



REDWOOD SPA AND WELLNESS OFFERINGS

Enhance your stay at the Inn at Newport Ranch with indulgent spa services tailored to your needs. We recommend securing your appointment in advance, but we may be able to accommodate last minute requests based on masseuse availability.

CLASSIC MASSAGE OFFERINGS

Swedish Massage

60-minutes	\$175.00
90-minutes	\$225.00

Deep Tissue Massage

	\$200.00
60-minutes	
90-minutes	\$250.00

Warm Stone Massage

	\$275.00
60-minutes	

Prenatal Massage

60-minutes	\$175.00
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add CBD oil	\$30.00
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Aromatherapy Salt Scrub

60- minutes	\$225.00
90- minutes	\$275.00

A mix of Himalayan and sea salts blended with sunflower oil and essential oils. Choice of -

- Refreshing Citrus - detoxifying and rejuvenating; tangerine, lemon, lime, grapefruit
- Forest Friends - antimicrobial, relaxing, grounding; cypress, balsam fir, juniper
- Floral Bouquet -relaxing and beautifying; lavender, chamomile, rose
- Custom blends also available.

Four Hands Nirvana

60-minutes \$350.00

90-minutes \$450.00

Two technicians working simultaneously in synchronized movements to focus on your body's needs. Like experiencing two-massages at once, the most luxurious service our talented team of healing experts offer.

Tuning Forks Vibrational Therapy

60- minutes \$175.00

90- minutes \$225.00

Works with Chinese Meridian Lines and Chakra Balancing to promote subtle energy flow, relaxation and sense of well-being. Can reduce pain and patterns of tension.

Lymphatic Massage

90 -minutes \$225.00

This massage is very light touch in order to manually move the lymphatic system that is located just below the skin's surface. The benefits include improved immune function, improvement of all organ systems especially digestion and elimination. It can reduce stress, inflammation, and facilitate spinal alignment.

Polarity Energy Balancing

60- minutes \$175.00

90- minutes \$225.00

Works with Balancing the Elements of Earth, Water, Fire, Air as well as the bodies electromagnetic energy. Helps promote the free flow of energy promoting health and wellness.

OTHER WELLNESS OFFERINGS:

Sound Healing

60-minutes, 2-3 people, \$250.00

\$50.00 per additional person

A Meditative journey that incorporates gentle movement & Breath along with the sounds of Drums, Flutes, Chimes, Crystal & Tibetan Bowls. Sound Healing is an effective and proven modality using vibrational sound to massage every cell in your body. Reduce stress, anxiety, fatigue, and experience deep relaxation while harmonizing your entire body.

Drum Journey and Medicine Songs

60- minutes \$175.00

90- minutes \$225.00

For those seeking an experience that harmonizes Body, Mind and Spirit.

Relaxing and Therapeutic Sound Journey

60- minutes \$200.00

90- minutes \$250.00

For those seeking an experience that harmonizes Body, Mind and Spirit. Relaxing and Therapeutic Sound Journey Uses a Blend of Tibetan Singing Bowls, Drums, Rattles, Chimes and Vocal Tones to induce a relaxing trance state. This state can promote journeying and visioning.

Therapeutic Sound Journey with Massage

60- minutes \$375.00

90- minutes \$475.00

A combination of the relaxing therapeutic sound journey combined with classic Swedish massage.

Shinrin-Yoku, Forest Bathing

2 hours, 1-2 people, \$350.00 (includes tea)

\$175.00 per additional person

Shinrin Yoku is about supporting healing and wellness through immersion in Nature, helping to reconnect us with our environments and ourselves. For this experience you will be guided into the forest, using walking, visual and breath meditation to activate your senses and re-establish your connection to nature. Benefits are calming, restoring, immunity boosting and stress reducing.

All Rhythms Yoga Class with Sara

75 minutes, 1-2 people \$250

\$50 per additional guest

This class will help bring awareness to the natural rhythms of our bodies and nature through Meditation, Movement, Sound Vibration, and Breath. Sara uses techniques from Qi Gong, Tibetan Yoga, and Energy Medicine to activate, balance and nourish your entire body. She also incorporates the sweet sounds of Flutes, Chimes, Crystal and Tibetan bowls to help restore physical and emotional well-being. Accessible to all ages and experience levels.

Sweat Lodge Ceremony

6 hours, 1-2 people, \$1500

\$375 per additional person

Privately hosted on our property, a guided cleansing ritual to promote healthier living and a deeper connection with body and environment.

Amp coil: Pulsed Electromagnetic Frequency

30-minutes \$100.00

can be added to any massage treatment

A cross between a Tesla coil and rife machine, the amp coil offers preprogrammed sound journeys for health and well being.

FACIAL SERVICES

Newport Ocean Renewal

60-minutes \$250.00

90-minutes \$350.00

A refreshing and revitalizing experience that starts with a deep cleanse, mild exfoliation and gentle extractions layered with cooling herbal toners. A soothing steam with warm towels softens your skin, opens pores and allows toxins to be released. A relaxing facial, hand and arm massage follows, topped with a custom mask to hydrate and nourish skin cells. Finished with healing serum to suit your skins needs, moisturizer and eye cream.

Purifying Pacific Cleanse

60-minutes \$250.00

90-minutes \$350.00

A cleansing facial using mild glycolic and lactic acids to exfoliate and brighten dull, aging skin resulting in a radiant smooth glow. Exfoliation and extractions are followed by a detoxifying, hydrating seaweed mask and a balancing moisturizer.

Sea and C Intense Hydration

60-minutes \$250.00

90-minutes \$350.00

Seaweed and Vitamin C combine to give you the ultimate in skin hydration. Seaweed infuses the skin with minerals and vitamins that help eliminate impurities and leave the skin soft and hydrated. Vitamin C treats and protects from UV damage and increases collagen and fibroblast production. This facial includes cleansing, exfoliation, Hydrating Vitamin C serum and a Seaweed Mask, followed by massage with hydrating and moisturizing crème.