

*Inspired by traditions of local history and community, the Post Ranch 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.*

## 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 \$165 / 1.5 hours \$250 / 2 hours \$330 / 2 hours with facial \$330**

### 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 better accommodate you.

**1 hour \$165 / 1.5 hours \$250 / 2 hours \$330**

### Therapeutic Massage

Focusing on individual concerns, this restorative treatment emphasizes relief in specific areas of the body. Various techniques and more intense pressure address common areas of chronic tension.

**1 hour \$165 / 1.5 hours \$250 / 2 hours \$330 / 2 hours with facial \$330**

### Duet Massage

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

**1 hour \$330 / 1.5 hours \$495**

### 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, such as calming the nervous system, improving immune function and easing tension.

**1 hour \$165 / 1.5 hours \$250 / 2 hours \$330 / 2 hours with facial \$330**



## Facial Treatments

### Organic Garden Facial

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

*\*Extractions are not included.*

**1 hour \$165 / 1.5 hours with back massage \$250  
2 hours with massage or body treatment \$330**

### Wildflower Facial

Inspire your senses with a bouquet of floral remedies. Post Ranch Spa's signature skin care products are formulated with wild-crafted and organic botanicals, anti-aging antioxidants and essential oils to give immediate and long-term visible results. Active, natural plant extracts with high concentrations of antioxidants tone and revitalize your skin, while Big Sur Flower Essences soothe the soul. Calming, nourishing and firming ingredients including local honey, rose, lavender, calendula, neroli and jasmine replenish sensitive, dry and/or rosacea skin. A neck, shoulder, hand and foot massage complements this treatment.

*\*Extractions are not included.*

**1 hour \$165 / 1.5 hours with back massage \$250  
2 hours with massage or body treatment \$330**

### Men's Facial

Designed for the unique skin care needs of men, this nourishing facial features Post Ranch Spa's signature skin care products. A deep cleansing, moisturizing and toning treatment restores the skin from the effects of shaving. This session also includes a scalp, neck, shoulder, hand and foot massage to provide a rejuvenating experience for him.

*\*Extractions are not included.*

**1 hour \$165 / 1.5 hours with back massage \$250  
2 hours with massage or body treatment \$330**

### Coconut Paradise Facial

A nourishing bioactive blend, including virgin coconut oil, coconut milk and local honey, purifies and improves skin elasticity to decrease the appearance of fine lines. Escape from dry, irritated or sun-damaged skin to the healing powers of coconut. Experience the tropical benefits of hydrating and collagen-boosting coconut and neroli, for skin that is naturally ageless. A scalp, neck, shoulder, hand and foot massage is included. Combine this facial with an organic virgin coconut oil massage or scalp and hair treatment to enjoy the sensations of a tropical paradise, head to toe. *\*Extractions are not included.*

**1 hour \$165 / 1.5 hours with back massage, or scalp and hair treatment \$250  
2 hours with massage or body treatment \$330**

## 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 cultures, this thermotherapy increases circulation and balances energy centers.

**1.5 hours \$255 / 2 hours with facial \$340**

### 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 body, mind and soul.

**1.5 hours \$250 / 2 hours with body treatment \$330 / 2 hours with facial \$330**

### 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 antioxidants, organic essential oils and Big Sur Flower Essences, continues to support the regeneration and vitality of your skin.

**1 hour \$165 / 1.5 hours with massage \$250 / 2 hours with facial \$330**

### 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 \$165 / 1.5 hours with massage \$250 / 2 hours with facial \$330**

### Lymphatic Massage

This slow, rhythmic massage increases immune function, while releasing stress from the nervous system. Techniques stimulating the lymphatic system, combined with traditional massage for maximum benefit, cleanse and purify your body from within, leaving you energized and renewed. Our signature aromatherapy massage oil blend includes organic lemon and cedar essential oils to detoxify and balance body and mind.

**1 hour \$165 / 1.5 hours \$250 / 2 hours with facial \$330**

### Ocean Body Polish

This detoxifying bamboo body polish features the immune boosting benefits of red seaweed. Refreshing organic rosemary, citrus, and juniper essential oils stimulate circulation of the lymphatic system, while seaweed and aloe extracts deeply moisturize the skin. Shea butter, and other replenishing plant emollients blended with cooling and purifying essential oils further revitalize body and mind.

**1 hour \$165 / 1.5 hours with massage \$250 / 2 hours with facial \$330**

## Signature Spa Rituals

### Renewal Ritual

This detoxifying ritual begins with a thermal mud body wrap with 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.

**2 hours for one person \$345**

### Resonance Ritual

Tune up your body and soul with vibrational sounds of tuning forks and Tibetan bowls. After a purifying ritual of burning sage, an aromatherapy massage is combined with Big Sur Jade. Crystals and gemstones correspond to the colors of the primary chakras, and sound therapy harmonizes these energy centers. Tones of the musical scale, representing the five elements: Air, Earth, Fire, Water and Ether/Space, are played in concert to create harmonic resonance for balancing and clearing energy. Our signature Big Sur Flower Essence Mist completes this holistic ritual.

**2 hours for one person \$345**

### Tropical Treat

Rediscover the healing powers of coconut that islanders have known for millennia. Featuring coconut's nutrient-rich antioxidants, deep cleansing and hydrating properties, this facial and massage firms and replenishes your skin. Start with a soothing massage using nutrient rich virgin coconut oil that leaves your skin satiny soft. A restorative facial with the fresh scent of coconut and neroli follows, offering immediate and lasting visible results, naturally. Experience a tropical treat head to toe finishing with a coconut oil scalp and hair treatment.

**2 hours for one person \$345**

### Ayurvedic Ritual

*Ayurveda - "the science of life," is a practice of holistic, healthy living. India's ancient healing tradition, both spiritual and scientific, perceives life as energy that is intimately intertwined with the forces of nature, continually dancing with the constant rhythms and cycles. The five elements: Air, Earth, Fire, Water and Ether/Space, as well as the four seasons are synchronistically represented in all Ayurvedic doshas or constitutions to harmonize body, mind, and balance emotions.*

This revitalizing ritual begins by selecting a blend of traditional Ayurvedic herbs and essential oils designed to bring balance during the current season. For example, "Kapha" season is Winter/Spring and the aromatherapy blend is for warming and energizing; "Pitta" season is Summer, and the blend is for soothing and cooling; "Vata" season is Fall, and the blend is for relaxing and grounding.

**2 hours for one person \$345**



*With picturesque views of the Ventana Double Cones, our two couples' treatment rooms provide a wonderful setting from which to enjoy our signature spa treatments with your partner.*

General Information: 831.667.2200  
Reservations: 800.527.2200  
Email: [reservations@postranchinn.com](mailto:reservations@postranchinn.com)  
[www.postranchinn.com](http://www.postranchinn.com)

## 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 \$165**

**1.5 hours with massage \$250**

**2 hours with massage \$330**

**2 hours with facial \$330**

### 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.

*\*Please wear loose-fitting clothing for this treatment.*

**1 hour \$165**

**1.5 hours with massage \$250**

**2 hours with massage \$330**

**2 hours with facial \$330**

### Energy-Balancing

Reiki, a Japanese energy-balancing technique, combined with other energy-balancing modalities, improves the body's flow of 'chi' through energy centers and pathways called chakras and meridians. Clearing the pathways and balancing energy flow allow natural healing processes to occur.

*\*Please wear loose-fitting clothing for this treatment.*

**1 hour \$165**

**1.5 hours with massage \$250**

**2 hours with massage \$330**

### 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 and energy field. These vibrational tones in concert with Tibetan bowls help balance chakras and meridians, clearing blocked energy while reconnecting body and soul.

**1 hour \$165**

**1.5 hours with massage \$250**

**2 hours with crystal and gemstone therapy \$330**

## Private Activities

### Private Yoga

Begin or continue learning a safe and effective yoga practice with an experienced instructor. The session includes traditional 'asanas' (postures), balance poses and 'pranayama' (breath work), catering to your individual needs. Yoga instruction for partners is available upon request.

**one to two people -**

**1 hour \$120 / 1.5 hours \$180**

### Meditation

This personalized session explores the fundamentals of meditation and simple ways to integrate the 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 \$120**

### 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. A take-home aromatherapy massage oil blend is included.

**1.5 hours \$275 / 2 hours \$355**

### 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 \$140 / 3 hours \$210 / 4 hours \$280**

## Intuitive Healing Arts

### Shaman Sessions

Indigenous cultures of the Americas use our connection to nature to produce powerful and comprehensive results through this profound, yet gentle session. Starting with deep explanation and discussion, the shaman establishes a sacred and safe space. He engages the forces of nature and the world's ancient wisdom to create lasting changes for physical, mental and emotional well-being. Cleansing the energy body of imprints that predispose us to negative physical and emotional conditions boosts energy, vitality and immunity making all of your life goals more easily achievable.

Shaman sessions include an insightful and enlightening dialogue and the following ancient processes:

- Clearing and protecting you from negative influences in this life, past lives, and ancestors.
- Healing and retrieving your power from past wounding, and remove limiting beliefs.
- Incorporating the energy of your power animal to help you going forward.
- Aligning your energy with your ideal destiny and offering the tools to achieve it.

**1.5 hours for one person \$315**

**2 hours for one person \$365, for two people \$515**

### 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. 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.

**2 hours, including Shaman Session, for one person \$365**

**2.5 hours for two people \$595**

### 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.

**2 hours, including Shaman Session, for one person \$365**

**2.5 hours for two people \$595**

### Sacred Touch

Access the healing powers of nature in the sacred place of Big Sur with an energy clearing and balancing session. This holistic therapy reconnects the body, mind and soul as it inspires the senses. Begin with basic, relaxing yoga postures and guided meditation in a safe, peaceful space. Intuitive touch is then integrated with aromatherapy, healing gemstones, sound therapy, and a foot massage.

This healing art empowers you to be in the present moment, set intentions and gain greater self-awareness. Harmonize the physical, emotional and spiritual self for wholeness and well-being. Set intentions with a Big Sur Jade touchstone gift to continue your connection to a sacred place.

**2 hours for one person \$350**

### SoulCollage®

*Engage the creative process by intuitively choosing images that speak to your soul. Carl Jung believed that when the soul wants to speak to us, it throws us an image. With the collage process of selecting pictures, you will create your unique set of divination cards for tools to deepen your relationship to self, community and Mother Nature. "It's by honoring... each of our parts that we become a new whole." ~Seena Frost, SoulCollage® founder*

Discover your animal totems and the indigenous healing symbolism through a guided meditation to then reflect in the themes of your cards arranged in four suits; psychological, social, archetypal and energetic. Experience your first intuitive reading with your own collection of SoulCollage® cards, and learn how to continue your connection to your powerful inner wisdom. Your own set of cards and a journal are provided to consult for life's questions and transitions.

**2.5 hours \$355 for one person and \$395 for two people**

### Mandala Painting

*Mandala* is a Sanskrit word generally translating to circle, usually containing a geometric center radiating outward. This ancient symbol has been used for meditation and spiritual practices for thousands of years in many cultures, from Tibetan monks to Native Americans. Carl Jung said that a mandala symbolizes "a safe refuge of inner reconciliation and wholeness" and is "a representation of the unconscious self." Learning to paint within the organizational structure of a mandala design focuses energy to awaken your creativity and explore the unconscious for greater self-awareness.



This individualized healing art instruction not only offers an introduction to acrylic painting and color theory, it also serves as a meditation for healing the past, becoming present and/or creating new beginnings. The instructor shares a representation of the plant and/or animal kingdoms as symbols to offer additional transformational wisdom. All levels are welcome to enjoy this art form either

individually or as a couple. Whether you finish your original painting during instruction or complete it at home, you will take with you the sacred art form you create.

**3 hours for one person \$440 / 3 hours for 2 people \$495**

**Additional art set \$75**

## POST RANCH SPA INFORMATION

*We strongly recommend scheduling spa services at least two weeks in advance to secure the time that is most convenient for you. Walk-in appointment requests are based upon availability.*

### Spa Treatment Rooms

Framed by redwood trees, our four spa treatment rooms feature inviting views of the backcountry's granite peaks. This comforting setting offers relaxation in the heart of nature.

### Couples' Treatment Rooms

Our two inviting couples treatment rooms offer a private setting and magnificent views of the Ventana Double Cones from which to enjoy our signature spa treatments. One room features a wood-burning fireplace, the other a walk-in couples' shower.

### What to Wear

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

### Spa Reservations and Policies

Spa services are available from 9 am – 9 pm. Many treatments for individuals or couples are available in your room at no additional charge. If you wish to cancel your spa service, please call at least 24 hours prior to your appointment time to avoid a cancellation fee of 50% of the service. Missed appointments with no notification are subject to 100% of the treatment cost.



General Information: 831.667.2200  
Reservations: 800.527.2200  
Email: [reservations@postranchinn.com](mailto:reservations@postranchinn.com)

[www.postranchinn.com](http://www.postranchinn.com)