

EXPERIENCE
WELLNESS

CARMEL VALLEY RANCH IS DELIGHTED TO PROVIDE RELAXING MASSAGE, SKIN, AND NAIL TREATMENTS IN THE COMFORT AND PRIVACY OF YOUR SUITE. TREAT YOUR TOES TO A FRENCH PEDICURE. LET US SPOIL YOU FROM HEAD TO TOE WITH OUR FACIAL & REFLEXOLOGY COMBO. WITH CATHEDRAL CEILINGS, FLOOR-TO-CEILING WINDOWS, AND SPECTACULAR VIEWS OF THE SURROUNDING FOREST, MOUNTAINS, AND FAIRWAYS, OUR PLUSH MONTEREY PENINSULA RESORT IS AN OASIS OF RELAXATION AND PEACE. WARM AND SUNNY CALIFORNIA DAYS MAKE THE BALCONY A PERFECT LOCATION FOR AN OUTDOOR DEEP-TISSUE MASSAGE.



APPOINTMENTS

FOR TREATMENT RESERVATIONS, PLEASE CONTACT THE CONCIERGE AT 831.625.9500 AND ASK FOR EXTENSION 306, OR FROM YOUR ROOM, SIMPLY DIAL 306. ALL SESSIONS ARE SCHEDULED BASED UPON AVAILABILITY. ANY TREATMENT BOOKED TO BEGIN BETWEEN THE HOURS OF 8PM AND 8AM ARE SUBJECT TO AN ADDITIONAL FEE OF \$25.00.



CARMEL VALLEY RANCH
SPA SERVICES



CARMEL VALLEY RANCH
ONE OLD RANCH ROAD CARMEL CALIFORNIA 93923
TEL 831.625.9500 CARMELVALLEYRANCH.COM



MASSAGE

RANCH CLASSIC MASSAGE \$125/165

This customized service allows the therapist to create a personalized massage using a variety of techniques to relax tight muscles, increase circulation and enhance well-being. Your therapist will discuss with you the appropriate amount of depth and pressure. 50 or 80 minutes

AROMATHERAPY MASSAGE \$135/175

Enjoy this therapeutic massage combining the sense of smell and touch as pure essential oils restore and balance your energy. Your therapist will discuss with you the appropriate amount of depth and pressure. 50 or 80 minutes

DEEP TISSUE TECHNIQUE MASSAGE \$155/195

A deeper massage and specialized technique for individuals wanting more detailed body work on specific muscle groups. This massage technique assists in relieving chronic pains and improving range of motion. 50 or 80 minutes

GOLFER'S MASSAGE \$125/165

A special combination of traditional massage, stretching, and trigger-point therapy that targets golf-specific muscles. Ideal for enhancing sports performance and muscle recovery. 50 or 80 minutes

CRANIOSACRAL THERAPY \$125/165

A subtle yet powerful session that encourages your body to release stress. This gentle, hands-on technique offers profound and deep relaxation to the brain and central nervous system as tensions melt away and balance is restored. Please wear loose-fitting clothing. 50 or 80 minutes

REFLEXOLOGY \$125/165

Based on the theory that zones of the feet correspond to specific areas of the body, this massage focuses entirely on the feet...with a peppermint lotion massage to release tension and relax the entire body. Please wear loose-fitting clothing. 50 or 80 minutes

PRENATAL MASSAGE \$135

Customized for expectant mothers, this massage is designed to relax and create a calming sense of well-being. Your therapist will discuss with you the appropriate amount of pressure and body placement to maximize results. 50 minutes

RAINDROP THERAPY \$195

Experience a refreshing raindrop therapy! Rejuvenate and detox your body with different natural oils. Receive pampering drops of cypress, thyme, and wintergreen, as well as 6 other oils, placed like raindrops on your spine. This is followed by a unique combination of massage strokes along the spine to activate nerves and increase circulation. 80 minutes

SKIN CARE SERVICES

SIGNATURE FACIAL \$125

Our Signature Facial uses products with pure ingredients, active minerals, and antioxidants from the earth and ocean. Enjoy the benefits of this soothing, cleansing and rejuvenating facial while experiencing deep relaxation and balancing. 50 minutes

GENTLEMEN'S FACIAL \$125

A deep cleansing and softening facial for skin irritated by daily shaving and exposure to sun and wind. This facial is combined with a neck, shoulder and scalp massage for a deeply relaxing session. 50 minutes

AROMATHERAPY FACIAL \$135

Get in touch with your senses during this therapeutic and luxurious facial. Enter into peace and tranquility as pure essential oils are used in the cleansing and nourishing of your skin. 50 minutes

NAIL CARE

MANICURE \$50 FRENCH MANICURE \$60

PEDICURE \$70 FRENCH PEDICURE \$80

PACKAGES

COUPLES MASSAGE \$275/355

Indulge yourselves in an unforgettable experience. Share a relaxing Ranch Classic Massage for two, followed by champagne and chocolate-covered strawberries. 50 or 80 minutes

FACIAL & REFLEXOLOGY COMBO \$175

Enjoy our Signature Facial complemented by 20 minutes of Reflexology to pamper you from head to toe. 80 minutes

SERVICE INFORMATION

PRIVATE YOGA AND PILATES Instruction may be arranged based upon availability. Contact the concierge to discuss locations within the resort to accommodate larger groups. Under 10 students: \$135 10-20 students: \$225 PER HOUR

SPA RECOMMENDATIONS We recommend that you book your spa services in advance to insure therapist availability.

APPOINTMENTS For treatment reservations, please contact the concierge at 831. 625.9500 and ask for extension 306, or from your room, simply dial 306. All sessions are scheduled based upon availability. Any treatment booked to begin between the hours of 8PM and 8AM are subject to an additional fee of \$25.00.

CANCELLATION POLICY We strictly adhere to our spa cancellation policy: If you must reschedule or cancel an appointment or package, please let us know 24 hours ahead of time to avoid being charged for your spa service. Cancellations or changes will not be accepted on same-day bookings.