



Ojo Santa Fe

SPA RESORT

Spa Menu

MASSAGE

All of our treatments include hydrotherapy through the use of hot towels soaked in natural spring water infused with a wild-crafted blend of herbs including: potentilla, pinon, artemisia, and *herba mansa* leaf.

Therapeutic Massage

Delight your senses with a custom, 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, \$115

80 minutes, \$160

Kokopelli Pregnancy Massage

Kokopelli is a fertility deity, healer, and storyteller. This nurturing and relaxing therapy focuses on the special needs of the mother-to-be by relieving stress on joints, as well as easing neck and back pain. A prenatal massage can help reduce fatigue and aid the circulatory and lymphatic systems of mother and baby. Please advise your therapist of any medical conditions you may have with your pregnancy.

50 minutes, \$125

80 minutes, \$170

Tax and gratuity not included. Rates subject to change without notice.

Massage, continued

Deep Tissue Massage

This deep bodywork helps release chronic patterns of stress and tension in the body. Slower massage strokes and more direct deep pressure are utilized to manipulate underlying muscles and structures.

50 minutes, \$160

80 minutes, \$180

CBD Therapeutic Massage

Full-body massage to release tension in sore muscles and reduce inflammation in joints. An ideal massage for clients with fibromyalgia, arthritis, and chronic pain, or anyone who has overworked their muscles. This treatment uses CBD products that are processed exclusively in a medical lab.

50 minutes, \$140

80 minutes, \$185

Earth Keepers Hot Stone Therapy

Your Massage Therapists uses 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 to help ground, calm, and relax the mind and nervous system.

50 minutes, \$140

80 minutes, \$185

Heavenly Hand & Foot Treatment

This deeply relaxing treatment combines our hand and foot treatments into one. Includes exfoliation, hydration, application of jojoba oil to toe and finger cuticles, as well as hand and foot massages.

50 minutes, \$125

Tax and gratuity not included. Rates subject to change without notice.

ENHANCEMENTS

Consider adding a 25-minute therapeutic enhancement to complement your bodywork or treatment. These are not stand-alone therapies and can be added to any spa service.

Healing Hands Therapy

This hydrating and replenishing hand treatment addresses dry skin and cuticles — and tired, achy hands — with locally sourced, organic skincare products. Includes a light exfoliation, Luminous Oil application to the cuticles and a hydrating hand massage with Rose Bergamot Body Butter.

\$65

Restorative Foot Therapy

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 jojoba oil to the cuticles, followed by a foot massage also using their rejuvenating unscented Body Cream.

\$65

Reflexology Foot Therapy

Treat yourself to a reflexology foot session that stimulates and balances your entire system by applying pressure on specific reflex points on your feet. Our guests tell us this is the one treatment they are most pleasantly surprised by.

This treatment is not offered for pregnant women.

\$65

Blue Corn & Prickly Pear Salt Scrub

This unique mixture of purifying blue corn, prickly pear, and ancient sea salt whisks away dry, dull skin revealing a softer, smoother texture. Prickly pear nourishes skin and soothes irritations. Sea salt minerals improve circulation and metabolism. Hot herbal towels open your pores and relax the body and mind, leaving your skin restored and radiant.

\$65

Tax and gratuity not included. Rates subject to change without notice.

ENERGY HEALING

Eastern Medicine recognizes the human body is sustained by life force energy which is referred to as Chi or Prana in Yoga traditions. This energy has electro-magnetic characteristics and travels through Nadis or Meridian pathways inside the physical elements of the body and feeds all the main organs, glands and ultimately every muscle, nerve, tissue and cell.

The Meridian system is comprised of twelve principal meridians which act like distribution paths for the energy, and eight meridians which act like vessels to store the energy inside the body. Disharmony can manifest in the body as stress, fatigue, tension, sore muscles, creating blockages in our natural energy flow.

Cranial Sacral Therapy

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.

50 minutes, \$115

Polarity Therapy

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

50 minutes, \$115

Reiki

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

50 minutes, \$115

Tax and gratuity not included. Rates subject to change without notice.