

Inspired by Mother Nature's healing elements, the Post Ranch Spa offers spiritual exploration, wellness classes, and organic signature spa products to help nature nurture you. Revitalize. Breathe deeply. Walk softly. Let go – harmonize your body and soul.

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 \$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 combined with chakra balancing and healing gemstones 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.

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

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 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 in our Yurt 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.

Crystal and Gemstone Therapy ~ 1 hour \$235 / 1.5 hours \$355

Beginning with a Native American purifying ritual of burning sage, crystals and gemstones are then placed with corresponding colors of the seven primary chakras to promote balancing of these energy centers' frequencies, while sound therapy further harmonizes the body and soul. A heart chakra Big Sur Jade piece polished by the Pacific Ocean and our signature Big Sur Flower Essence Quartz Crystal Infused Mist are yours to take home and continue self-care.

Vibrational Resonance ~ 1 hour \$185 / 1.5 hours \$275

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 promote energy balancing through chakras and meridians, clearing blocked energy while reconnecting body and soul.

Shaman Sessions ~ 1.5 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 ~ 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.



Couples' Reflexology Instruction ~ 1 hour \$235

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. Both a take-home aromatherapy body butter and Big Sur Jade are included.

Private Spa Activities

Mindful Meditation ~ one to two people – 1 hour \$155

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 \$155

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 \$155

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.

Outdoor Yoga ~ one to two people – 1 hour \$155

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.

Outdoor Tai Chi ~ one to two people – 1 hour \$155

This gentle form of exercise is often described as meditation in motion. Tai Chi is known to help maintain strength, flexibility, balance and increase longevity.

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.

Big Sur Guided Hike ~ one to two people – 2 hours \$310

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

POST RANCH SPA INFORMATION

We strongly recommend scheduling spa services in advance to secure the time that is most convenient for you. Spa service times are considered requests until confirmed by Post Ranch Reservations prior to your stay. We will do our best to accommodate your scheduling preference. Please note that all spa services are based upon availability.

Spa Services: Daily from 10 am – 6 pm

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. Wear comfortable clothing or active wear.

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

POSTRANCHINN.COM