



RANCHOLA PUERTA

PERSONAL SPA SERVICES & THERAPIES



*A warm welcome...*

*Our four health and beauty centers will be your sanctuaries this week. Each is staffed by skilled estheticians and therapists. Our organic gardens throughout the Ranch provide many of the medicinal herbs and other healing plants used in our therapies.*

# Body Massages

*Regular massage increases circulation, eases tension, tones muscles, and contributes to total well being. Recommended by Hippocrates as early as 400 BC, massage has long been recognized as an important adjunct to healing.*

*Arrive early if you can and indulge in a sauna or whirlpool, as this will loosen muscles as well as put you in a relaxed frame of mind. Take a warm shower just before your massage and change into a robe. Your massage therapist will lead you to the room where you disrobe in private. Lie down on the table and drape yourself with a sheet. (Although you will be nude during your treatment, your therapist will maintain your modesty by rearranging this sheet during different phases of the massage.) Please advise the therapist if you desire more or less pressure, and if some movement feels especially good or causes you discomfort. Relax... you'll be surprised how quickly tension slips away!*



## **HOT RIVERSTONE MASSAGE**

Smooth, glassy stones are heated in water enhanced with essential oils. Massage therapists use the stones as an extension of their hands, allowing them to work at deeper levels with lingering heat. Guests report soothing warmth, comfort and relaxation. Aches and pains are diminished, replaced by a feeling of physical well-being.

*Heat from the stones may cause skin redness lasting up to 48 hours.*

## **THERAPEUTIC DEEP TISSUE MASSAGE**

This deeper, more vigorous massage can either address the whole body or give more attention to specific areas of need. The choice is yours: by communicating with therapists you can have them focus where you need it most. Using a greater range of techniques and more "tools" (such as forearms and elbows), your therapist can work deeper to relieve chronic passive tension.

## **RELAXATION MASSAGE**

This massage nurtures and relaxes the whole body. Your therapist can enhance the experience using aromatic oils, or you can choose an unscented massage crème or lotion.

## **SPORTS MASSAGE**

This dynamic combination of friction, stretching and compression alleviates muscle tension, promotes recovery, and increases flexibility to aid in the prevention of injuries.

## **ENERGY BALANCE MASSAGE**

To aid your body's own healing mechanisms, holistic therapy nurtures and treats every aspect of a person: physical, emotional, mental and spiritual.

This massage induces relaxation, clears negative energy, balances the chakras and restores overall energy.

## **RANCHO LA PUERTA IN-ROOM MASSAGE**

We come to you! Our time-honored classic Swedish-style massage with a special mixture of aromatic oils and peaceful massage techniques helps the therapist relax muscles, quiet nerves, and increase circulation, evoking feelings of relaxation, tranquility and balance. Both senses of smell and touch are stimulated.

## HYDROTHERAPY MASSAGE

Feel weightless in a rushing stream of underwater jets as our skilled therapist soothes your tense muscles and stimulates circulation. We add a blend of pure seaweed and aromatic essences to the water. Seventy-five variable-pressure hydrotherapy jets ease you into a state of deep relaxation. This therapy culminates in a brisk massage with a hydrating lotion.

*Jets may cause skin redness lasting up to 48 hrs. Men must wear swim trunks.*

## HEALING THERAPY (Trigger-point Techniques)

A customized therapy that addresses specific problem areas using a variety of techniques such as trigger-point therapy, myo-fascial release, neuro-muscular release, and muscle-energy techniques. This focused clinical approach clears pain and releases chronic patterns of imbalance and tension in the body. The profound and enduring relaxation is beyond ordinary!

The temporary discomfort triggered by working long-locked-up tissues is a small price to pay for unprecedented freedom from pain or restricted movement. **Our therapy is not necessarily a full-body massage.** Your therapist will begin by asking about your areas of greatest need and your physical history. A brief postural assessment will provide clues to help your therapist initiate an “unwinding” process to restore structural normalcy.

Your therapist will also be likely to give you some “homework” —some simple somatic exercises to help with ongoing postural integrity and function.

## BACK & NECK MASSAGE

This massage uses deep tissue techniques and focuses on areas where stress tends to accumulate, relieving the tension and leaving you feeling relaxed.



# Body Wraps

*Now popular at spas worldwide, body wraps were originated at Rancho La Puerta in the 1950s: Ranch Founder Professor Edmond Szekely, seeking a balm for the aches and other muscle discomforts experienced by guests who were unaccustomed to dawn-to-dusk exercise, adapted and modified the 19th-century naturopathic techniques of Father Sebastian Kneipp (1821-1897) to our guests' needs. Body wraps are an effective and soothing way to promote circulation and relax tense and sore muscles.*

*NOTE: If this is your first experience with a wrap, please ask that your arms remain outside the wrap.*

## HERBAL WRAP

Steaming hot linens, boiled with traditional Native American herbs, are wrapped around the body. A blanket with plastic overlay captures and holds the heat. A soothing, cold compress applied to the forehead is a wonderful inducement to dozing.

## AROMATHERAPY WRAPS (two options: 30 minute or 50 minute\*)

This is the same process as Rancho La Puerta's herbal wrap except an aromatic oil of your choice is applied to your body before wrapping you up.

*\*50 minute wrap includes a brisk 20-minute massage.*

## SEAWEED WRAP

A purifying, cleansing therapy similar to our renowned herbal wrap, except that seaweed is the principal element of the diffusion. The wrap helps improve circulation and the efficient functioning of skin cells.

**High blood pressure?** *If you have circulatory issues that are not medically controlled, we advise against having an herbal wrap because it involves compression and heat.*

# Facials

*A traditional facial is enjoyed by women around the world who care about aging gracefully. Facials prepare the skin to absorb beneficial therapies such as anti-aging serums, and protect the skin against infection via improved cell health. Fine lines diminish as the skin's outer layers exfoliate, revealing smoother skin underneath. Most facials rely on a basic regimen such as that described in our "Golden Door Facial." With this repertoire as a starting point, we add various (and delightful!) nuances to address specific needs, such as an even deeper cleansing or firming of the skin. The Ranch's facials are the perfect introduction to what we hope will become a life-long practice!*



## **GOLDEN DOOR FACIAL**

This therapy begins with steam, followed by cleansing that includes exfoliation, then toning and moisturizing using Golden Door Skin Care products. To complete the magic, each facial includes a relaxing massage of the neck, head and shoulders.

## **LE GRANDE CLASSIQUE FACIAL**

A deep pore-cleansing and restorative facial. This complete and personalized therapy uses anti-inflammatory plant extracts that will leave your skin refreshed and dewy, without unsightly marks. Easily adaptable to any skin type, this sumptuous facial is based on Yon-Ka's "five progressive purifying steps," which allow the skin to be deeply cleansed without irritation.

## **ALPHA VITAL FACIAL**

This delightful natural fruit-acid skin resurfacing therapy uses organically sourced AHA (alpha-hydroxy acid) and BHA (beta-hydroxy acid). Alpha Vital instantly improves your skin's surface and promotes healthy cell renewal. Your face will become noticeably smoother without increased sensitivity. A freshly prepared, deliciously scented "fruitplasty" mask will leave your complexion luminous.

## **OPTIMIZER FACIAL**

A deep firming and lifting facial. At the precise balancing point of flawless skin and perfect tone, there is a sense of harmony. This is the sensation of Optimizer on the skin. Special needs require special treatment, and Optimizer provides it by using a superb range of scientifically proven uplifting and firming phytochemicals designed to release your skin's full potential.

## **AROMATHERAPY FACIAL**

Includes everything offered during a Golden Door Facial plus lotions created from the purest flower and plant botanical oils to promote skin healing and regeneration. This ancient technique, perfected through time, is experiencing a well-deserved revival. Uplift your spirit with the wondrous aromas of your choice! Recommended for combination skin types.

## **ÉCLAT COCOON DEEP HYDRATION FACIAL**

The newest high performance therapy from Yon-Ka provides a superb well-being experience, leaving your skin shimmering with luminosity and suppleness.

This facial imparts smoothing, anti-aging and long-lasting moisturizing effects. In addition to the regular Yon-Ka facial rituals, the new Éclat Cocoon facial includes a warm stone facial massage treatment that literally makes wrinkles and expression lines fade away... along with all your cares and stress.

## **BACK "FACIAL" NEW**

Treat your back with as much kindness as you care for your face. Our back facial involves a deep pore cleansing (with gentle steaming) to lift impurities, followed by gentle extraction, a brief hydrating massage, and a specialized treatment mask. Your aesthetician may use various products to remove dead skin depending on your skin type and its condition.

# Facials for men...

## YON-KA PERSONALIZED FACIALS FOR MEN

We offer three facials designed for men...

**SKIN FITNESS**

**POWER MOIST**

**AGE DEFENSE**

Each personalized facial can be ideal for the outdoor sports man, for city skin, or for imbalanced, stressed skin suffering from breakouts or congestion.

Depending on your needs, your Facialist will determine the appropriate combination. Cleansing, soft peeling, double hydrating, the application of a repairing mask, and some extraction may be included in your treatment—all followed by a massage that focuses on the face and back of the neck.

As an added bonus, you'll enjoy the invigorating aromatic atmosphere of 100-percent pure and natural essential oils.





## Body Treatments

*From head to toes, your body's skin craves the benefits of our healthful and invigorating masks, scrubs, and a "rain shower" that's fresh as a tropical island downpour.*

### **SPRING RAIN SHOWER WITH SEAWEED BODY MASK**

A detoxifying seaweed thermal wrap re-hydrates and re-mineralizes, followed by a gentle shower with special jets of water at a comfortable temperature designed to enhance relaxation and improve circulation. Full-body moisturizing completes the therapy.

### **HYDRALESSENCE BODY MASK**

Relax as a deep-hydrating warm algae body mask fragranced with flower essences replenishes skin tissue and promotes silky smooth contours. A wonderful stress reliever for the mind, body and spirit.

### **LOOFAH SALT GLOW**

Promotes baby-soft skin. A brisk massage with a salt, oil, honey, almond, and oatmeal paste is applied to the entire body (except the face), thoroughly cleansing the pores. Dead layers of skin cells disappear and circulation is stimulated.

*Avoid sun exposure before and after treatment.*

### **SOIN VELOURS BODY POLISH**

A refurbishing algo or citro-essence body polish. Your technician will choose either a body polish that utilizes a refining, re-mineralizing marine complex, or a hydrating, repairing plant-and-flower formula. Following the "stripping away of dead leaves" (the literal meaning of "exfoliate"), your new contours will be treated to a marvelous body massage with a silky blend of botanical oils and lotions.

*Avoid sun exposure before and after treatment.*





## Head, Hands & Feet

### **REFLEXOLOGY**

The soles of your feet have a soul! Modern reflexology stimulates many glands and organs of the body through energy flow and release points located in the feet. An uplifting experience!

### **HAPPY HANDS & FEET**

For every individual an opportunity exists to communicate with the whole body through the hands and feet. This special relationship can be used for the purpose of stress reduction, energy savings and building greater body awareness. You'll derive total relaxation from our combination of reflexology and hand massage, which finishes with a warm dip in paraffin to leave your hands and feet satiny smooth and soft.

### **SCALP TREATMENT**

Please arrive with clean and dry hair. This pleasing treatment improves circulation to the scalp by supplying oxygen and nutrients to the follicles. It also relieves dry scalp and helps damaged hair recover its suppleness. A neck and shoulder massage follows to relax tense muscles, and each treatment includes a mini-facial. (Leave oils in your hair for at least two hours before shampooing.)

### **AROMATHERAPY MANICURE**

The hands are the one part of the body that we see all the time, and they deserve the very best care. In our customized manicure, nails are trimmed and shaped and cuticles pushed back and oiled. A wonderfully gentle exfoliation scrub prepares your hands to be wrapped with paraffin, which provides moisturizing benefits. Your treatment is completed with a soothing hand and arm massage, and a choice between buffing or the application of a nail color—the final touch to beautiful hands.

*French manicure is also available.*

### **AROMATHERAPY PEDICURE**

A truly wonderful, customized pedicure. We begin by giving your feet a relaxing soak in scented water followed by cuticle nail work and a vigorous removal of callus. Next a gentle exfoliation scrub prepares your feet for the moisturizing benefits of a paraffin wrap. We massage the legs and feet, then apply nail polish in the color of your choice

*French pedicure is also available. Wear open-toed shoes or sandals.*



*For your health...  
and peace of mind:*

- *We sanitize our hands and put on gloves before your service begins.*
- *A new file is used for every nail service.*
- *We sanitize, disinfect and autoclave (sterilize) all metal tools.*
- *We will not provide any service that cannot be performed safely.*

## *Salon Treatments*

**FRENCH MANICURE**

**FRENCH PEDICURE**

**NAIL POLISH CHANGE**

**SHAMPOO AND SET**

**SHAMPOO & BLOW DRY**

**SHAMPOO & BRAID**

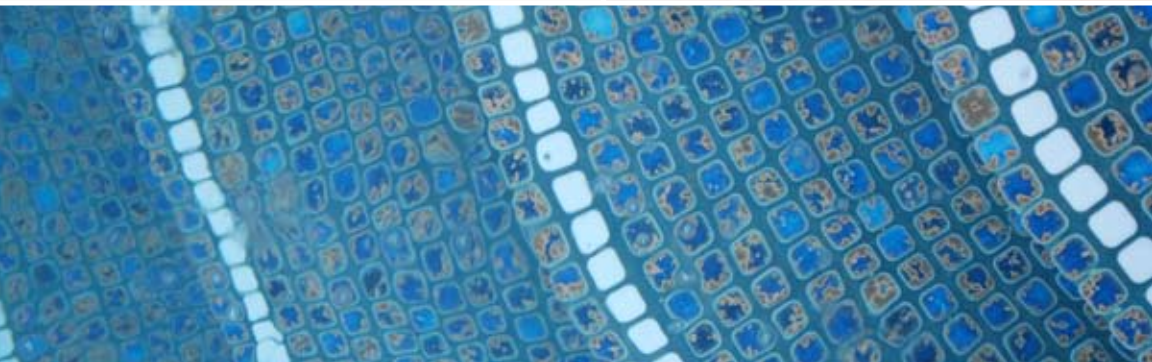
**HAIRCUT (Women)**

**HAIRCUT (Men)**

FOR  
PRICES,  
PLEASE  
SEE RATES  
INSERT



**RANCHO LA PUERTA**



# *So that we may better serve you...*

*Do not schedule back-to-back therapies at the two different health centers, as walking between the two takes 10 minutes or more.*

*Leave valuables, especially jewelry that might have to be removed for a treatment, in your room safe. We cannot be responsible for losses.*

*Sunbathing or shaving is not advised prior to skin treatments.*

*Contact lenses should not be worn during facials.*

*You may wish to bring tip coupons or cash for gratuities. No change is available at Health Centers. (Tip coupons can be purchased at the Cashier's Office.)*

*While waiting to be called, take a shower, relax in the hot tub, and sip tea or fresh lemonade.*

*Drink a full glass of water prior to and after any heat treatment.*

*Arrive at least 10 minutes before your appointment time, which is precisely on the hour. Inform the receptionist if you have any allergies or special requests.*

*Please do not arrive late to any therapy. At 10 minutes after the hour appointments are canceled and charged to the guest's room.*

*Many of our body therapies are performed by a male or female therapist. If you prefer one or the other, please let us know at the time you book an appointment. If possible, we will try to accommodate your wishes.*

*A facial leaves the newly exposed skin vulnerable to sun damage. Your esthetician will apply a protective lotion. Please wait 30 minutes before sunning; reapply after swimming or exercising. Water-resistant sunblock is available in dispensers at the Health Centers and swimming pools.*

*If you are pregnant and unaccustomed to massage and other body treatments, please discuss your condition with our nurse, ext. 630. Other conditions that concern you, such as fragile bones and joints, arthritis, infection, etc., should also be discussed with the nurse prior to booking a body treatment*

## **TO MAKE APPOINTMENTS**

Appointments may be made and changed in person or via telephone at the times and locations below:

### **SATURDAYS**

Ranch Health Centers (Womens, Mens and Beauty Salon only): 7:00 a.m.–9:00 p.m.

### **SUNDAY-FRIDAY**

All health centers from 7:00 a.m.–9:00 p.m.

**Villas Health Center** ext. 800  
**Mens Health Center** ext. 626

**Womens Health Center** ext. 625  
**Beauty Salon Center** ext. 627



**RANCHO LA PUERTA**  
The year 'round fitness resort and spa



## PERSONAL SPA SERVICES & THERAPIES RATES

### *massage*

<b>HOT RIVERSTONE MASSAGE</b>	50 minutes	\$85
	90 minutes	\$145
<b>THERAPEUTIC DEEP TISSUE MASSAGE</b>	50 minutes	\$80
	90 minutes	\$140
<b>RELAXATION MASSAGE</b>	50 minutes	\$75
	90 minutes	\$135
<b>SPORTS MASSAGE</b>	50 minutes	\$85
<b>ENERGY BALANCE MASSAGE</b>	90 minutes	\$110
<b>RANCHO LA PUERTA IN-ROOM MASSAGE</b>	50 minutes	\$85
	90 minutes	\$145
<b>HYDROTHERAPY MASSAGE</b>	40 minutes	\$85
<b>HEALING THERAPY</b>	90 minutes	\$110
<b>BACK &amp; NECK MASSAGE</b>	35 minutes	\$50
	50 minutes	\$75

### *body wraps*

<b>HERBAL WRAP</b>	30 minutes	\$45
<b>AROMATHERAPY WRAPS</b>	30 minutes	\$45
	50 minutes	\$55
<b>SEAWEED WRAP</b>	30 minutes	\$45

### *facials*

<b>GOLDEN DOOR FACIAL</b>	50 minutes	\$75
<b>LE GRANDE CLASSIQUE FACIAL</b>	80 minutes	\$95
<b>ALPHA VITAL FACIAL</b>	50 minutes	\$85
<b>OPTIMIZER FACIAL</b>	80 minutes	\$105
<b>AROMATHERAPY FACIAL</b>	50 minutes	\$75
<b>ÉCLAT COCOON FACIAL</b>	50 minutes	\$90
<b>BACK "FACIAL"</b>	50 minutes	\$115

*10% mexican Tax will be added to all therapies*



## *facial for men...*

<b>PERSONALIZED FACIAL FOR MEN</b>	50 minutes	\$90
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## *body treatments*

<b>SPRING RAIN SHOWER WITH SEAWEED BODY MASK</b>	45 minutes	\$85
<b>HYDRALESSENCE BODY MASK</b>	75 minutes	\$105
<b>LOOFAH SALT GLOW</b>	50 minutes	\$65
<b>SOIN VELOURS BODY POLISH</b>	50 minutes	\$75

## *head, hands & feet*

<b>REFLEXOLOGY</b>	30 minutes	\$45
<b>HAPPY HANDS &amp; FEET</b>	50 minutes	\$75
<b>SCALP TREATMENT</b>	50 minutes	\$65

## *salon treatments*

<b>AROMATHERAPY MANICURE</b>	50 minutes	\$25
<b>AROMATHERAPY PEDICURE</b>	50 minutes	\$35
<b>FRENCH MANICURE</b>	50 minutes	\$35
<b>FRENCH PEDICURE</b>	50 minutes	\$45
<b>NAIL POLISH CHANGE</b>	15 minutes	\$15
<b>SHAMPOO AND SET</b>	50 minutes	\$40
<b>SHAMPOO &amp; BLOW DRY</b>	50 minutes	\$28
<b>SHAMPOO &amp; BRAID</b>	50 minutes	\$45
<b>HAIRCUT (Women)</b>	45 minutes	\$45
<b>HAIRCUT (Men)</b>	40 minutes	\$25

*24 hours advance notice is required if you must cancel or change an appointment's time or day.*

*We regret that same-day changes cannot be accommodated.*

*Prices may change without notice*

*10% mexican Tax will be added to all therapies*

*Your senses  
heightened  
and body  
reinvigorated,  
you journey back  
into the Ranch's  
world of  
fragrant garden  
paths, trickling  
fountains, and  
singing birds...*



**RANCHO LA PUERTA**

*Family owned and operated since 1940*

800-443-7565 | [www.rancholapuerta.com](http://www.rancholapuerta.com)