More, we invite you to explore our Private Activities menu by clicking here.

**Massages**

- **Post Ranch Massage** ~ 1 hour $195 / 1.5 hours $295
  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 $195 / 1.5 hours $295
  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 $195 / 1.5 hours $295
  Soothing to the senses, this nourishing massage utilizes your choice of our signature aromatherapy massage oil blend. 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 $195 / 1.5 hours $295
  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 $295
  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.

- **Energy-Balancing** ~ 1 hour $195 / 1.5 hours $295
  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.

**Spiritual Exploration**

- **Shaman Sessions** ~ 1 hour for one person $315 / 1.5 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** ~ 1 hour for one person $315 / 1.5 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.

**Intuitive Healing Arts**

- **Astrology** ~ 1 hour $235
  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 $280
  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.

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**What to Wear**

In compliance with the mandatory California order, both guests and therapists are required to wear masks for the entirety of all spa services. 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 Services: Daily from 10 am – 6 pm**

**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.

**Post Ranch Spa Information**

The Post Ranch Spa is now open and operating safely per Monterey County guidelines. Spa services are available in any of our four treatment rooms. To prioritize the health and well-being of both our guests and team members, we are offering a modified menu of spa services and have reduced the capacity of our treatment areas. Each treatment room will remain ‘rest’ for a minimum of 30 minutes between appointments to allow for the deep cleaning and sanitization of the room.

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. We will do our best to accommodate your scheduling preference.

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**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

**Website:** postranchinn.com