



# POST RANCH SPA SLEEP MENU

## *Introducing the Post Ranch Sleep Program*

*Exclusively for Post Ranch Guests*

Everything we do in life is done better with a good night's sleep. Enabling you to recharge and feel more lively throughout the day, sleep offers the added benefit of boosting your immune system, lowering your risk of health issues and improving concentration and productivity, amongst other virtues. Sleep, quite simply, is one of the most important elements of a healthy lifestyle.

We're pleased to offer our Spa Sleep Menu to help guests relax and prepare the body and mind to drift off into a deep sleep and awaken feeling rejuvenated. As part of The Post Ranch Sleep Program Package, guests are invited to select one of the following sleep-related treatments to experience over the course of their stay. Offering two categories of treatments, select from "Healing Guided Journeys" or from "Interactive Wellness Experiences." Treatments can be enjoyed alone or as a couple. Additional treatments can be added.

Sweet Dreams....



# *Healing Guided Journeys*



## HEALING GUIDED JOURNEYS

### **Yoga Nidra**

Yoga Nidra, or yogic sleep, can effortlessly bring you into states of consciousness allowing for deep restoration of mind and body. This simple guided meditation, in a comfortable reclining position, progressively accesses deeper brainwave states shifting from alpha to theta and then into regenerative delta states. Frequently, stressful situations prevent the mind from fully accessing the benefit of these deep brainwave states, even in sleep. A regular practice of Yoga Nidra can help neutralize “sleep-debt” and ease you into ever deepening levels of sleep.

**Additional Treatments - 1 hour \$185 for one or two people**

### **Sound Journey Meditation**

Journey on the healing waves of sound to harmonize body and soul with a guided meditation and sound bath of healing singing bowls, tuning forks and more. Connect with your inner wisdom, relax your nervous system, and strengthen your immune system in this unique sound therapy meditation.

**Additional Treatments - 1 hour \$185 for one or two people**

## **Mindful Meditation**

This personalized session explores the fundamentals of meditation and breathing techniques, offering simple ways to integrate ancient mindfulness into your modern lifestyle. Learn to focus in the present and access higher levels of relaxation and conscious awareness.

**Additional Treatments - 1 hour \$185 for one or two people**

## **Crystal and Gemstone Healing**

Recharge within a circle of Amethyst. As you lay in an energy balancing crystal layout that calms your mind and body, you will place your personal Big Sur Jade, collected from nearby beaches and polished by the Pacific Ocean, on your heart chakra. Known as a “dream stone,” jade can also bring more insightful dreams, as you drift into dream states.

Soothe the soul and access nature’s healing powers with a guided mediation and Native American purifying, grounding ritual, using aromatic plants and flowers freshly harvested from the Post Ranch garden and coastal forest to create a signature herbal smudge bundle. After your treatment continue balancing and clearing energy for deep sleep with your personal jade stone, the herbal smudge bundle and a crystal infused Big Sur Flower Essence mist.

**Additional Treatments - 1 hour \$255 for one person / \$295 for two people**





# *Wellness Experiences*

## INTERACTIVE WELLNESS EXPERIENCES

### **Beauty Sleep**

Enhance the effects of your beauty sleep each night by learning a nurturing self-care morning ritual that soothes upper body tension, improves overall immune function, and nourishes your skin. Receive instruction and expert consultation in purifying lymphatic self-massage techniques combined with your personal jade Gua Sha and signature aromatherapy essential oil blend to detoxify and improve circulation to achieve a naturally glowing complexion. A jade Gua Sha and aromatherapy massage oil are yours to take home to continue this revitalizing ritual, leaving you even more renewed and radiant after a good night's sleep.

**Additional Treatments - 1 hour \$235 for one person / \$265 for two people**

### **Sound Sleep**

Like a musical instrument, our bodies can be tuned for optimal balance and relaxation. Experience soothing vibrations from sound frequencies that create harmonic resonance and calm the nervous system, benefit brain waves and promote sound sleep.

With instruction, learn to play your own tuning forks, while your practitioner plays singing bowls and tuning forks with you in concert, harmonizing the body and soul. A set of tuning forks is yours to keep for continued self-care sound healing.

**Additional Treatments - 1 hour \$255 for one person / \$295 for two people**

## Heartful Mindfulness

Access nature's healing power by tuning into your heart center's energy. This science evidence-based energy balancing therapy unites the body, mind and soul. Begin with relaxing breath techniques, simple yoga postures and guided meditation to reduce stress and increase wellbeing. Integrate and inspire the senses with a combination of aromatherapy and sound therapy.

Receive your personal Big Sur Jade stone, collected from nearby beaches and polished by the Pacific Ocean, to place on your heart chakra. Harmonize the physical, emotional and spiritual for coherent alignment and self-love. This heartfelt therapy empowers you to be present, set intentions, gain greater self-awareness and open to your heart's intuitive guidance. A gratitude journal, the jade stone, and a crystal infused Big Sur Flower Essence lavender mist are yours to take-home. As you continue practicing your heart centered connection, allow your heart and mind to ease into restful sleep.

**Additional Treatments - 1 hour \$255 for one person / \$295 two people**

## Couple's Reflexology Massage Instruction

Connect as a couple and learn reflexology and foot massage techniques uniquely designed to help each other release tension and balance energy. Your massage instructor will encourage you to explore the practice of giving and receiving relaxing and beneficial foot massages to release sore muscles and increase circulation. Ease into sleep with the relaxing benefits of this foot massage. An aromatherapy body butter is yours to keep so that you can continue practicing at home.

**Additional Treatments - 1.5 hours \$295 for two people**





### **Ayurvedic Sleep Nutrition**

Discover your unique Ayurvedic constitution of three doshas called Vata, Pitta and Kapha, and learn how your mind and body characteristics match nutritional health principles to support you with types of foods, practices and habits for optimal wellbeing. A customized plan includes balancing doshas to support your energy and vitality helping you thrive and optimize your sleep. Explore food choices that will support your health goals to help you stay emotionally motivated and on track.

**Additional Treatments - 1 hour \$210 for one person / 1.5 hours \$295 for two people**

### **Big Sur Herbal Tea Ritual**

Inspire the senses and sooth your body and mind with Big Sur's herbal remedies. This holistic experience begins in the Post Ranch Chef's Garden where you will select and harvest your healing herbs and flowers. Then enjoy a beautifully arranged outdoor tea ceremony integrated with your selected fresh herbs. A guided meditation empowers you to be present, offering relaxation and renewal. Explore the calming properties of your custom herbal tea blend and practice meditative ways to establish a personal herbal tea ritual as an effective sleep aid you can enjoy at home.

**Additional Treatments - 1 hour \$210 for one or two people**



## **Aromatherapy Alchemy**

Begin your healing aromatherapy alchemy experience with individualized consultation to create your custom blend for restful sleep. Using essential oils and Big Sur Flower Essences, you'll select the blend that resonates with you. This mixture will be added to an amethyst crystal infusion creating your customized take-home bath and body oil blend to further support your emotional, physical, and spiritual wellbeing.

**Additional Treatments - 1 hour \$210 for one person / \$235 for two people**

## **Creative Dream Journaling**

Deepen connection to your inner wisdom and explore creative consciousness with expert guidance to help discover your unique journaling process. With our customized instruction, we'll help you create your own collection of writing and sketches inspired by your dreams. A dream journal is provided to record your dreams and guide you in interpreting their significance.

**Additional Treatments - 1 hour \$195**

## **Herbal Nature Walk**

Reset circadian rhythms on a morning guided walking tour of the Post Ranch Chef's Garden, Secret Meadow, and forest groves. Bathed in streams of sunlight through oak groves and shaded by redwood tree canopies, enjoy an outdoor healing journey of foraging herbal remedies for sleep. Cultivating reconnection to the powerful natural rhythms and organic plant resources from Mother Nature, your custom herbal poultice is made for you to use in your own bath soak before bedtime for a natural sleep remedy.

**Additional Treatments - 1 hour \$210 for one person / \$235 for two people**



# Sweet Dreams



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