



**GUIDE TO  
PERSONAL SPA SERVICES & THERAPIES**







# amala

USED EXCLUSIVELY FOR **FACIALS**  
AT RANCHO LA PUERTA...WHERE  
ENHANCING NATURAL BEAUTY CAN  
EMBRACE THE INDIVIDUAL AND  
BENEFIT THE WORLD



Nature gives us everything we need to look and feel beautiful. Our challenge is getting it from the soil to the skin without compromising the benefits or the earth.

Amala skin care products, are made from high potency organic plants, custom distilled to ensure ingredients retain their full therapeutic value. By gently protecting each plant's beautifying benefits, Amala is able to formulate extraordinarily effective skincare with proven results.

The effectiveness of Rancho La Puerta skin care is reliant upon the ingredients Amala sources exclusively from their global fair trade farmers. Each plant ingredient is grown organically and sustainably in its native habitat to ensure peak potency. In addition, Amala's farm partners' commitment to regenerative agriculture mirrors Rancho La Puerta's own practices, and our long-standing relationships—like Amala's—are an integral part of our environmental and social initiatives.

## ***An integrated approach...***

In order to maintain its standards and the integrity of its products, Amala controls its process at each touch point.

*Cultivation:* Knowledgeable farmers carefully and sustainably grow organic plants according to the traditions of their cultures and communities.

*Distillation:* Amala's whole plants are expertly and gently distilled by master distillers whose unique art provides them with potent, whole plant ingredients. Custom distillation is a precise, time-consuming process that takes into account each plant's unique properties and composition.

*Formulation:* Amala's own research and development team formulates every skincare treatment at the Amala labs in Sulzberg, Germany.

*Production:* Amala's products are produced by their internal production team and exclusive partner in Baden Baden, Germany, to ensure none of their standards are compromised.

## ***Proven performers...***

Until recently, natural skincare—though widely recognized for its safety and eco-consciousness—lacked a reputation for effectiveness. We are proud to report that Amala skincare treatments are proven-effective, plant-based formulas of 100% natural origin. Their exclusive blends of potent, organic whole plants harness nature's plant power to naturally and beautifully transform the skin. Their formulas are clinically tested for efficacy by a third party laboratory in Germany, which specializes in skincare and is head by esteemed dermatologists.

After manufacturing, Amala products are rushed to Rancho La Puerta for use at their peak freshness and effectiveness!



# PRIMAVERA®

PURE NATURE, IN PERFECT  
BALANCE—FOR THE **BODY**.  
PRIMAVERA OFFERS CERTIFIED  
NATURAL SKINCARE AND  
AROMATHERAPY PRODUCTS THAT  
HOLD THE PUREST JOYS OF NATURE



A perfect match for the philosophies of Rancho La Puerta, Primavera believes that a treatment for the body should be a holistic experience that nurtures the skin and senses, allowing beauty to touch the soul. The renewing qualities of the Ranch's body treatments allow our guests to open a new door of energy to better partake in challenging activities day after day during their Ranch fitness experience.

Because Primavera knows that skin is as unique as a person's fingerprints, its treatments respect the individual. Many can be customized to address the unique needs of each guest, and its body care products fall into four categories: Energizing, Relaxing, Restoring, and Cleansing.

Like Amala skincare products, the Primavera line was created "certified organic", and never uses synthetics, parabens, or genetically modified plants. Instead they use certified organic ingredients, plant-specific methods, food-grade and organic emulsifiers, 100% natural fragrances and a natural preservation system so that all formulas are pure and wholesome.

In addition, Primavera believes in ethical business practices and pays fair prices to organic farmers around the world. From seed to soil to shelf, its dedicated partnerships allow Primavera to be intimately involved at every step. Their quality control is uncompromising, backed by in-house chemists who monitor the physical and microbiological properties of all Primavera ingredients. And of course animal testing is out of the question at Primavera.

Enjoy all of Rancho La Puerta's body treatments in good health, and with the assurance that every Ranch therapy aims at achieving a deeper balance of mind/body/spirit health.





## FACIALS

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Traditionally, facials are 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. Our Amala facials are the perfect introduction to what we hope will become a life-long practice!

### CUSTOM FACIAL | 50 min., VHC

Nourish and awaken the skin with a customized facial inspired by restorative fruits and plants from Amala's global fair-trade farms. Experience the benefits of using Organic Seed Oils, which are the source of all new plant life. Whole plant ingredients will soften, balance and renew skin's elasticity while stimulating cell renewal, providing anti-oxidant protection, and repairing skin's natural moisture barrier.

Extraction if needed. Recommended for: All skin types.

### NATURE'S MOST PURE FACIAL | 80 min., VHC

In the religions of Eastern Asia, the blue lotus symbolizes purity of mind and body; it and other healing plants and flowers of Eastern Asia inspired this balancing, clarifying, and restorative treatment. Sun-dried Indian rassoul clay is incorporated for its deep-cleansing properties. Amala's Vedic Marma Cleansing Technique combined with wild-crafted Indian blue lotus, bamboo, and ginger provide essential nutrition, replenish amino acids, and purify the skin as they restores balance. The rare blue lotus infuses skin with all-natural vitamins, minerals, and amino acids; essential nutrition for a pure, healthy complexion.

Deep pore cleansing. Recommended for: Oily / problem skin.

### HYDRATING WARM STONE DEEP-MOISTURE FACIAL | 50 min., VHC

Quench dry dehydrated skin with the soothing fruits and flowers of Southeast Asia. Amala's organic, fair-trade-cultivated and custom-distilled jasmine, along with organic papaya, jojoba and shea butter, will restore lasting hydration and elasticity while protecting skin from free-radical damage. Fine lines and uneven skin texture are smoothed by clove bud, lychee, rosewood and tumeric. The healing power of jasmine and other South Pacific plant ingredients replenish and sustain skin's moisture level for smooth texture and a healthy, even tone.

No extraction. Recommended for: Mature skin / dry skin / sensitive skin / dehydrated skin.

### REMINERALIZING FACIAL | 50 min., VHC

Unrefined, sun-dried white and pink clays blended with French spirulina define this facial experience that will regenerate, oxygenate, clarify, balance and deeply stimulate your skin. Mature or sun-damaged skin will deeply absorb the minerals, vitamins, and moisture in Amala's organic and Fair Trade cocoa bean, acai, andiroba, brazil nut and other Amazon rainforest plants and flowers, leaving skin brighter, firmer, smoother, and more youthful.

Extraction if needed. Recommended for: All skin types.

### GENTLEMAN'S FACIAL | 50 min., VHC

From Egypt to India to ancient Greece, the blue lotus has come to symbolize purity. Amala's gentlemen's deeply cleansing and hydrating facial employs wild-crafted blue lotus, algae extract, rice germ, bamboo, ginger, lemon and tiger grass to exfoliate and purify the skin and decongest pores. Perfect for a man's skin, this facial provides the full spectrum of skin benefits as nature intended.

Extraction if needed. Recommended for: All skin types. Please shave at least 3 hrs before facial

### HARMONIZING FIRMING FACIAL | 80 min., VHC

The skin purifying effect of wild-crafted blue lotus and rejuvenating properties of organic cocoa bean create the harmonizing effect of this treatment. Blue lotus, bamboo, ginger, algae extract, and green and white clays will deeply cleanse and purify skin. The unique plants of the South American Amazon rainforest—organically grown cocoa bean, acai, andiroba, and buriti—will smooth fine lines, rejuvenate, and re-hydrate. Organic muru muru butter, cupuacu butter and shea butter restore youthful elasticity and hydrate with lasting moisture, leaving your skin feeling youthful, fresh, and radiant.

Extraction if needed. Recommended for: Mature skin.

### BACK FACIAL | 50 min., VHC

Restore balance, clarity and radiance to skin with treatments inspired by the healing plants and flowers of Eastern Asia. Ingredients such as rice germ, blue lotus, bamboo, algae extract, and green and white clays help control excessive oil production and remove clogging impurities from skin. Tiger grass and lemon help heal blemishes and promote clear skin; green and white teas provide antioxidant protection, soothe skin, and even skin tone for a pure, healthy complexion.

Extraction if needed. Recommended for: Problem skin.



## MASSAGE

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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 treatment.

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 | 50 min., 90 min., VHC

Smooth stones, perfected and polished by nature, can help relieve tense muscles, stressed emotions and a strained mind. These special stones, renowned for their healing capabilities, are heated and then incorporated in this signature massage. Our therapist's soothing touch will take you to a new field of relaxation. (Heat from the stones may cause skin redness lasting up to 24 hrs.)

### THERAPEUTIC DEEP TISSUE MASSAGE | 50 min., 90 min., WHC, MHC

A deeper more vigorous massage that can either address the whole body or give more attention to specific areas of need... the choice is yours via communicating with your therapist and letting him/her know 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 | 50 min., 90 min., WHC, MHC

Our time-honored classic Swedish-style massage nurtures and relaxes the whole body. Your therapist can enhance the experience using aromatic oils, or you can choose an unscented massage oil.

### **SPORTS MASSAGE | 50 min., VHC**

A deep, intense massage incorporating long, flowing massage strokes with a variety of massage techniques, releasing muscle tension to improve flexibility in the prevention of injuries. Tailored to your specific needs.

### **IN-ROOM MASSAGE | 50 min., 90 min., WHC, MHC, VHC**

Your room becomes your private spa sanctuary for the hour. Our special combination of aromatic oils and peaceful massage techniques relaxes muscles, quiets nerves and increases circulation while your senses of smell and touch are stimulated.

### **FOUR-HAND MASSAGE | 50 min., WHC, MHC**

Choreographed heaven! Two experienced therapists work simultaneously on matching muscle groups on opposite sides of the body, creating a feeling of great balance, symmetry, energy, and release. We offer the most classic form of a four-hand massage, during which therapists mirror each other's Swedish-style massage techniques using a combination of slow and long strokes.

### **BACK & NECK MASSAGE | 35 min., 50 min., WHC, MHC**

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

## **HEAD, HANDS, & FEET**

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### **REFLEXOLOGY | 30 min., 50 min., VHC**

Your therapist applies pressure to specific points on the feet to influence the health of corresponding parts of the body. "Pressure sensors" on the feet connect with different parts of the body, and as reflexology techniques stimulate these sensors, waves of relaxation are sent throughout the body to aid health and encourage relaxation, prevent disease, reduce pain, and improve quality of life.

50-minute session includes work with semiprecious stones.

### **HAPPY HANDS & FEET | 50 min., VHC**

Communication with the whole body through the hands and feet creates a special relationship that 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. A warm finishing ecofin dip leaves your hands and feet satiny smooth and soft.

### **SCALP TREATMENT | 50 min., VHC**

Please arrive with clean and dry hair. This pleasing treatment supplies 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 after treatment before shampooing.)

## WRAPS

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### RLP HERBAL WRAP | 30 min., WHC, MHC

Steaming hot linens steeped in traditional Native American herbs wrap the body, while a blanket and plastic overlay captures and holds heat. A cold compress on the forehead adds comfort.

### AROMATHERAPY WRAPS | 30 min., 50 min., WHC, MHC

These soothing treatments are performed in the same manner as the Herbal Wrap (above), but in addition, your therapist applies the essential oils of the season.

50-minute wrap includes a brisk massage.

### SEAWEED WRAP | 30 min., WHC, MHC

Similar to our renowned Herbal Wrap, this purifying, cleansing treatment (using seaweed as the principal element) improves circulation and helps skin cells function with greater efficiency.

## BODY TREATMENTS

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### CUSTOM AROMATHERAPY | 90 min. WHC, MHC

This is a holistic experience that nourishes skin and senses, touching the soul and allowing the body to physically heal, eliminating muscular tension on neck, shoulders, and skull. The power of each oil mixture is based on the therapeutic properties of essential oils. The unique massage technique performed on the spinal column, neck, and back, reinforces immune system and the flow of spinal fluid to the brain, promoting emotional balance. Hot compresses applied along the spine help to penetrate essential oils into the nervous system.

*Not recommended if you are pregnant*

### ENERGY BALANCE THERAPY | 90 min., WHC, MHC

Energy healing is a profound and fundamental part of holistic therapy. This massage catalyzes spiritual healing in your energy field, helping you break free of any negative energy that may be limiting your mind and spirit. With distortions gone and your chakras balanced, your body can restore lost energy and regain its holistic health.

### HEALING THERAPY (Trigger-Point Techniques) | 90 min., VHC

This focused approach clears pain and releases chronic patterns of imbalance and tension in the body. We customize each treatment to address specific problem areas using a variety of techniques such as trigger-point, myofascial release, neuromuscular release, and muscle-energy techniques. The relaxation that follows is profound and enduring. Any temporary discomfort triggered by working on long-locked-up tissues is a small price to pay for unprecedented freedom from pain or restricted movement. (Note: this treatment is not necessarily a full body massage.)



### FIVE ELEMENTS | 90 min., VHC

The ancient medical Chinese tradition of seeking equilibrium and interconnection between all living beings inspires our “Five Elements,” and our goal is to balance and restore the *Qi* (vital) energy of the body and mind.

The Aromatherapy blends for these five treatments connect and balance body and mind with the five natural elements:

**WATER**—Lymphatic body treatment using long undulating body movements to facilitate drainage.

**WOOD**—Relaxing, intensive oleation that stimulates skin to breath, expand and repair itself.

**FIRE**—Focuses on the nerves and muscles along the spinal column to balance emotions.

**EARTH**—Stimulates the two cerebral hemispheres by using a cross body massage and shiatsu techniques.

**METAL**—Treatment involving firm pressure with pulling and twisting to restore the mind and body’s harmony.

All Five Elements treatments start with a relaxing body brush, to stimulate circulation and lymphatic drainage.

For more information regarding the 5 Elements, please refer to the body treatment page on our website or the booklets located at every Health Center.

### LIFE FLOW | 50 min., VHC

A renewing body ritual, followed with a detoxifying body polish and light skin oleation with the purifying powers of juniper and cypress essential oils, herbal extracts and the emollient richness of Apricot Kernel oil for intense hydration. This treatment has powerful detoxifying effects for the entire organism through a seaweed mask applied on the back that leaves the skin supple and hydrated. Choice of dry brush or Loofah is available.

Cleansing. Recommended for: Sensitive skin.



### INNER FORCE | 50 min., VHC

A restorative body scrub with a rose and pomegranate body wash containing balsam, sea salts and clays. A wrap with a natural blend of essential oil of rose, rosehip seed oil, and sallow thorn seed oil moisturizes and helps restore the skin from sun damage, promoting cell renewal for an even tone.

Restoring. Recommended for: Mature / normal skin.

### RENEWING MOMENTS | 50 min., VHC

This treatment begins with a honey and ravintsara essential oil blend applied on the back with a suction technique to detoxify the organism. Then, a relaxing body wash with a creamy, foaming balsam imparts deeply calming effect to skin and senses, followed by a gentle skin oleation with essential oils that strengthen the skins ability to hold moisture and restore its elasticity.

Relaxing. Recommended for: All skin types.

Recommended for men with relatively smooth backs.

### BRIGHTEN THE MIND | 50 min., VHC

An energizing body exfoliation to feel refreshed and awakened. Blends of ginger and lime essential oils have a unique effect toward increasing the energy in the body, while a spice aroma brightens the mind. Leaves the skin nourished and protected. A choice of light or medium exfoliation is available.

Energizing. Recommended for: All skin types.

### LOOFAH SALT GLOW | 50 min., VHC

Promotes baby-soft skin. A brisk massage with a salt, almond-jobaba-macadamia oil, honey, 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.

## HYDROTHERAPY

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### ALIVE VICHY SHOWER | 50 min., VHC

A stimulating body wrap with natural clays and rich sweet algae water, followed by rinsing and water massage with the Vichy shower. Therapist will apply oil in a gentle massage on the massage table, with your choice of body oils or body lotions.

### DELUXE AROMATIC HYDROTHERAPY TUB | 40 min., VHC

Our blend of Primavera body wash and essential oils is added to the tub. Enjoy a soak for 25 minutes, inhaling and absorbing the healing properties of our organic blends, then relax and enjoy your after-bath moments on the massage table, including the application of a body lotion blend of your choice.

# SALON TREATMENTS

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## AROMATHERAPY MANICURE | 50 min., BSC

This customized manicure beautifies your hands while fragrant essential oils indulge your senses. Nails are trimmed and shaped. Cuticles are pushed back and oiled. A wonderfully gentle exfoliation scrub will be applied to prepare your hands to be wrapped with moisturizing ecofin. Your treatment is completed with a soothing hand and arm massage, and choice of buffing or a professional color application in the color of your choice—the final touch to beautiful hands.

## AROMATHERAPY PEDICURE | 50 min., BSC

A truly wonderful, customized pedicure. It begins with a relaxing soak in scented water followed with cuticle nail work and callus reduction. Next a gentle exfoliation scrub prepares your feet to be wrapped with moisturizing ecofin. This indulgence concludes with a treat—a massage to legs and feet. Polish is professionally applied in the color of your choice.

## FRENCH MANICURE

50 min., BSC

## SHAMPOO & BLOW DRY

50 min., BSC

## FRENCH PEDICURE

50 min., BSC

## SHAMPOO & ARTISTIC BRAIDING

50 min., BSC

## NAIL POLISH CHANGE

15 min., BSC

## HAIRCUT (WOMEN)

45 min., BSC

## SHAMPOO AND SET

50+ min., BSC

## HAIRCUT (MEN)

40 min., BSC

### SPA LOCATION CODE

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WHC	Women's Health Center
MHC	Men's Health Center
BSC	Beauty Salon Center
VHC	Villas Health Center

*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.*



## SPA PACKAGES

When requesting spa appointment times in advance, keep these package options in mind. Once you arrive at the Ranch tell our staff that you have planned your week around one of these basic packages and they will adjust pricing accordingly.

Spa package must be purchased prior to your second spa appointment.

### DELUXE SPA PACKAGE - 5 TREATMENTS\*

\$399+tax

Enjoy five 50-minute (or less) treatments\* of your choice.

Upgrade Option: Choose five treatments\*, including all 80- and 90-minute treatments (TOTAL: \$575+tax).

### PREMIUM SPA PACKAGE - 8 TREATMENTS\*

\$615+tax

Enjoy eight 50-minute (or less) treatments\* of your choice.

Upgrade Option: Choose eight treatments\*, including all 80- and 90-minute treatments (TOTAL: \$888+tax).

### ULTIMATE SPA PASSPORT - 12 TREATMENTS\*

\$899+tax

Enjoy twelve 50-minute (or less) treatments\* of your choice.

Upgrade Option: Choose twelve treatments\*, including all 80- and 90-minute treatments (TOTAL: \$1296+tax).

### UNLIMITED TREATMENTS\* - \$1899+tax

Enjoy as many treatments\* as you wish.

**\*Four Hand Massage, Cooking Classes, and Therapeutic Private Sessions (Watsu, Craniosacral, Chiropractic Service, Feldenkrais, and Acupuncture) are not included in any spa package pricing.**

*Mexican tax (11%) is not included in these prices.*

*Spa services are limited to availability; guest will be guaranteed the number of treatments in their package, but not necessarily the specific treatments of their choosing. Spa packages are per person, for up to seven continuous days.*

*Some restrictions apply. Prices can change without notice.*





## PERSONAL SPA SERVICES & THERAPIES

### FACIALS

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CUSTOM FACIAL	50 min.	\$95
NATURE'S MOST PURE FACIAL	80 min.	\$125
HYDRATING WARM STONE FACIAL	50 min.	\$95
REMINERALIZING FACIAL	50 min.	\$90
GENTLEMAN'S FACIAL	50 min.	\$95
HARMONIZING FIRMING FACIAL	80 min.	\$125
BACK FACIAL	50 min.	\$95

### MASSAGE

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HOT RIVERSTONE MASSAGE	50 min.	\$90
	90 min.	\$150
THERAPEUTIC DEEP TISSUE MASSAGE	50 min.	\$85
	90 min.	\$150
RELAXATION MASSAGE	50 min.	\$85
	90 min.	\$150
SPORTS MASSAGE	50 min.	\$90
IN-ROOM MASSAGE	50 min.	\$90
	90 min.	\$150
FOUR HAND MASSAGE	50 min.	\$155
BACK & NECK MASSAGE	35 min.	\$55
	50 min.	\$85

### HEAD HANDS & FEET

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REFLEXOLOGY	30 min.	\$55
	50 min.	\$85
HAPPY HANDS & FEET	50 min.	\$90
SCALP TREATMENT	50 min.	\$90



*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.*

*11% Mexican tax will be added to all therapies*



## WRAPS

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RLP HERBAL WRAP	30 min.	\$50
AROMATHERAPY WRAPS	30 min.	\$50
	50 min.	\$80
SEAWEED WRAP	30 min.	\$55

## BODY TREATMENTS

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CUSTOM AROMATHERAPY	90 min.	\$155
ENERGY BALANCE THERAPY	90 min.	\$145
HEALING THERAPY	90 min.	\$145
FIVE ELEMENTS	90 min.	\$155
LIFE FLOW	50 min.	\$90
INNER FORCE	50 min.	\$90
RENEWING MOMENTS	50 min.	\$90
BRIGHTEN THE MIND	50 min.	\$90
LOOFAH SALT GLOW	50 min.	\$90

## HYDROTHERAPY

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ALIVE VICHY SHOWER TREATMENT	50 min.	\$95
DELUXE AROMATIC TUB TREATMENT	40 min.	\$90

## SALON TREATMENTS

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AROMATHERAPY MANICURE	50 min.	\$35
AROMATHERAPY PEDICURE	50 min.	\$45
FRENCH MANICURE	50 min.	\$40
FRENCH PEDICURE	50 min.	\$50
NAIL POLISH CHANGE	15 min.	\$16
SHAMPOO AND SET	50+ min.	\$45
SHAMPOO & BLOW DRY	50 min.	\$40
SHAMPOO & BRAID	50 min.	\$45
HAIRCUT (WOMEN)	45 min.	\$50
HAIRCUT (MEN)	40 min.	\$30

*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.*

*11% 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. . .*



**RANCHOLAPUERTA**

*Family owned and operated since 1940*

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