



Alisal Ranch Wellness

SPA TREATMENT MENU

Spring/Summer 2023



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A tranquil respite where guests are encouraged to kick off their boots and indulge in our wellness services. Spa treatments are curated to complement the activities provided throughout Alisal Ranch. Premium products and local ingredients are incorporated into each service, adding a level of authenticity to every experience.

Please review our Spa Policy

- The Alisal Wellness Center is available exclusively for Guests & Members
- Class reservations and spa treatments can be booked in advance by phone or email
- Cancellation Policy is 24 hours prior to the appointment time (48 hours for Groups)
- Spa is for guests & members 18+
- Guests under 18 years must have an adult present in the treatment room with them

At a Glance

- Spa Treatment Hours: 9am-5pm Monday-Sunday
- Wellness Center & Mercantile: 6am- 7pm Monday-Sunday
- Private Yoga, Mat Pilates, Sound Healing & Personal Training Sessions available`

Facials

ANDA The Organic Facial (90) \$245

Envelop skin and soul in a restorative experience that allows both to renew, transform and strengthen. Multi-function organic products rich in adaptogenic vital nutrients visibly revitalize the skin.

Marine Ultimate Facial (90) \$245

A decadent facial utilizing anti-aging caviar proteins and algae-based sheet masque to firm, tone, refine and deeply hydrate. Results are immediate, leaving skin supple, healthy and luminous.

Gua Sha Instant Lift (60) \$225

This exclusive facial technique stimulates lymphatic drainage, boosts circulation and releases fascia to leave skin visibly firm, contoured and glowing.

Customized Cleansing & Correcting Facial (60) \$195

Results-oriented treatment individually customized to address any skin type and concern, including sensitivity, fine lines, congestion and premature aging.

The Men's Facial (60) \$195

This results-oriented facial customized for male skin deep cleanses, soothes and rejuvenates.

Body Treatments

Aromatherapy Dreams Experience (90) \$245

Inhale the calming, balancing benefits of wild lavender or botanical neroli as you relax and enjoy a rejuvenating scrub, warm cocooning wrap and full body massage.

Botanical Crush (60) \$195

Mineral-rich salts x Aromatherapy Journey. Nourishing mineral-rich salts combine with organic aromatherapy oil for a revitalizing exfoliation and hydration treatment. Intuitively select from Organic Neroli Blossom, Lavender, Ginger, Grapefruit & Juniper Berry essential oils.

Massages

Deep Muscle Massage (60) \$225 (90) \$275

Deep pressure and stretching help to alleviate chronic muscle tension, and improve range of motion in this therapeutic treatment. Pressure is customized for your specific needs.

Magnesium Massage (60) \$225 (90) \$275

Magnesium is an essential mineral responsible for promoting healthy energy levels, sleep, muscle function and overall well-being. This nourishing treatment promotes detoxification and replenishes commonly deficient magnesium levels.

Mommy-To-Be Massage (60) \$195 (90) \$245

A nurturing massage that focuses on the special needs of mothers-to-be during pregnancy. Positioning, pillows, and cushions are used to enhance support, decrease pressure and increase relaxation for both body and mind.

Organic Aromatherapy Massage (60) \$195 (90) \$245

This traditional Swedish-style massage incorporates light to medium pressure to soothe muscles and create a state of relaxation. Choose your state of calm with a custom blend of Kerstin Florian Organic essential oils; Neroli Blossom, Lavender, Ginger, Grapefruit, & Juniper Berry.

Head, Neck & Shoulder Treatment (30) \$135

This express treatment targets key areas of tension with aromatherapy and acupressure to clear the mind, promote relaxation and ease stiffness and pain.

*“Health is a state of body.
Wellness is a state of being.”*

— J. STANFORD