



*Inspired by traditions of local history and community, the Post Ranch Spa offers organic signature spa products and Mother Nature's healing elements to nurture you. Revitalize with soothing body 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 ~ 1 hour \$215

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

#### Therapeutic Massage ~ 1 hour \$215

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 often caused by postural imbalances.

#### Aromatherapy Massage ~ 1 hour \$215

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.

#### Lymphatic Massage ~ 1 hour \$215

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, juniper and cedar essential oils to detoxify and balance body and mind.

#### Thai Massage ~ 1.5 hours \$215

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. \*Please wear loose-fitting clothes.

#### Prenatal Massage ~ 1 hour 215

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.

#### Reflexology ~ 1 hour \$215

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.

### Spiritual Exploration

#### Shaman Sessions ~ 2 hours for one person \$315 / 2 hours for two people \$515

Shaman sessions offer the rediscovered ancient wisdom and integrative approach that empowers you to quickly achieve profound and lasting improvements in quality and quantity of life. These techniques can restore comfort and vitality in the body, mind and soul, reducing stress and improving relationships.

Native Americans have long known that we are connected to all of nature. Through the four cardinal directions, your shaman establishes the medicine wheel, creating a sacred and safe space. He engages the forces of nature and the ancestors' ancient wisdom to create lasting changes for physical, mental and emotional well-being. Balancing and cleansing the energy body of imprints that predispose us to negative physical and emotional conditions boost energy, vitality and immunity.

Shaman journeys 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 removing 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.

#### Shaman Drum Journey ~ 2 hours for one person \$315 / 2 hours for two people \$515

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.

#### Big Sur Herbal Spirit Journey ~ 1.5 hours for one person \$345 / 1.5 hours for two people \$385

Embody the blissful peace of Big Sur with native and local herbal remedies. Aromatic herbs plants and flowers are hand-harvested from the Post Ranch Chef's Garden and forest to create your custom Native American herbal smudge bundle for an indigenous purifying ritual. Accessing the healing powers of nature, this holistic journey reconnects the physical, emotional and spiritual self as it inspires the senses. A guided meditation integrated with healing herbal remedies and an energy balancing sound bath empowers you to be in the present moment, set intentions and gain greater wellbeing. Our signature Big Sur Flower Essence Quartz Crystal Infused Mist and herbal smudge bundle are included to take home and continue self-care.

## POST RANCH SPA INFORMATION

The Post Ranch Spa is open and operating safely per Monterey County guidelines. Spa services are available in any of our four treatment rooms or in your guestroom (fee).

Due to high demand, spa appointments tend to fill up quickly and we are unable to guarantee last-minute availability. Advance reservations are required for all spa services and we strongly recommend making your reservations at least 4-6 weeks in advance. All services are subject to availability and change.

### Spa Services: Daily from 10 am – 6 pm

#### What to Wear

Face masks are optional for fully vaccinated guests but are required for unvaccinated or partially vaccinated guests during treatments and while inside the spa. All Post Ranch staff and therapists are required to wear masks for the entirety of all spa services and while indoors. Complimentary masks will be available for guests. If you reserve a spa treatment, wear comfortable clothing or your robe. During all treatments, you are appropriately draped.

#### Spa Reservations and Policies

If you wish to cancel or reschedule 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 service rate.

Post Ranch Spa exceeds all state, local and regulatory guidelines relating to sanitation and hygiene. As a part of that initiative, we will be monitoring the health status of all of our employees on a daily basis. We ask you to refrain from visiting our spa if you have a fever or a communicable illness.

Please Note: Some service availability may be impacted by current state and local regulations that limit certain categories of services. We will inform you of any need to reschedule or cancel your appointment due to ongoing regulatory updates.

General Information: 831.667.2200

Reservations: 800.527.2200

Email: [reservations@postranchinn.com](mailto:reservations@postranchinn.com)

POSTRANCHINN.COM



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[POSTRANCHINN.COM](http://POSTRANCHINN.COM)

### *Intuitive Healing Arts*

#### **Astrology ~ 1 hour \$315**

Your astrologist and birth-chart offer comprehensive guidance of your unique Life Path. This intuitive reading offers tangible steps and clarity for overcoming challenges, accessing your natural gifts, and creating from a more aligned, fulfilling place.

#### **Couples' Astrology ~ 1.5 hours \$370**

Using both of your birth-charts as a map, your astrologist guides towards a deeper understanding of key areas that relate to emotions, communication, love language, and passion. This reading is designed to offer you – as a couple – clarity and awareness for accessing your natural gifts, and evolving harmoniously together. Create from a fulfilling place, living more into alignment of your unique Life Path purpose of your relationship.

#### **Couples' Reflexology Instruction ~ 1 hour \$320**

Connect as a couple and learn basic reflexology and foot massage techniques with Big Sur Jade to help each other release common areas of tension. This revitalizing technique focuses on reflex points on the feet that correspond to specific areas of the body, releasing stress and balancing energy. Warmed Big Sur Jade, collected from nearby coves and beaches, combined with foot massage, melt taut muscles and help relieve sore joints. Your massage instructor encourages both of you to give and receive reflexology with a foot massage. A take-home aromatherapy body butter is included.

#### **Energy-Balancing ~ 1 hour \$215**

Reiki, a Japanese energy-balancing technique, combined with other energy-balancing modalities, improves the body's flow of 'chi' through energy centers and pathways, chakras and meridians. Clearing and balancing energy flow allows natural healing processes to occur. *\*Please wear loose-fitting clothes for this treatment.*

### *Private Spa Activities*

#### **Mindful Meditation ~ one to two people – 1 hour \$185**

This personalized session explores the fundamentals of meditation and offers 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.

#### **Sound Journey Meditation ~ one to two people – 1 hour \$185**

Journey on the healing waves of sound to harmonize and attune body and soul. Connect to your inner wisdom, strengthen your immune system and expand your creativity through the vibrational harmony of singing bowls, rattles and more.

#### **Movement Meditation ~ one to two people – 1 hour \$185**

Explore the subtle energy centers and awaken the natural wisdom that dwells within through a combination of movement, meditation, and aromatherapy. Take-home tools to implement and expand self-care with an array of benefits, including easing joints and muscles, increasing circulation and balance.

#### **Forest Meditation ~ one to two people – 1 hour \$185**

Delight in the wonder of the Post Ranch forest on a guided walking meditation in the redwood and oak groves. Bathed in Big Sur's Mother Nature, enjoy an outdoor healing journey cultivating connection to the powerful peacefulness within and all around. Receive deep renewal reconnecting the body, mind, and soul.

#### **Yoga ~ one to two people – 1 hour \$185**

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.

#### **Post Ranch Guided Nature Walk ~ one to two people – 1 hour \$155**

Discover the hidden beauty of Post Ranch on a guided nature walk. Learn about the flora and fauna, as well as the cultural and natural history of the area on a leisurely stroll of the property.

