

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 \$185 / 1.5 hours \$275

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 often caused by postural imbalances.

1 hour \$185 / 1.5 hours \$275

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 \$185 / 1.5 hours \$275

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 \$185 / 1.5 hours \$275

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 \$360

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 \$185 / 1.5 hours \$275

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 \$185

1.5 hours with back massage, or hand and foot treatment \$275

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, 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 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 \$185

1.5 hours with back massage, or hand and foot treatment \$275

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. **Extractions are not included*

1 hour \$185

1.5 hours with back massage, or hand and foot treatment \$275

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 a coconut sugar body polish or massage. **Extractions are not included*

1 hour \$185

1.5 hours with back massage, or hand and foot treatment \$275

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 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 hour for one person \$315

1.5 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.

1.5 hours, including Shaman Session, for one person \$365

2 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.

1.5 hours, including Shaman Session, for one person \$365

2 hours for two people \$595

** Please note: Shaman Sessions are based upon availability and we recommend booking in advance.*

Specialized Therapies

Reflexology ~ 1 hour \$185 / 1.5 hours with massage \$275

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.

Craniosacral Therapy ~ 1 hour \$185 / 1.5 hours with massage \$275

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 clothes for this treatment.*

Energy-Balancing ~ 1 hour \$185 / 1.5 hours with massage \$275

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 clothes for this treatment.*

Vibrational Resonance ~ 1 hour \$185 / 1.5 hours with massage \$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 help balance chakras and meridians, clearing blocked energy while reconnecting body and soul.

Private Activities

Private Yoga ~ one to two people – 1 hour \$155 / 1.5 hours \$235

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.

Meditation ~ one to two people –1 hour \$155 / 1.5 hours \$235

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.

Couple's Massage Instruction ~ 1.5 hours \$275 / 2 hours \$355

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.

Private Guided Hike ~ one to two people – 2 hours \$210**

*** Please note: Private Guided Hikes are subject to seasonal availability.*

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.

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. Spa treatment times are considered requests until confirmed by Post Ranch Reservations prior to your stay. We will do our best to accommodate your scheduling preference. Same day appointment requests are based upon availability. Please note that Shaman Sessions are based upon availability and we recommend booking in advance.

Spa Services In Guest Room - Daily from 10 am - 6 pm

Spa services are available in guest rooms seven days a week from 10 am to 6 pm.

The Spa - Daily from 10 am - 6 pm

All spa treatments can be experienced daily in the Spa from 10 am to 6 pm. Framed by redwood trees, our four spa treatment rooms feature inviting views of the backcountry's granite peaks. 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 services 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 10 am – 6 pm. Many spa services 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