

## SAN YSIDRO RANCH *Signature Scented Oil*

The Spa at San Ysidro Ranch is proud to carry its own signature scented oils, infused from Lavender, Rosemary and Lemons, all grown at the Ranch. These scents will enhance any treatment and remind you of the deep heritage that is the Ranch.

Your therapist can customize your experience with one of the following:

- Ranch Lavender Oil (Sedative, calming, relaxing)
- Ranch Rosemary Oil (Stimulating, herbaceous, clarifying)
- Ranch Citrus Oil (Refreshing, detoxifying, uplifting)
- Unscented Oil
- Unscented Lotion

### *Personalized Facial*

50 MINUTES · \$190 | 80 MINUTES · \$260

Intensify the results with a customized treatment to focus on hydration, firming or purifying concerns. Treat the skin with cutting edge products and specific techniques tailored to your concerns, leaving your skin balanced and radiant.

*facials*

### *Nirvana*

50 MINUTES · \$205 | 80 MINUTES · \$285

The ultimate stress relieving massage using the Ranch's signature blend of Rosemary, Lemon, Eucalyptus and Lemongrass oils for their deep therapeutic value in easing muscle tension and relieving stress. This massage focuses on the back, neck, shoulders and scalp, balanced by a soothing foot massage.

### *The Ranch Signature*

80 MINUTES · \$325 PER PERSON

A massage experience for couples in our beautiful Spa Suite. First enjoy a relaxing soak in our spa tub for two, infused with scents from the ranch such as rosemary and lavender, and lit by candlelight. Next choose your SYR signature oil and enjoy a side by side massage. Truly unique and incredibly romantic.

### *SYR Stone Massage*

50 MINUTES · \$210 | 80 MINUTES · \$295

This massage utilizes the warmth and healing benefits of stones. The direct heat of the stones relaxes muscles, allowing the therapist access to deeper muscle layers. Combining hot stone protocols with a full body massage provides a very healing and effective experience. The hot stones also expand blood vessels, which encourages blood flow throughout the body. The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

### *Swedish*

50 MINUTES · \$190 | 80 MINUTES · \$260

A soothing tradition. After selecting one of the signature SYR scented oils, your body is profoundly massaged according to your specific needs. This classic full body massage combines long, gliding hand strokes and the kneading of individual muscles to relieve tension and stimulate circulation. This will calm the mind and harmonize the emotions.

*massage collection*

## THE SPA AT SAN YSIDRO RANCH

*Welcome to the Spa at the legendary ranch. A magical retreat permeated by indulgence and deep relaxation. We have created an environment of total tranquility with walls covered in exquisite hand painted song birds and softly lit fireplaces. Immerse yourself in luxurious signature treatments for both body and mind.*

*From the moment you enter the lounge, you know this experience will be special. Each treatment room is tastefully appointed with luxurious amenities, state-of-the-art equipment and the finest products.*

## SAN YSIDRO RANCH

#1 America's Best Hotel...Forbes Traveler  
#1 America's Best Resort...Travel & Leisure  
Grand Award...Wine Spectator



SANTA BARBARA, CALIFORNIA  
A TY WARNER PROPERTY

## Deep Tissue

50 MINUTES · \$210 | 80 MINUTES · \$280

Deep muscle therapy using the thumbs, elbows and forearms to release and soothe muscles on a deeper level. Great for muscular tension due to athletic activities or stress.

## Reflexology Massage

50 MINUTES · \$195

Relax as your therapist kneads away tension, focusing on 'reflex' areas on the feet and hands that correspond to specific parts of the body. Incredibly soothing, this treatment will ease pain and provides overall well-being.

## East-West

50 MINUTES · \$225 | 80 MINUTES · \$310

Combines the best of both worlds. Using the Oriental pressure point techniques based on the concept of life energy, physical pressure is applied to acupuncture points with the aim of clearing blockages, thus liberating tension. The soothing benefits of Swedish massage are then added, whisking you away to another world, leaving you with an exceptional sense of well-being.

## Prenatal Massage

50 MINUTES · \$195 | 80 MINUTES · \$265

A safe, comfortable and relaxing massage for the expectant mother. This nurturing massage combines your scented oil choice with Jojoba oil and Vitamin E to reduce fatigue and stress. Your massage therapist will use prenatal massage techniques to ease most of the discomforts, such as back pain, swelling, neck and shoulder stiffness. Please mention your stage of pregnancy when booking this massage.

## Warm Scalp Treatment

15 MINUTES · \$40

A variety of massage manipulations to relax muscles, relieve stress and stimulate circulation around the head, neck and shoulder area. Your choice of Coconut oil or Rosemary oil.

## Reflexology Foot Massage

15 MINUTES · \$40

Relax as your therapist kneads away tension, focusing on 'reflex' areas on the feet that correspond to specific parts of the body. Incredibly soothing, this treatment will ease foot pain and provides overall well-being.

## Reiki

15 MINUTES · \$40

Reiki is an ancient and revered Japanese hands-on healing art form. You will receive your Reiki treatment while lying comfortably on a table. Your Reiki practitioner will gently rest her hands on several different energy centers for several minutes. The receiver needs only to relax and allow the opportunity to settle into a profound state of relaxation, peace and well-being.

## SJR Signature Spa Packages

### DAY AT THE SPA \$550

- 20 MINUTE SPA TUB SOAK OR SPA STEAM SHOWER
- 80 MINUTE SWEDISH MASSAGE
- 50 MINUTE PERSONALIZED FACIAL
- LIGHT SPA LUNCH

### BABY MOON \$375

- 50 MINUTE PRENATAL MASSAGE
- MANICURE & PEDICURE
- LIGHT SPA LUNCH

### ROMANTIC GETAWAY \$425 PER PERSON

- 80 MINUTE RANCH COUPLES ROMANCE MASSAGE
- 20 MINUTE SPA TUB SOAK FOR TWO
- BOTTLE OF CHAMPAGNE
- YOUR CHOICE OF CHOCOLATE COVERED STRAWBERRIES OR A FRUIT AND CHEESE PLATTER FOR TWO

## Wedding Packages

### THE DAY BEFORE \$700

- 20 MINUTE SPA TUB SOAK OR SPA STEAM SHOWER
- 80 MINUTE SWEDISH MASSAGE
- 50 MINUTE PERSONALIZED FACIAL
- MANICURE & PEDICURE
- LIGHT SPA LUNCH

### Salon Services PRICE UPON REQUEST

- Hair Styling and Make-Up Application

## Spa Policies

- SAN YSIDRO RANCH SPA IS ONLY OPEN TO RANCH GUESTS.
- ADVANCED RESERVATIONS ARE STRONGLY SUGGESTED.
- PLEASE INFORM US OF ANY ALLERGIES OR MEDICAL CONDITIONS AT THE TIME OF BOOKING.
- WE HAVE A 24 HOUR CHANGE OR CANCELLATION NOTICE. ANY CHANGES WITHIN THE 24 HOURS WILL RESULT IN A FULL CHARGE TO YOUR COTTAGE ACCOUNT.
- EXPECTANT MOTHERS ARE WELCOMED AT THE SPA.
- CELL PHONES ARE NOT ALLOWED IN THE SPA.
- PLEASE DO NOT BRING JEWELRY OR VALUABLES TO THE SPA.
- ARRIVING LATE WILL SIMPLY LIMIT THE TIME OF YOUR TREATMENT, LESSONING THE EFFECTIVENESS AND YOUR PLEASURE. YOUR TREATMENT WILL END AT THE SCHEDULED TIME, SO THE NEXT GUEST WILL NOT BE DELAYED.

extra touches

massage collection