



**THE SPA AT
SUNRISE SPRINGS**



OUTDOOR SOAKING

Soaking in warm, pure spring waters or rich, mineral-infused waters soothes the mind, body and soul.

And soaking outside in our tranquil, lush oasis allows you to reap the benefits of connecting with nature as you relax under towering cottonwoods by our artesian spring-fed pond.

Now guests have two different ways to enjoy soaking at Sunrise Springs.

The Repose Pools

Take the waters at Sunrise Springs' Repose Pools. Relax your body, calm your mind and soothe your spirit as you soak in our gently heated natural artesian spring-fed pools.

The Repose Pools are set at the edge of our tranquil pond and under towering cottonwoods, making them perfectly situated for blissful soaking under the vast blue New Mexican sky by day or the stunningly bright stars by night.

Communal soaking is available to overnight and day spa guests ages 16 and older.

DAILY SOAKING RATE

Reservations are suggested for Day Guests. Please call 800.704.0531 to reserve your place.

Monday – Thursday\$30 for Day Guests, Complimentary for Overnight Guests

Friday – Sunday\$45 for Day Guests, Complimentary for Overnight Guests

SOAKING HOURS

Sunday – Wednesday9:00am – 8:00pm

Thursday – Saturday9:00am – 10:00pm

Reservations are suggested for Day Guests. Please call 877.977.8212 to reserve your place. Locker, robe and slippers available for \$15.

OJITOS OPEN-AIR PRIVATE SOAKING EXPERIENCE

Surrounded by towering cottonwoods nestled above the natural, spring-fed pond is our Ojitos open-air soaking experience. Relax with a soothing soak under big blue skies by day, or on a stunning starlit night. Bathe au natural in a private outdoor pool or mineral-infused soaking tub, or enjoy a sweat in our co-ed, eucalyptus steam room and private steam showers. Combine a soak before or after any spa service for the ultimate relaxation experience for both mind and body.

Private Outdoor Pool

Immerse into a soothing private outdoor pool overlooking our tranquil oasis.

50-minutes (1-2 guests)

9:00am – 6:00pm\$45

After 6:00pm\$55

Each additional guest \$10 per person, per hour. Max 4 people per pool.

Private Outdoor Mineral-infused Soaking Tub

Sink into a calming magnesium-based soak. This natural, detoxifying bath helps relieve stress and body aches. **25-minutes (1 guest only), \$30**

Complimentary access to Ojitos co-ed steam room and private steam showers is available to day spa guests and lodging guests. Please check in at the Spa Front Desk for access.

BODYWORK & THERAPEUTIC MASSAGE

We invite you to experience one of our spa therapies delivered by our nurturing practitioners.

Sunrise Custom Massage

Delight your senses with a customized, stress-melting body massage to release tension and increase mind-body connection. Our experienced massage therapists use a variety of techniques with light to medium pressure to create a personalized massage that will leave you feeling centered and refreshed. **50 minutes, \$109 80 minutes, \$155**

Deep Tissue Massage

This deeper style of bodywork helps to release chronic patterns of stress and tension in the body. Slower massage strokes and more direct deep pressure are utilized to affect the underlying muscles and structure of the body. **50 minutes, \$129 80 minutes, \$179**

CBD Massage Therapy Treatment

Full body massage to release tension in sore muscles and reduce inflammation in joints: ideal massage for clients with Fibromyalgia, Arthritis, and chronic pain, and anyone who has overworked their muscles from physical activity and overexertion. This massage treatment uses CBD oils and CBD products that are processed exclusively in a medical lab in Tennessee, USA. **50 minutes, \$159 80 minutes, \$198**

Ancient Echoes

Based on East Indian Head Massage techniques, this therapy will take you on a voyage that explores a variety of massage and energy balancing techniques of the upper back, shoulders, arms, neck, scalp, face and ears, finishing off with a luxurious foot massage. Helps relieve stress, soothes, comforts and balances your energy. Supports hair growth, eases headaches, insomnia, eyestrain and provides relief from aches and pains. Promotes a deep sense of calm and tranquility. **50 minutes, \$135 80 minutes, \$179**

80-minute service includes back of the leg massage and additional head, neck and energy-balancing therapy

Kokopelli Pregnancy Massage

Known as a fertility deity, healer and storyteller, Kokopelli is a sacred figure to many Southwestern Native Americans. This nurturing and relaxing therapy focuses on the special needs of the mother-to-be by relieving stress on joints, and easing neck and back pain. A prenatal massage can help reduce fatigue and aid the circulatory and lymphatic systems of mother and baby. **50 minutes, \$119 80 minutes, \$169**

Please advise your therapist of any medical conditions you may have with your pregnancy.

Thai Massage

A transformational system of mindfulness-based yogic bodywork techniques dating back to India over 2500 years ago. A dynamic combination of myofascial stretching, joint mobilization, acupressure, energy balancing, rhythmic deep tissue compression, soft tissue manipulation, and assisted yoga asana (postures) applied with an attitude of meditation, compassion and reverence. Guests should wear loose fitting comfortable clothing. **80 minutes, \$180**

Earth Keepers' Hot Stone Massage

Therapists use warm, oiled basalt stones combined with harmonizing massage strokes to soothe your muscles, balance your energy and relieve tension. Large stones are placed along points of the body help to ground, calm and relax the mind and nervous system. **50 minutes, \$135 80 minutes, \$179**

Ultimate Zen Body Wrap and Massage

Relax into a deeply soothing unscented and nurturing body treatment that hydrates your skin until it's silky soft. Only pure and organic ingredients are used during this 80-minute escape. We finish this treatment off with a rejuvenating hair and scalp treatment. **80 minutes, \$198**

Sunrise Springs Hand & Foot Treatment

This deeply relaxing treatment combines our Hand and Foot treatments into one. Includes exfoliation, hydrating, application of Round Barn Apothecary's Luminous Oil to toe and finger cuticles, and hand and foot massages. **50 minutes, \$119**

SKIN CARE

Our skin care therapies incorporate extensive face massage, our signature hot herbal towels and Round Barn Apothecary organic skincare. Drawing from the best of both science and nature, Round Barn Apothecary is a small batch, handcrafted, luxury skincare line meticulously formulated with natural ingredients from local farmers and wild harvesters. Through expansive research Round Barn Apothecary has harnessed the power of nutrient-rich plants to provide maximum effectiveness for long-lasting, radiant skin. Round Barn Apothecary organic skincare is free of damaging parabens, sulfates and synthetics, and is simply better for you, with better results.



Rejuvenating

A relaxing and soothing face therapy for all skin types. Enjoy a calming face massage with Round Barn Apothecary skincare to cleanse, replenish and nourish your skin. Our signature hot herbal towels and wild-crafted local herbs are used to gently soothe and tone the skin. You'll leave this therapy looking and feeling radiant. **50 minutes, \$119**

Purifying

This invigorating therapy is grounding and helps cleanse, tone and soften irritated and dry skin. We use nourishing Round Barn Apothecary products to purify and moisturize your skin. Our signature hot herbal towel compress melts away stress, while revitalizing and hydrating your skin. **50 minutes, \$119 Youthful Glow**

Our age-defying face therapy is designed to improve circulation, relax face muscles and restore your skin to a luminous, youthful glow. We incorporate nutrient-rich Round Barn Apothecary skincare and our signature hot herbal towels to gently slough away old skin cells giving you a brighter, smoother complexion. Your therapist utilizes face massage to help diminish fine lines and wrinkles leaving you with a rejuvenating, younger-looking appearance. **50 minutes, \$135 80 minutes, \$179 (Includes a hand and arm massage.)**

Moisture Quench

This face therapy is designed to hydrate, balance and soothe your skin especially after exposure to the drying southwest sun and wind. We incorporate replenishing Round Barn Apothecary skincare with our signature hot herbal towels to nourish and restore moisture to parched skin. The natural desert botanicals help brighten and tone the skin and improve collagen function and elasticity. **50 minutes, \$129**

We specialize in using nourishing and natural approaches to skin care without extractions or the use of machines

REJUVENATING ADD-ONS

Consider adding a 25 minute therapeutic enhancement to complement your bodywork or skin revitalization.

Mini Face Therapy

Your choice of a mini version of either the Rejuvenating or Purifying face therapies which can be added to a massage or other spa service for a quick and effective way to purify, relax and hydrate your skin. **25 minute add-on, \$69**

Round Barn Apothecary Hair Therapy

This therapeutic and rejuvenating hair therapy utilizes cooling coconut and eucalyptus to strengthen the hair shaft and repair damage caused by styling and heat. This unique complex is applied to your hair, massaged into your head and scalp, and heated with a hot herbal towel head wrap to invigorate and protect your tresses. **25 minute add-on, \$54**

Native American Blue Corn & Prickly Pear Salt Scrub

This unique mixture of blue corn, prickly pear and ancient sea salt whisks away dry, dull skin revealing a softer, smoother texture. Many Native Americans rub blue cornmeal on their skin to rid the body of impurities. Prickly pear nourishes skin and soothes irritations. Sea salt minerals can improve circulation and metabolism. Hot herbal towels open your pores and relax the body and mind, leaving the skin restored and radiant.

25 minute add-on, \$65

Sunrise Hand Treatment

This hydrating and replenishing hand treatment addresses dry skin and cuticles — and tired, achy hands — with our signature Round Barn Apothecary skincare products. Includes a light exfoliation, Luminous Oil application to the cuticles and a hydrating hand massage with Rose Bergamot Body Butter. **25 minute add-on, \$55**

Sunrise Foot Treatment

This detoxifying foot treatment starts with a dry brushing technique to remove dry skin and energize the lymphatic system. After a gentle purifying exfoliating scrub, we apply Round Barn Apothecary's Luminous Oil to the cuticles, followed by a foot massage using Round Barn Apothecary's unscented Body Cream. **25 minute add-on, \$65**

The dry brush is put back in its cellophane bag and is given to the guest at the end of the treatment.

ENERGY HEALING

Energy Work:

Choose from a variety of modalities to refocus, balance and align your mind and body. Choose from the following. **50 minutes, \$119**

Cranial Sacral Therapy is a gentle, noninvasive form of bodywork that addresses the bones of the head, spinal column and sacrum. The goal is to release compression in those areas which alleviates stress and pain.

Polarity Therapy is a healing treatment intended to restore the balanced distribution of the body's natural energy.

Reiki is a healing art performed for stress reduction and relaxation that balances the natural life force energy of the body.



MIND-BODY WELLNESS: LIFE CONSULTATION & ENHANCEMENT WITH MICHAEL SCHROEDER, MA, LMFT



Making time for self-care and contemplation of our present life trajectory is often lacking in our day-to-day routines. Most of us can point to aspects of our life path that might benefit from a slight course correction. Sunrise Springs's Life Consultation and Enhancement sessions are designed to bring insight, inspiration and clarity to our daily lives. Our Lead Counselor, Michael Schroeder MA, LMFT combines Depth Psychology, principles of Mindfulness and Solution-Focused Brief Therapy (SFBT) to help gain new awareness and develop ways to pro-actively manage relationships, life transitions, stress and dreams.

Life Consultation and Enhancement Sessions

Guests meet with Michael for a relaxed and personal, confidential consultation that can focus on topics ranging from cultivating mindfulness, relationship tune-up and rejuvenation to intimacy, parenting, communication, goals and intentions. Michael helps to facilitate conversations in a tranquil environment that can help you refocus on elements of your life.

Relationship Tune-Up – Creating Harmony

Our wellbeing is directly impacted by how effectively we engage with family, friends, and co-workers. Whether your relationships are smooth or a bit bumpy, they will benefit from Michael's productive consultations. Through open dialogue in a comfortable setting, you will gain insight as well as a fresh perspective on how to 'relate and communicate' with greater compassion and authenticity. **50 minutes, \$139**

Transitions – Moving Forward

Learn to welcome and assimilate life changes of all types, from love and loss to new jobs and shifting roles. Michael will guide you through meaningful rituals that can help you let go of the past and forge ahead with confidence. When you trust in the knowledge and purpose of your current path, positive outcomes are likely to follow! **50 minutes, \$139**

The Medicine Wheel – Finding Your Place

Meet Michael at the Medicine Wheel where he will lead you on an enlightened journey of self-discovery. Relying on ancient symbols of Native Americans as well as the principles of Depth Psychology, this memorable experience will help balance mind, body, and soul while clarifying your core purpose in life. Beneficial for individuals and couples.

50 minutes, \$99



MIND BODY WELLNESS: PRIVATE THRIVE GUIDES SESSIONS

For those who want the ultimate in customized self-discovery, we offer 1-on-1 experiences with our expert health and well-being mentors.

Private experiences are \$79 per person, per activity.

NATURE BASED

Get outdoors and explore new activities or revisit favorite childhood pastimes in picturesque settings. Reap the proven rewards of being in nature. Refresh your perspective and let your inner kid come out to play.

Targeting Excellence

Each day we aim to achieve excellence in many facets of our lives. Discover the art of riflery on our small high desert range. Learn the principles of marksmanship as you shoot at targets designed to strengthen your skills and remind you to always strive for excellence.

Fishing

Slow down, tune in and relax alongside our spring fed pond. Learn to fish or increase your skill set while enjoying the time-honored tradition of catch and release fishing. This simple practice will give you the time to relax in the beauty of nature while increasing your mental and physical wellbeing.

Hatchet Throwing

Get in touch with your primal roots as you embrace a show of strength and stamina through hatchet throwing. This outdoor adventure sport requires patience, precision and a willingness to try something new. Whether you're looking to relieve some tension or do some physical exercise, hatchet throwing will leave you feeling less stressed and on a bit of an adrenaline high.

Archery

Archery has ancient roots as an East Asian mindfulness practice. Drawing upon the artistry of standing meditation, archery allows you to synchronize body and mind. Whether you are seeking a mindful practice or a new recreational pursuit our basic archery class allows you to learn new techniques as you practice this ancient art.

FITNESS

Learn to better engage with your body and move more mindfully. Whether you're brand new to fitness or ready to take an established regimen to the next level, our private, customized fitness experiences will guide you to optimal results through scientifically backed techniques and strategies.

TRX Resistance, Pilates and Yoga

A customized workout based on your needs and fitness level. Suspension training uses TRX straps, bodyweight and gravity to stabilize the core, work the smaller muscle groups surrounding the joints and strengthen the major muscle groups. Using a combination of pilates rooted movements, yoga stretches and traditional resistance training exercises, this workout is designed to improve balance, strength and overall functional fitness.

Functional Fitness; Movement Mechanics

Reprogram the body to move better through training techniques that break down the 5 basic movement patterns. This training is appropriate for those new to a fitness routine or anybody looking to improve balance, core stability and posture. Mimicking real-life movements, these exercises allow for improved functioning in everyday living.

Load Training

Using cable machines, free weights, TRX suspension straps, Bosu balls and/or resistance bands, this intermediate to advanced workout teaches proper technique and form when adding resistance. Customized based on your needs and fitness level, learn innovative exercises to add to your existing routine as well as proper load progression. Appropriate for anybody looking to improve muscular strength and hypertrophy.

Natural Movement

An outdoor approach to fitness that is rooted in fundamental, natural movements. Based on the MovNat system, you will learn techniques and progressions that take you from crawling to jumping. Each guest receives a customized sequence that helps them to feel more ease, joy and capability in their body.

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Personalized Fitness Training

Learn and practice workout and training sequences tailored specifically to your needs and desired results. From strength and endurance training to flexibility and functional fitness, this course will focus on what works for you. Every Body is different, discover what works for yours!

CULINARY

Stop mindless eating and start nourishing your body and spirit in our palette expanding and skill building culinary classes. Kitchen newbies will learn how to prepare healthy foods in their own homes, while experienced cooks will broaden their knowledge and gain confidence with new techniques. We will show you how to invite joy back into your kitchen.

Power of Ayurvedic Healing Herbs

The wisdom of herbal energetics and plant remedies can connect us all to the vital roots of existence. Ayurvedic herbs are considered to have powerful digestive therapeutic effects. Learn how to incorporate the secrets of healing herbs in this Ayurvedic culinary workshop.

Decadent Delights

Indulge your sweet tooth and learn how create a beautiful seasonal dessert. Connect to the tastes of the season by utilizing ingredients grown on our Sunrise property trees, Willows garden, and local Santa Fe Farmer's Market provisions. Sweet dishes will vary throughout the year, with options including miniature mason jar rosemary apple pie, chocolate chile pot de creme, or pate brisee fruit tart filled with vanilla pastry cream. This private patisserie class is crafted with your individual dietary restrictions and sensitivities in mind.

Seasonal Savories

Join us for a savory culinary exploration that highlights the rich diversity of flavors and fresh produce grown here Northern New Mexico. Connect to the roots of your meal by getting your hands dirty in the Willows garden and Greenhouse to harvest fresh ingredients. Along the way we will hone our knife skills, learn cooking shortcuts, and how to utilize all parts of a plant. This private culinary class is crafted with your individual dietary restrictions and sensitivities in mind.

MINDFULNESS & MEDITATION

Mindfulness is the practice of bringing your attention to the present moment and connecting with your body, mind and spirit. Meditating can help deepen this practice, enabling you to slow down and enjoy what is here and now, free from judgment. Learn new skills or deepen your training with new techniques from ancient wisdom. Explore new applications for your practice.

Meditation

Meditation can be practiced in many ways; breath, mindfulness, even walking. This private session introduces you to simple mental and physical techniques to meet you where you are, and create a personal pathway for clarity, calm and deeper relationship in your life.

Private Yoga

After a brief check-in, our guide will design a yoga class that is perfectly suited to the specific needs of your body, working on goals related to your strength and flexibility. Private Yoga is perfect for anybody recovering from an injury, women who are pregnant, aging bodies, or those who are seeking to learn the foundations of yoga before attending public classes.



Relax and Renew

Life can be stressful and learning to relax can be a challenge. This class is an invitation to learn easy self-care techniques for stress reduction. Breathe deeper, more fully, learn self-massage to disperse tension and simple Qigong meditative movements for a satisfying energy re-boot!

Nature Speaks

John Muir once said, "In every walk with nature one receives far more than he seeks." The natural world is constantly reminding us of the universal laws of change, transition, balance, growth, and impermanence to name only a few. Through intentional exploration and understanding of the external environment, we receive invaluable insight to our internal environment. Experience the ancient wisdom and potent teachings that this landscape is sharing with us moment to moment.

HORTICULTURE

Get dirty and dig deep in the soil with us. Get inspired by the diverse possibilities showcased in our greenhouse and gardens. Learn new skills to make your home garden — from windowsill planters to raised beds — blossom and thrive. Relish slowing down to nature's speed as you nurture your connection with the earth.

Garden Tips & Tricks

Have you dreamed of a home garden filled with lush foliage, bright flowers and abundant vegetables? Turn that dream into a reality with personalized tips and tricks to get your garden growing. Whether you start from the ground up or re-invigorate an established garden patch we'll provide new insights, ideas and trouble-shooting to get you there.

Gardening For Mindfulness

Step into the garden and breathe deeply, allowing the verdant foliage to caress your fingers while floral scents dance beneath your nose. Can you feel it? Gardening provides a path to mindfulness that can enhance your awareness of the present moment while increasing your sense of calm and well-being. Create personal gardening practices to help you ground and connect to your inner wisdom and the natural world.

Envision, Seed, Nourish: Growing Your Inner Garden

A garden dwells within us all. The fertile soil of manifestation and desire, where ideas take root, flowers bud...then bloom. Explore the metaphor of the garden within through gardening, art making and journaling. Dig and unearth new ways to breakthrough, grow and cast fresh seeds in the coming seasons as you cultivate, trim, weed and refine your inner garden.

ART

Expressing yourself through art is deeply beneficial, regardless of your artistic experience. We'll help you explore a variety of mediums to nourish your creativity, whether your goal is to increase self-awareness or just relax and give free rein to your inner finger-painter.

Beginning Metalsmithing Cold Forging

Let physical force give shape to metallic beauty in this introductory class. Using copper wire and hand tools, learn basic metal shaping techniques and bench craft to shape a pair of precious stone earrings or a pendant.

Serenity Guardian

Give form to your personal serenity guardian through mixed-media exploration. Fiber, fabric, and found objects provide an endless variety of materials to bring your creation to life. Complete a one-of-a-kind shaman-themed art doll with the guidance of a professional art-doll artist.

5-Minute Canvases (At Least 2 People)

Creativity and collaboration meet in this shared art experience. Give voice to shared visions and imagine in unison as you trade artwork between yourselves, each adding to the other's creation. No rules and no drawing skill needed! These sessions often end in laughter and two to four pieces of art work to take home.

Winged Milagros

A classic New Mexican folk art tradition, with many interpretations, a milagro most often represents an icon for protection or good luck. Create your own personalized milagro, an elaborate 3D heart with wings, embellished with jeweled drops or pearls, and embossing waxes. The only limit is your imagination! Fancier than a valentine, but just as sentimental.

Art & Qi: Expressive Processes

Allow an ancient practice to inspire your artistic expression. We'll start with a guided exploration of Qi — life force energy — through the movements of Qigong. We then integrate the movement of Qi through multi-media art explorations. Each piece created is a unique expression of your inner wisdom. No previous art experience necessary!



HELPFUL INFORMATION

Scheduling

To make a spa appointment, please call 877.977.8212 or visit the spa reception desk. We recommend scheduling spa services prior to your arrival. You will receive a phone call from our reservations department prior to your arrival to answer your questions and customize your stay.

Sunrise Springs Spa Resort is an 18-and-over resort.

Robes, Lockers and Slippers

All guests who purchase a spa treatment will receive a complimentary robe, locker and slippers to use during your visit.

Check-in

Please arrive 15 minutes prior to your appointment time to change and check in.

Special Health Considerations

Please notify the spa receptionist of any health concerns (including high blood pressure, allergies, physical ailments or disabilities, and pregnancy) before booking your services. You will also have a chance to review concerns with your therapist during your appointment.

Cancellations

If you must cancel or reschedule your appointment, please contact Reservations or visit the spa reception desk. We respectfully ask that cancellations or appointment changes be made 24 hours in advance to avoid penalty. Cancellations within 24 hours of the appointment time will be charged the full amount.

Gratuities

Gratuities are not included in the price of treatment and are gratefully received to acknowledge good service. The typical range is 18-20% of the price of the treatment(s).





SUNRISE SPRINGS

AN OJO SPA RESORT

SANTA FE

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or visit the Spa reception desk.