



FITNESS CENTER & SPA

*Fitness Center Hours of Operation:
Daily 6:00 a.m. – 6:00 p.m.*

*Spa Hours of Operation:
Daily 9:00 a.m. – 6:00 p.m.*

*Guest Services Desk:
Daily 7:00 a.m. – 6:00 p.m.*

Alisal Fitness Center & Spa

Since 1946, the Alisal Guest Ranch and Resort has been a welcoming retreat for those seeking adventure and rejuvenation. Guests have found themselves both calmed and invigorated by the fresh air, open spaces and stunning natural beauty of the Santa Ynez Valley.

The Alisal offers another way to renew body and spirit: our state-of-the-art 6,000 square-foot Fitness Center & Spa. This building features an impressive Ranch-style exterior that gives way to an exceptionally inviting interior. High beamed ceilings, hardwood floors and light buckwheat colored walls offer a soothing backdrop for both fitness and relaxation. Whether your goal is toning up in the well-equipped cardio-weight room, an active workout in a private or group fitness class, or pampering yourself with one of our signature spa treatments, our new Fitness Center and Spa is guaranteed to enhance your Ranch experience.

GUEST SERVICES

With so much to do at the Alisal, Guest Services is available to help you plan your activities and answer your questions.

While on property, our Guest Services Associates will be happy to assist you with sign-ups for a variety of activities the Alisal offers.

CARDIO & WEIGHT EQUIPMENT

To unwind after a productive meeting or loosen-up before hitting the trails or the links, visit our fully equipped cardio-weight room. For weight training we offer light free weights, a seven-piece machine circuit and additional resistance training equipment plus a full complement of the latest cardio exercise equipment. Three 42-inch flat screen televisions and a top-of-the-line sound system help you pass the time as you are working out. There is no charge for the use of the equipment in this room.

GROUP OR PRIVATE FITNESS CLASSES

Put some giddy-up in your get-along or balance your Chi with one of our many fitness classes. Check online or at the Guest Services desk for the latest schedule of classes. Sign up ahead of your stay to ensure your place in the class or drop in “spur” of the moment to see if there is an opening. Group classes include Yoga, Pilates, Zumba and Abs Sculpting. Group classes are \$15 per person and include all equipment. Please note there are maximum numbers allowed per class. For private Yoga or Pilates instruction please make reservations 48 hours in advance.

SIGNATURE SPA TREATMENTS

If you are travel weary or trail sore nothing restores the mind and spirit like one of our signature spa treatments. From soothing Swedish and deep tissue massages and gentle cleansing facials to our exclusive therapeutic mud and herb wraps; our licensed and certified specialists will gladly remove the weight of the world from your shoulders. For those who would like to share the massage experience we offer couples massage rooms that allow you to relax together with side-by-side massages in a peaceful and private sanctuary. See the following pages for a full menu of our spa treatments.

MASSAGE

Our team of professional massage therapists offers a customized massage including Swedish, therapeutic, sports and deep tissue; suited for each guest's specific needs. This is a must for those looking to relax and leave all worries behind.

Swedish Massage: **60 minutes \$125** **90 minutes \$175**

A combination of relaxing, flowing massage strokes that effectively stimulate circulation and rejuvenate tired and / or sore muscles.

Deep Tissue / Sport Massage: **60 minutes \$130** **90 minutes \$180**

Deep pressure and techniques with a targeted focus on the muscle groups are used to improve flexibility and increase circulation. Stretching and lengthening techniques are used to open up contracted muscles.

Therapeutic Massage: **60 minutes \$130**

Both Swedish style and deeper pressure techniques are used to release tension especially in the lower back, neck and shoulders. This massage is both relaxing and restorative. This massage is an ideal choice for de-stressing.

***Maternity Massage:** **60 minutes \$125**

This is a gentle soothing massage that allows the expecting mother to unwind and relax. You will be comfortably supported and cradled with pillows so you can completely enjoy your pampering massage.

**Please note that deep work is not administered during this massage and that you must be past your first trimester. Heat treatments, reflexology, wraps and scrubs are not advised for mothers-to-be.*

FACIALS

Classic Luxury Facial: **60 minutes \$145**

This facial is perfect for someone who wants to relax while the skin is calmed, moisturized and pampered. After the skin is thoroughly cleansed and lightly exfoliated, a healing, hydrating masque is applied. Relax completely with a hand and foot massage while the masque feeds and nourishes the skin.

Renewing and Revitalizing 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.

Cell Renewal Oxygen Facial: **75 minutes \$165**

Our signature facial from Cell Renewal Systems is perfect for all skin types needing visible smoothing, clarity and detoxification. This facial includes cleanse, exfoliation, deep pore cleansing, oxygen mask, neck, shoulder, hand and foot massage.

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

This facial utilizes highly effective products that improve the texture and appearance of the skin as well as smooths fine lines. We recommend a series of 6 facials for noticeable improvement. Safe for all skin types.

Teen-Time Treatment: **90 minutes \$185**

This is a perfect pairing of a facial which includes deep pore cleansing with a relaxing neck, back and shoulder massage. This combination package is designed for the teen that is on the run but needs attention to both face and body.

**Any of our facials can be applied to the back. If you need to beautify your back for a special occasion, a back facial is a wonderful treatment.*

BODY TREATMENTS

Happy Hour:

75 minutes \$165

Satisfy the thirst of the driest skin. Enjoy a refreshing body scrub from our ancient Sea Bed mineral salt and oil blends; Margarita, Grapefruit, Daiquiri, Lavender Tangerine or Citrus Mint. The invigorating exfoliation is followed by a cleansing rinse. As you melt into peaceful relaxation, your treatment is completed with a back, neck and shoulder massage.

De-Stress Back Treatment:

60 minutes \$145

This treatment is perfect for the person who's back is in need of a little extra TLC. We combine exfoliation, application of our detoxifying Nojoqui Mud and massage to restore balance to the back and renewed well-being to the body.

Hand & Foot Revitalizing Treatment:

75 minutes \$165

This unique treatment uses massage and hydration techniques to bring balance to the entire body through the hands and feet. The pampering is complete with hand and foot exfoliation, masque, hydration treatments, as well as an aromatherapy scalp massage.

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 treatment is complete with a soothing deep cleansing facial that will leave your skin fresh and glowing.

The Trail Blazer:

90 minutes \$200

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 relaxing massage; focusing on relieving tension and stress from your neck, back and shoulders. This is a perfect way to energize your day.

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.

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 massage. Don't leave the Ranch without experiencing this signature treatment!

Herbal Compress Treatment & Massage:

90 minutes \$200

Our hand blended mix of herbs and flowers are designed to reflect each season and the body's consequent needs. These are applied directly to the skin as heated compresses to relieve muscle soreness and inflammation in the joints. Next feel your stress melt away with a full body massage with our heated herb infused oil. This is a wonderful experience in any season.

Healing Aloe Wrap & Massage:

90 minutes \$200

The ultimate for soothing and pampering the skin that is dry, dehydrated or sunburned. Begin with a dry brush exfoliation followed with a luxurious aloe wrap. While relaxing in the wrap enjoy a scalp treatment, facial massage, healing facial mask and foot reflexology. After a refreshing rinse you will receive a gentle pampering massage with our ultra-hydrating aloe body cream.*

**Dry brushing may be omitted if skin is sunburned.*

Therapeutic Hair and Scalp Treatment: 45 minutes \$75

Specially blended tonics are used to address specific conditions of the hair and scalp, while massage, Shiatsu and Cranial Sacral holds promote deep relaxation and increase circulation to the scalp and hair follicles. This treatment not only conditions the hair and scalp, but helps to bring balance back to the whole body.

ADD - ON

Honey Butter Hand Treatment: 30 minutes \$55

This gentle cleansing and exfoliating treatment will leave your hands conditioned and moisturized as it soothes and nourishes the skin. These products are vitamin enriched and restore softness to the skin.

Reflexology: 30 minutes \$55

This service begins with a renewing cleansing scrub to exfoliate and soothe tired feet. Hot towel compression is used to bring circulation and blood flow to the feet. The reflex points are stimulated to rebalance the body.

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. Prices are subject to change.

GRATUITY IS NOT INCLUDED IN THE PRICE OF TREATMENTS.

AGES

Fitness Center may only be used by guests 16 years and older. Massage treatments are available to guests 16 years and older.

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