

Fitness Center Summer Hours of Operation:

Sunday – Friday 6:00 a.m. – 8:00 p.m.

Saturday 6:00 a.m. – 6:00 p.m.



Spa Hours of Operation:

Monday – Saturday 9:00 a.m. – 6:00 p.m.

Sunday 10:00 a.m. – 4:00 p.m.

## ALISAL FITNESS CENTER & SPA MENU OF SERVICES

Welcome to our beautiful, new spa facility at the Alisal Guest Ranch. We are proud to offer the following signature treatments, created specifically for our guest's needs and preferences. We invite you to indulge in one or many of our Spa services during your stay with us. Enjoy!

**Alisal Spa Massage:** 60 minutes \$125 90 minutes \$175

Our team of professional massage therapists offers a customized massage, ranging from Swedish, therapeutic, sports and deep tissue, suited for each guest's specific needs. A must for all of our guests looking to relax, and leave all worries behind.

**The Alisal Hot Stone Treatment:** 75 minutes \$165

This unique body treatment is designed to relax and pamper you from head to toe. Feel your stress melt away with our heated stone full body massage. Your feet will be rejuvenated with our luxurious organic rosemary salt foot scrub. This experience also includes an invigorating aromatherapy scalp treatment.

**The Trail Blazer:** 75 minutes \$165

Created to rejuvenate and replenish, our signature treatment begins with an organic peppermint salt full body exfoliation that will leave your skin incredibly soft and glowing. After a refreshing rinse, enjoy a custom massage focusing on relieving tension and stress from your neck, back and shoulders. A perfect way to energize your day.

**The Sun Downer:** 2 hours \$250

After an action packed day on the ranch, this spa package is the ultimate wind-down experience. Begin with a custom full body massage with heated therapeutic oils and steamed towels designed to promote deep relaxation. Your relaxation is completed with a soothing, deep cleansing facial that will leave your skin fresh and glowing.

**Anti-Aging Renewing Facial:** 75 minutes \$165

This regenerative facial is customized for your specific skin care needs. Perfect for dry, tired skin that needs toning and replenishing. This luxurious facial includes cleanse, exfoliation, deep pore cleansing, extraction and steam. You will relax completely with a customized masque while receiving hand and foot massage. Let us pamper your skin and you will enjoy the visible results.

**Nojoqui Mud Wrap & Sage Bliss Massage:** 90 minutes \$200

After a full body dry brushing, our signature handcrafted blend of algae, Dead Sea mud and Spanish sage is applied, bringing relief to sore, fatigued muscles and tranquility to body and mind. While you are wrapped in a warm cocoon, enjoy a relaxing scalp, face and neck massage. Next, your feet are pampered with reflexology massage and steamed towels. After a refreshing rinse, indulge in our therapeutic sage lotion full body massage. Don't leave the Ranch without experiencing this signature treatment!

### Cancellation & Spa Policies

Spa appointments can be made at the Fitness Center location during business hours. Please notify us 24 hours in advance if you need to cancel an appointment. For parties of six or more, please notify us 72 hours in advance of any cancellation. Unless we receive this advance notice of cancellation, you will be billed for cost of treatments not used. Appointments cannot be extended due to late arrivals. Please be on time. We encourage you to book your spa appointments in advance in order to ensure availability. (Gratuities are not included in the price of treatments.) Our prices are subject to change.