



Inspired by traditions of local history and community, the spa offers organic products and natural healing elements to help nature nurture you. Revitalize with soothing body and facial treatments, a calming meditation, an invigorating private guided hike or an energizing yoga class. Breathe deeply. Walk softly. Let go – harmonize your body and soul.



 Post Ranch SPA

Body Treatments

Big Sur Jade Stone Therapy

Warmed Big Sur jade, collected from nearby beaches, and basalt river rocks combined with massage melt taut muscles and relieve sore joints, while cooled marble releases inflammation. Inspired by indigenous culture, this thermo-therapy stimulates circulation and balances energy centers.

1.5 hours with massage or reflexology \$195
2 hours with facial \$250
2 hours with aromatherapy body wrap \$260

Crystal and Gemstone Therapy

Beginning with an indigenous purifying ritual of burning sage, an aromatherapy massage is then combined with Big Sur Jade polished by the Pacific Ocean. Crystals and gemstones corresponding to the colors of the seven primary chakras, and sound therapy promote balancing of these chakras' frequencies. Our grounding Big Sur Flower Essence Mist completes this holistic treatment, harmonizing the mind, body and soul.

1.5 hours with massage \$195 / 2 hours with facial \$250

Body Exfoliation

This exfoliation polishes and purifies to refine all skin types, leaving a satin soft finish. Our signature body butter, rich in Shea butter, jojoba and other natural plant emollients with anti-oxidants, organic essential oils and flower essences further supports the regeneration and vitality of your skin.

1 hour \$140 / 1.5 hours with massage \$195 / 2 hours with facial \$250

Hungarian Herbal Body Wrap

A purifying blend of organic herbs including sage, ivy, cinnamon and paprika combined with a Hungarian thermal mud body masque highly stimulates and renews the skin, providing a vibrant complexion.

1 hour \$140 / 1.5 hours with massage \$195 / 2 hours with facial \$250

Lymphatic Massage

A slow, rhythmic massage intended to increase immune function, while releasing stress from the nervous system. This treatment is combined with traditional massage for maximum nourishment for the muscles and lymph system. Lymphatic massage cleanses and purifies your body from within, leaving you energized and renewed.

1 hour \$140 / 1.5 hours with massage \$195 / 2 hours with facial \$250

Thai Herbal Therapy

Thai herbal bundles including organic lemon grass, ginger and eucalyptus are steamed and compressed directly onto skin along meridians, energy lines of the body, to increase circulation and energy flow. Thai stretching techniques and acupressure points also relieve inflammation of the muscles and joints to further release tension.

1 hour \$140 / 1.5 hours with massage \$195 / 2 hours with massage \$260

Specialized Therapies

Reflexology

This technique focuses on reflex points on the feet that correspond to specific areas of the body. This revitalizing treatment relieves stress and releases energy.

1 hour \$140
1.5 hours with massage \$195
2 hours with facial \$250

Craniosacral Therapy

Subtle and gentle pressure facilitates profound results, relaxing the central nervous system to enhance the body's natural healing processes. The effects may occur immediately after a session or develop gradually over the next few days. *

1 hour \$140
1.5 hours with massage \$195
2 hours with massage or reflexology \$260

**Wear loose fitting clothes for these treatments.*

Reiki

This Japanese energy-balancing modality improves the body's flow of 'chi' through energy pathways called chakras and meridians. As the therapist holds these energy centers, Reiki clears the pathways, balancing energy flow and allowing natural healing to occur. *

1 hour \$140
1.5 hours with massage \$195
2 hours with massage \$260

**Wear loose fitting clothes for these treatments.*

Vibrational Resonance

Like a musical instrument, your body can be tuned to reach optimal balance. Various tuning forks with specific sound frequencies create harmonic resonance with different areas of the body, according to each tone. The vibrational sounds of tuning forks combined with Tibetan bowls help balance chakras and meridians to clear blocked energy.

1 hour \$140 / 1.5 hours with massage \$195
2 hours with gemstone therapy \$260



SPA SERVICES

Massages

Post Ranch Massage

Our flowing and relaxing signature massage integrates techniques customized to your needs, including Swedish massage, pressure point therapy and energy balancing.

1 hour \$140 / 1.5 hours \$195 / 2 hours \$260

Prenatal Massage

Both mother and child benefit from this gentle, soothing treatment. Pillows specifically designed for the expectant mother support her in comfort. Please inform us as to your stage of pregnancy so we can accommodate you better.

1 hour \$140 / 1.5 hours \$195 / 2 hours \$260

Therapeutic Massage

Focusing on individual concerns, this restorative treatment emphasizes relief in specific areas of the body. Various techniques, including more intense pressure, address common areas of chronic tension often caused by postural and muscular strength imbalances.

1 hour \$140 / 1.5 hours \$195 / 2 hours \$260

Duet Massage

Indulge the senses as two practitioners promote healing in harmony. This four-handed massage with choreographed synchronicity balances the body and soul.

1 hour \$260 / 1.5 hours \$355

Thai Massage

This ancient healing art promotes improved flexibility and energy flow. Assisted yoga positions, gentle compression of the muscles and acupressure points energize and lengthen the muscles. This traditional form of Thai massage is practiced on a supportive mat. *

1.5 hours \$195 / 2 hours \$260

**Wear loose fitting clothes for these treatments.*

Aromatherapy Massage

Soothing to the senses, this nourishing massage utilizes your choice of our signature aromatherapy massage oil blends. A variety of organic essential oils and Big Sur flower essences offer a range of benefits including calming the nervous system, improving immune function, and easing tension.

1 hour \$140 / 1.5 hours \$195 / 2 hours \$260

Facial Treatments

Organic Garden Facial

An array of hand-made organic products with fruits, vegetables, and herbs are blended for your skin type. This refreshing facial addresses skin care concerns such as aging, sun damage, or blemishes. Active ingredients including natural fruit acids, medicinal herbs, vitamins, minerals, local honey and Big Sur flower essences aid your skin to revitalize and sustain radiance. A combination of neck, shoulder, hand and foot massage is included. *

1 hour \$130
1.5 hours with back massage \$185
2 hours with massage \$250

**Extractions are not included.*



Wildflower Facial

Inspire your senses with a bouquet of floral remedies. Organic rose, lavender, chamomile, calendula and jasmine are calming and nourishing. This hydrating facial customized for sensitive, dry or rosacea skin types cleanses and revitalizes, assisting in a more even complexion. Rosehip extracts with high quantities of antioxidants renew your skin, while our Big Sur flower essences soothe the soul. A neck, shoulder, hand and foot massage complements this treatment. *

1 hour \$130
1.5 hours with back massage \$185
2 hours with massage \$250

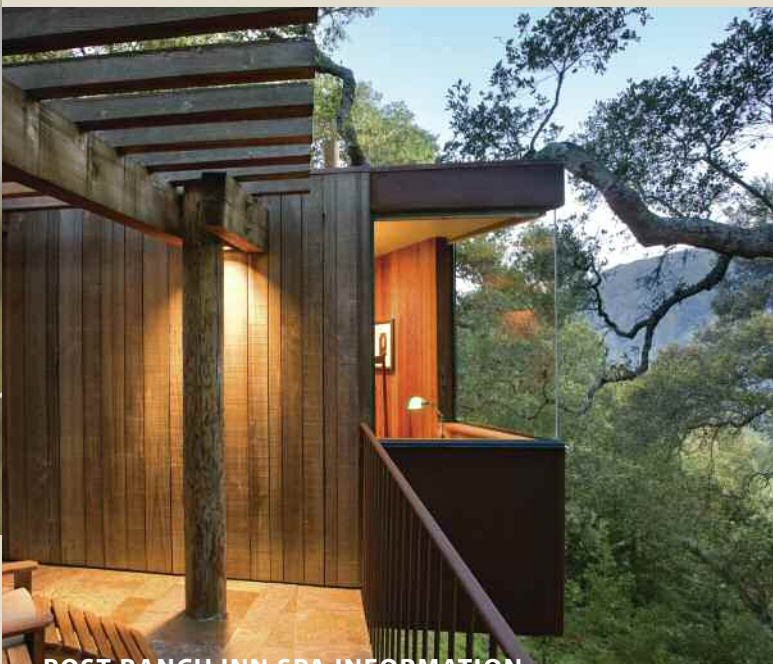
**Extractions are not included.*

Men's Facial

Designed for the unique skin care needs of men, this nourishing treatment features deep cleansing, moisturizing and toning to restore the skin. The session also includes a massage of the face, neck, scalp, hands and feet to provide a rejuvenating experience for him. *

1 hour \$130
1.5 hours with back massage \$185
2 hours with massage \$250

**Extractions are not included.*



POST RANCH INN SPA INFORMATION

Spa Treatment Rooms

The treatment rooms are framed by redwood trees and offer inviting views of the backcountry's granite peaks. This comforting setting offers relaxation in the heart of nature.

Spa Suite

Features a wood-burning fireplace, hydrotherapy tub, outdoor deck and spacious interior. Enjoy our signature spa treatments for singles or couples in a private setting with magnificent views of the Ventana Double Cones.

What to Wear

For guest room spa treatments, please wear the robe provided. If you reserve a spa treatment room, wear comfortable clothing or your robe. A changing room and robes are also available at the spa. During all treatments, you are appropriately draped.

Spa Reservations and Policies

Spa services are available from 9:00 a.m. to 9:00 p.m. Many treatments for singles or couples are available in your room at no additional charge. If you wish to cancel your spa service, please call at least 12 hours prior to your appointment time to avoid a cancellation fee of 50% of the service.

General Information: 831.667.2200
Reservations: 800.527.2200
Facsimile: 831.667.2512
Email: spa@postranchinn.com
www.postranchinn.com

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Spa Suite Rituals

Our Spa Suite offers a private setting, with a wood-burning fireplace, hydrotherapy tub, outdoor deck and spacious interior – perfect for signature spa treatments for individuals or couples.

Renewal

This detoxifying ritual begins with a soothing bath using our signature bath salts. A thermal mud body wrap includes organic herbs to stimulate circulation and remove toxins. After a short rinse, an aromatherapy massage with our purifying "Renewal" essential oil blend releases tension, improves overall immune function and moisturizes skin. Freshly brewed herbal tea then offers replenishment and grounding. A take-home gift of signature spa products is included.

2.5 hours for one person \$355 / for two people \$705

3.5 hours with Shaman Fire Ceremony for one person \$525 / for two people \$895

Indulgence

Drench your skin in a milk bath followed by a chocolate mousse body wrap and facial that decreases signs of aging, deliciously. Cocoa is a highly nutritious source of antioxidants, while macadamia, almond and jojoba oils offer deep hydration, leaving skin smooth and sweet. A treat of signature chocolates and a take-home gift of spa products are included.

2.5 hours for one person \$355 / for two people \$705

Resonance

Tune up your body and soul with vibrational sounds of tuning forks and Tibetan bowls. After a purifying bath, an aromatherapy massage is combined with Big Sur Jade. Crystals and gemstones correspond to the color of chakras, and sound therapy harmonizes these energy centers. Our grounding Big Sur Flower Essence Mist completes this holistic ritual, with a signature mist to take home.

2.5 hours for one person \$355 / for two people \$705

Remedy

This ritual continues the time-honored tradition of tailoring organic remedies to suit specific needs. Using certified organic essential oils and wildcrafted Big Sur Flower Essences, aromatherapy massage oil is custom-blended to promote optimal health for each individual. Beginning with a bath soak and a cleansing body exfoliation, an aromatherapy massage then utilizes your individualized blend. To continue the benefits at home, a gift bag of your custom blend and signature spa products is included.

2.5 hours for one person \$355 / for two people \$705

Baby Moon

Expectant mothers welcome this soothing ritual. After a revitalizing footbath and cleansing exfoliation for fatigued feet, a prenatal massage utilizes specially designed pillows which gently support you in comfort. A signature blend of Big Sur Flower Essences and Body Butter including Jojoba and Shea butter nourishes skin and helps prevent stretch marks. Skin soaks in the natural plant emollients leaving a satiny texture. Please tell us your stage of pregnancy so we can accommodate you better. To continue the benefits at home, a gift bag of signature spa products and body butter is included.

2 hours for one person \$275 / with partner \$565

Shaman Sessions

Indigenous cultures of the Americas have long known that we are connected to all of nature. Through the four directions your shaman establishes the medicine wheel, creating sacred and safe space. He then engages the forces of Nature and the ancient wisdom of the ancestors to help create lasting changes for physical, mental and emotional well being.

Illumination - Balances and cleanses the energy body of imprints that predispose us to negative physical and emotional conditions to boost energy, vitality, and immunity. Sessions include one of the following ancient processes:

Soul Retrieval - Uncovers the source of past wounding or trauma, retrieves lost energy, removes limiting contracts, and incorporates the energy of your power animal.

Destiny Retrieval and Divination - Incorporates the energy of who you want to become and reveals obstacles and opportunities along your path.

Bands of Power - Installs energetic bands that filter energies directed towards you so that they nourish your body.

1.5 hours for one person \$250 / 2 hours for one person \$305, for two people \$425

Fire Ceremony

In the safe sacred space established by the medicine wheel, experience an indigenous fire ceremony of purification or transformation, either something you want to let go of or invite into your life. During the ceremony, your shaman guides an interactive journey, drawing the energy of the fire to focus attention on an opening for healing distinctive patterns. Recognizing this healing intent offers the opportunity to change experiences in the real world. Advance reservations recommended.

1 hour for one person \$185 / for two people \$205

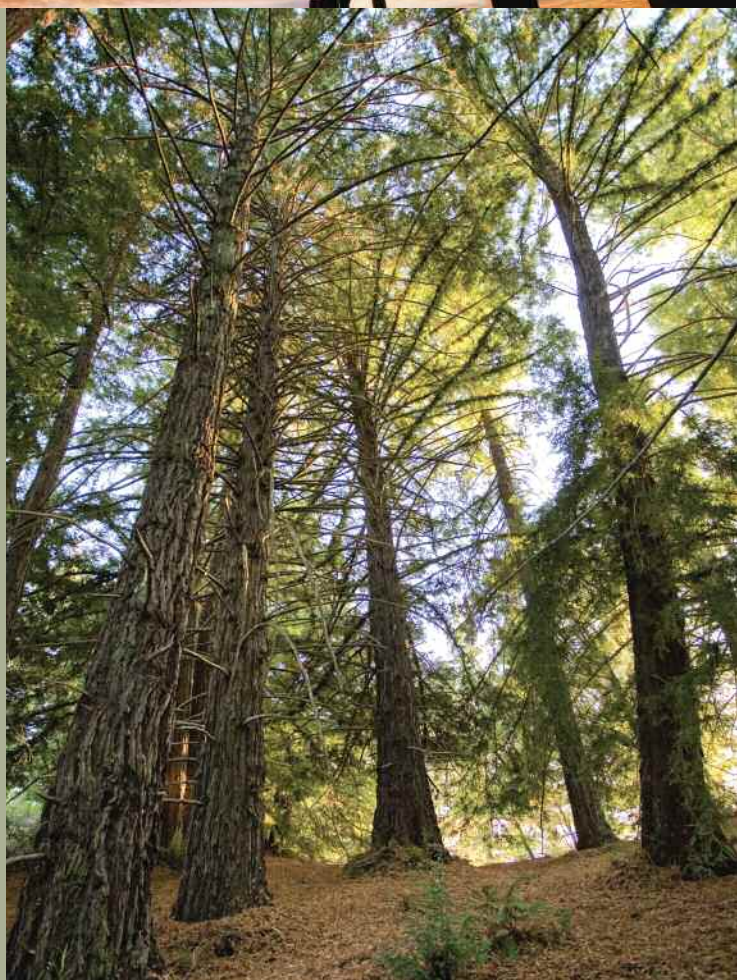
2 hours with Shaman Session for one person \$305 / for two people \$425

Drum Journey

Listen to the ancient voice of the drum as our shaman guides a journey to retrieve energies from the past and future to be fully present in the now. The practices of modern shamanism create the power to achieve your deepest levels of synergy, visioning and momentum. Additionally, you come away with a simple and potent set of tools to help enhance your quality of life in all aspects, including health and relationships.

1 hour for one person \$185 / for two people \$205

2 hours for two people \$425



Private Activities

Private Yoga

Practice with an experienced instructor to begin or continue learning a safe and effective yoga practice. This session will include traditional 'asanas' (postures), balance poses and 'pranayama' (breath work), catering to your individual needs. Partners' yoga instruction is available upon request.

one to two people – 1 hour \$105
1.5 hours \$150



Meditation

This personalized session explores the fundamentals of meditation and simple ways to integrate this ancient technique into your modern lifestyle. Learn how to relax, focus in the present moment and access higher levels of conscious awareness.

one to two people – 1 hour \$95

Couple's Massage Instruction

Connect as a couple and learn basic massage techniques to help each other release common areas of tension. Your massage instructor demonstrates and encourages both of you to give and receive a massage. Included is a take-home aromatherapy massage oil blend.

1.5 hour \$200 / 2 hours \$265

Private Guided Hikes

Enjoy a customized tour of the Santa Lucia Mountains, led by one of our own hiking guides, to redwood canyons, scenic bluffs, chaparral and ocean views. Tailored to individual interests and abilities, hikes range from informative nature walks filled with fauna, flora and folklore to serious treks designed to maintain elevated cardio-respiratory levels.

one to four people – 2 hours \$130 / 3 hours \$190 / 4 hours \$250

