturday 8:30 a.m. to 4:00 p.m. at the Dining Hall

Call from any Ranch phone: Ext. 640, 625, or 626

CANCELLATION POLICY

Please cancel your services 24 hours in advance to avoid charges.

MASSAGES

■ RANCH CLASSIC MASSAGE

50 min. / 90 min.

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 signature wellness aromatherapy oils to enhance your treatment experience.

■ HEAD-TO-TOE RELAXATION MASSAGE

90 min.

Unwind, de-stress, and feel warm and revitalized. The melted oil from a natural massage therapy candle is used to gently massage your body. Relax as you experience long nourishing strokes from scalp to toes.

Not recommended if you are pregnant.

■ MOUNTAIN SAGE HOT STONE MASSAGE

50 min. / 90 min.

Our therapist's nurturing touch combined with warmed, smooth river stones renowned for their healing properties effectively release tense muscles, stressed emotions, and help to calm an overactive 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.

■ SACRED MOMENTS MASSAGE

(COUPLES)

50 min. / 90 min.

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

■ PERSONAL RETREAT MASSAGE

(IN GUEST ROOM)

90 min.

Your casita will transform into your own private spa sanctuary. Our time-honored Ranch Classic Massage is enhanced with your choice of signature aromatherapy 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.

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, women should discuss massage with their prenatal care provider.

■ FOUR-HAND MASSAGE

50 min.

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.

■ SPORTS RECOVERY MASSAGE

50 min.

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.

MASSAGES

■ SHIATSU

50 min.

Shiatsu massage brings balance into the body with a deeply engaged, rhythmic kata (sequence). Pressure is applied to improve posture, increases circulation, and promote a sense of ease and lightness by relaxing the nervous system.

This treatment is performed fully clothed and does not use oil. Please dress in comfortable loose clothing.

BODY TREATMENTS

■ INTENSIVE RELEASE

90 min.

This treatment releases energy blockages and stimulates circulation, which relieves stress and increases wellbeing in the entire body. Trigger point, myofascial release, shiatsu, and neuromuscular are some of the techniques combined to address chronic muscle conditions. Body assessments are performed for best results.

This healing therapy does not include a full body massage. Not recommended if you are pregnant.

■ ROSEMARY LOOFAH SALT GLOW

50 min.

Soft and radiant skin emerges as a natural loofah thoroughly cleanses pores and removes dead layers of skin. A scrub made with Tres Estrellas crushed rosemary, organic oil, salt, honey, and oatmeal is used to exfoliate the body, and a soothing lotion is applied afterwards. This salt glow stimulates circulation and leaves skin satin-smooth.

Avoid sun exposure before and after treatment.

■ XOCOLATL SKIN REPLENISHMENT

90 min.

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

Not recommended if you are pregnant.

■ CLEANSE ■ RELAX ■ RESTORE ■ ENERGIZE

FACIALS

■ LA PUERTA CORE ESSENTIAL FACIAL

50 min. / 80 min (if extractions are required)

Our facial is especially attuned to your needs. It features our very own La Puerta Core Essentials products. It provides all the benefits of a deep cleansing facial, but also provides exceptional nourishment and hydration so your skin will feel soothed, nourished, and vibrant. Our personalized facial begins with a cleansing and analysis of your skin, followed by exfoliation, toning, mask, and moisturizing from our high-performance organic skin care 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.

■ BACK FACIAL

50 min.

Often overlooked, the back deserves better! Our back "facial" begins with a deep steam 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 are provided if needed.

■ WARM STONE DEEP-MOISTURE FACIAL

50 min.

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

Recommended for mature/dry/sensitive/dehydrated skin. Extractions are not provided.

■ HARMONIZING FIRMING FACIAL

80 min.

Our treatment 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 smooths fine lines, rejuvenates, and rehydrates—a "harmony" of results!

Recommended for mature skin.

■ JAPANESE RESTORATIVE FACIAL

50 min. / 80 min.

This facial dramatically restores skin tone, smoothness, and minimizes fine lines and wrinkles. We begin with a thorough cleansing, then lift and stimulate 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 REFRESHER FACIAL

50 min. / 80 min. (if extractions are required)

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 extractions may be included. The facial concludes with a relaxing scalp and neck massage.

Recommended for all skin types. Extractions are provided if needed. Please shave at least six hours before the facial.

HEAD-HANDS-FEET

■ HAPPY HANDS & FEET

50 min.

Experience a relaxing combination of foot reflexology and hand massage. This therapeutic treatment releases energy blockages in the meridians and trigger points across the entire body. A warm finishing dip of essential oils leaves your hands and feet satiny smooth and soft.

■ GEMSTONE REFLEXOLOGY

50 min.

This treatment releases energy blockages and stimulates circulation, which relieves stress and increases wellbeing in the entire body. Your therapist will apply targeted pressure to points on the feet with the help of an energy balancing gemstone.

Not recommended if you are pregnant.

■ JETLAG REFLEXOLOGY

50 min.

This energizing experience begins with a mini-facial followed by foot reflexology and hand massage. A warming finish in heated gloves and booties leave hands and feet relaxed. This treatment will reduce any water retention caused by traveling and restores your body's natural equilibrium, so you can fully enjoy your time at The Ranch.

Not recommended if you are pregnant.

■ SCALP TREATMENT

50 min.

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.

■ RUNNER'S REFLEXOLOGY

50 min.

This treatment soothes and revives runner's feet and legs. Our therapist applies targeted pressure to points on the feet. This treatment releases energy blockages and stimulates circulation, which relieves stress and increases wellbeing in the entire body.

Not recommended if you are pregnant.

MEN'S FAVORITES

at Villas Health Center

■ CLEANSE

■ RELAX

■ RESTORE

■ ENERGIZE

■ RANCH CLASSIC MASSAGE

50 min. / 90 min.

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

■ SPORTS RECOVERY MASSAGE

50 min.

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.

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Avoid sun exposure before and after treatment.

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This healing therapy does not include a full body massage.

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Recommended for all skin types. Extractions are provided if needed. Please shave at least three to six hours before the facial.

■ HAPPY HANDS & FEET

50 min.

Experience a relaxing combination of foot reflexology and hand massage. This therapeutic treatment releases energy blockages in the meridians and trigger points across the entire body. A warm finishing dip of essential oils leaves your hands and feet satiny smooth and soft.

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, WATSU®, and WaterDance™, our therapists are highly skilled masters – the finest in their fields.

BIODYNAMIC CRANIOSACRAL THERAPY

50 min. / 90 min.

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.

THE FELDENKRAIS® METHOD

50 min.

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.

ENERGY MEDICINE

50 min./ 90 min.

Energy medicine is a holistic healing approach that works with your body, mind, spirit, emotions, and past traumas. Clear energy blocks, open your chakras, and release core limiting beliefs. Together with your practitioner, choose from Reiki, Reconnection, Craniosacral, Somatic Experience, Lifeline Technique, and Brain Spotting. Address the energetic cause of health issues for deep transformation.

CHIROPRACTIC

50 min.

Understand and treat the root cause of chronic pain with a rehab oriented chiropractic session. Receive evaluations for strength, biomechanics, 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.

ACUPUNCTURE

50 min.

Improve and maintain your health through the deeply therapeutic practice of acupuncture. Hair-thin needles are 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 a 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.

WATSU®

50 min.

Enter a state of relaxation and strengthen the mind-body connection while floating in a cocoon of warm water. In 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.

WaterDance™

50 min.

WaterDance emphasizes gentle and dynamic, flowing movement about and below water. After being stretched, massaged, and relaxed at the surface, the receiver is given a nose clip to prevent water from entering the nasal passages and then gradually guided entirely underwater. Touch or movement signals are used to communicate when the receiver is to be submerged, and the therapist carefully times submersion in coordination with the receiver's breath.





WOMEN'S HEALTH CENTER

treatments • steam • sauna • jacuzzi • infrared sauna

Spa Services for Women

SPA SERVICES HOURS

Saturday-Thursday 11:00 a.m. to 9:00 p.m. (last 50 min. treatment is at 8:00 p.m.)

Friday 11:00 a.m. to 6:00 p.m. (last 50 min. treatment is at 5:00 p.m.)

Please arrive 10 minutes before your appointment.

STEAM • SAUNA • JACUZZI

Saturday-Thursday 9:30 a.m. to 9:00 p.m.

Friday 9:30 a.m. to 7:00 p.m.

INFRARED SAUNA

Please Sign Up in Advance

APPOINTMENT BOOKING HOURS AND LOCATIONS

Saturday-Sunday 7:00 a.m. to 8:00 p.m. All Health Centers

Saturday 8:30 a.m. to 4:00 p.m. at the Dining Hall

Call from any Ranch phone: Ext. 625, 626, or 640

CANCELLATION POLICY

Please cancel your services 24 hours in advance to avoid charges.

WOMEN'S HEALTH CENTER

■ CLEANSE

■ RELAX

■ RESTORE

■ ENERGIZE

■ RANCH CLASSIC MASSAGE

50 min. / 90 min.

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 signature wellness aromatherapy oils to enhance your treatment experience.

■ BACK, NECK & SHOULDER MASSAGE

50 min.

This focused massage targets accumulated stress and tension in the back, neck, and shoulders. Feel a weight lift off your shoulders and a relief in the back and neck, improving posture and alignment.

■ SPORTS RECOVERY MASSAGE

50 min.

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.

■ PERSONAL RETREAT MASSAGE

(IN GUEST ROOM)

90 min.

Your casita will transform into your own private spa sanctuary. Our time-honored Ranch Classic Massage is enhanced with your choice of signature aromatherapy 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.

■ WELLNESS JOURNEY TREATMENT

50 min. / 90 min.

This holistic wellness journey soothes the soul and allows the body to heal physically and emotionally. A signature blend of

healing botanical oil is applied along the spine and hot compresses are placed atop to help them penetrate into the nervous system. This unique technique involves light touch, promotes balance, and supports the immune system.

The wellness journey is not a massage.

Not recommended if you are pregnant.

■ RLP HERBAL WRAP

30 min.

The RLP Herbal Wrap has been a long standing tradition in The Ranch Healing Process. Steaming hot linens steeped in local 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 HERBAL WRAP WITH MASSAGE

90 min.

Relax in a cocoon of hot herb-soaked linens. This 30 minute wrap will stimulate detoxification and ease muscle tension, making the massage that follows more effective and therapeutically beneficial. Choose from our signature range of aromatic wellness oil blends.

Not recommended if you are pregnant.

■ SEAWEED WRAP

30 min.

Our seaweed body mask remineralizes the cells, and helps to gently detoxify the body. It stimulates circulation, helping to improve nutrition to the tissues, skin tone, and cellular metabolism.

Not recommended if you are pregnant.

■ DETOX TREATMENT

90 min.

Release stored toxins, improve circulation, and reduce the appearance of cellulite. A hydrating oil infused with mother of pearl extract is applied to the body, and small silicone cups are used to create areas of suction on the skin. The cups are then glided in massage like strokes toward the lymph nodes. Some discomfort may arise as the body is detoxified, and skin may feel tender after the experience.

Not recommended if you are pregnant.

■ ANCESTRAL ENERGY CLEANSE

90 min.

This traditional treatment balances your energy field with gentle touch. Relax as your therapist uses long massage strokes, sacred geometry, and aromatic native herbs to create a healing experience. Your energy will be restored to its natural vibration and frequency.

The energy cleanse is not a full body massage.

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.



MEN'S HEALTH CENTER

treatments • steam • sauna • jacuzzi • infrared sauna

Spa Services for Men

SPA SERVICES HOURS

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STEAM • SAUNA • JACUZZI

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INFRARED SAUNA

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■ SEAWEED WRAP

30 min.

Our seaweed body mask remineralizes the cells and helps to gently detoxify the body. It stimulates circulation, helping to improve nutrition to the tissues, skin tone, and cellular metabolism.



BEAUTY SALON

Services for Women and Men

BEAUTY SERVICES HOURS

Monday-Thursday 11:00 a.m. to 7:00 p.m. (last 50 min. treatment is at 6:00 p.m.)

Friday 11:00 a.m. to 6:00 p.m. (last 50 min. treatment is at 5:00 p.m.)

Saturday 8:00 a.m. to 7:00 p.m. (last 50 min. treatment is at 6:00 p.m.)

Sunday - Closed

APPOINTMENT BOOKING HOURS AND LOCATIONS

Saturday 8:30 a.m. to 4:00 p.m. at the Dining Hall

Saturday-Sunday 7:00 a.m. to 8:00 p.m. All Health Centers

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CANCELLATION POLICY

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LATE ARRIVALS

If you are more than 15 min. late to your appointment you will most likely need to reschedule to accommodate other clients that are scheduled after you.

■ BLISSFUL JOURNEY PEDICURE

90 min.

This pedicure is a dream come true for your feet. It includes a mindful walk on our outdoor reflexology path followed by a cleansing ritual, pedicure, relaxing reflexology, and a foot massage that slips you into a blissful state.

Additional charge for a French style.

RANCH PEDICURE

50 min.

Your pedicure begins with a relaxing soak in scented water followed by cuticle care, exfoliation, and a moisturizing massage. An artful application of toenail polish completes the experience.

Additional charge for a French style.

RANCH MANICURE

50 min.

This manicure beautifies your hands while aromatic essential oils indulge your senses. Relax as you receive cuticle care, nail shaping, and a professional polish. A gentle exfoliation and moisturizing massage will leave your hands seriously soft.

Additional charge for a French style.

NAIL POLISH CHANGE

15 min.

Additional charge for French style.

SHELLAC AND GEL REMOVAL

20-30 min.

HAIR SALON

SHAMPOO AND SET, 90 min.

SHAMPOO & BLOW DRY, 50 min.

SHAMPOO & ARTISTIC BRAIDING, 50 min.

HAIRCUT (WOMEN), 45 min.

HAIRCUT (MEN), 40 min.

WAXING*

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

**No Brazilian Waxing.*

SKIN CARE CENTER

MAKEUP APPLICATION

40 min.

Your first makeup appointment is complementary. Please refer to the price list for additional makeup sessions.

◇ SPA PRICES ◇

VILLAS HEALTH CENTER

MASSAGES

RANCH CLASSIC MASSAGE	50 min.		\$90
	90 min.		\$150
HEAD TO TOE RELAXATION MASSAGE	90 min.		\$160
MOUNTAIN SAGE HOT STONE MASSAGE	50 min.		\$90
	90 min.		\$155
SACRED MOMENTS MASSAGE (COUPLES)	50 min.		\$180
	90 min.		\$310
PERSONAL RETREAT MASSAGE (IN GUEST ROOM)	90 min.		\$160
MATERNITY MASSAGE	50 min.		\$95
FOUR HAND MASSAGE	50 min.		\$155
SPORTS RECOVERY MASSAGE	50 min.		\$90
SHIATSU MASSAGE	50 min.		\$95

BODY TREATMENTS

INTENSIVE RELEASE	90 min.		\$150
XOCOLATL SKIN REPLENISHMENT	90 min.		\$160
ROSEMARY LOOFAH SALT GLOW	50 min.		\$90

FACIALS

LA PUERTA CORE ESSENTIALS FACIAL	50 min.		\$95
	80 min.		\$160
BACK FACIAL	50 min.		\$120
WARM STONE DEEP-MOISTURE FACIAL	50 min.		\$95
HARMONIZING FIRING FACIAL	80 min.		\$150
JAPANESE RESTORATIVE FACIAL	50 min.		\$105
	80 min.		\$160
MEN'S REFRESHER FACIAL	50 min.		\$95
	80 min.		\$150

HEAD-HANDS-FEET

HAPPY HANDS & FEET	50 min.		\$90
GEMSTONE REFLEXOLOGY	50 min.		\$90
JETLAG REFLEXOLOGY	50 min.		\$105
SCALP TREATMENT	50 min.		\$90
RUNNER'S REFLEXOLOGY	50 min.		\$90

MEN'S VILLAS FAVORITES

RANCH CLASSIC MASSAGE	50 min.		\$90
	90 min.		\$150
MOUNTAIN SAGE HOT STONE MASSAGE	50 min.		\$90
	90 min.		\$155
SPORTS RECOVERY MASSAGE	50 min.		\$90
HEAD TO TOE RELAXATION MASSAGE	90 min.		\$160
ROSEMARY LOOFAH SALT GLOW	50 min.		\$90
INTENSIVE RELEASE	90 min.		\$150
SCALP TREATMENT	50 min.		\$90
MEN'S REFRESHER FACIAL	50 min.		\$95
	80 min.		\$150
HAPPY HANDS & FEET	50 min.		\$90

HOLISTIC THERAPIES

BIODYNAMIC CRANIOSACRAL THERAPY	50 min.		\$120
	90 min.		\$175
THE FELDENKRAIS® METHOD	50 min.		\$95
ENERGY MEDICINE	50 min.		\$120
	90 min.		\$175
CHIROPRACTIC	50 min.		\$150
ACUPUNCTURE	50 min.		\$150
WATSU®	50 min.		\$175
WATER DANCE™	50 min.		\$175



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.



WOMENS HEALTH CENTER

MASSAGE

RANCH CLASSIC MASSAGE	50 min.		\$90
	90 min.		\$150
BACK, NECK & SHOULDER MASSAGE	50 min.		\$90
SPORTS RECOVERY MASSAGE	50 min.		\$90
PERSONAL RETREAT MASSAGE (IN GUEST ROOM)	90 min.		\$160

BODY TREATMENTS

WELLNESS JOURNEY	50 min.		\$100
	90 min.		\$160
DETOX TREATMENT	90 min.		\$155
ANCESTRAL ENERGY CLEANSE	90 min.		\$150

WRAPS

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



MENS HEALTH CENTER

MASSAGE

RANCH CLASSIC MASSAGE	50 min.		\$90
	90 min.		\$150
BACK, NECK & SHOULDER MASSAGE	50 min.		\$90
SPORTS RECOVERY MASSAGE	50 min.		\$90
PERSONAL RETREAT MASSAGE (IN GUEST ROOM)	90 min.		\$160

BODY TREATMENTS

WELLNESS JOURNEY	50 min.		\$100
	90 min.		\$150
ANCESTRAL ENERGY CLEANSE	90 min.		\$150

WRAPS

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



BEAUTY SALON CENTER

NAILS

BLISSFUL JOURNEY PEDICURE	90 min.		\$95
RANCH CUSTOM PEDICURE	50 min.		\$45
RANCH CUSTOM MANICURE	50 min.		\$35
NAIL POLISH CHANGE			\$16
SHELLAC AND GEL REMOVAL	30 min.		\$10

HAIR SALON

SHAMPOO & SET			\$75
SHAMPOO & BLOW DRY			\$40
SHAMPOO & BRAID			\$40
HAIR CUT WOMEN			\$55
HAIR CUT MEN			\$30

WAXING

LIP + EYEBROW			\$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

SKIN CARE CENTERS

MAKEUP SESSION

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.

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 cancelled and fully charged to your room.

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.

Please let us know if you have a preference for a male or a female spa therapist when you book an appointment. 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 aesthetician will apply sunscreen to your face. 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.

Our spa team values your suggestions and comments.



Tecate • Baja California • Mexico

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