

Natural Healing Spa

Natural Healing Spa is committed out the use of products and resources, which have the least impact on our ecosystem. Using organic, botanical, and all natural ingredients to pamper, detoxify and re-energize the body.

The stresses of everyday life are felt not only in our mind, but in our bodies as well. Spend some time with yourself to lay back, relax, and let the hands of our experienced professional practitioners release the stress and tension from your body. Your skin will be left feeling soft, fresh, vibrant, and radiantly youthful. Sit in our Far-Infrared Sauna, Oriental Healing Herbs Steam Room, or soak your body in our Hot-Tub before. You will feel wonderfully renewed and free from stress.

Menu of Services

Mendocino Essential Swedish Massage Reap the benefits of this classic Swedish relaxation massage. Long flowing strokes will be combined with a variety of soothing techniques to address areas of tension. Increasing oxygen flow in the blood and releasing toxins from the muscles promoting a sense of health. Enjoy a head-to-toe feeling of well-being.

Price: \$120 (60 min), \$180 (90 min)

Comprehensive Deep Tissue & Myofascial Release This massage focuses on bodywork techniques that use deeper pressure to target one or two areas of concern while releasing tension. Perfect for chronic muscle discomfort, knots and tension, Deep Tissue Massage is performed with hands, forearms and elbow. Stretching and joint mobilization techniques will be interwoven to increase overall circulation and flexibility. The intensity and pressure of deep tissue work also increases the flow of blood & oxygen, relieves tension at the core of tight muscles, and helps reduce inflammation and pain.

Price: \$150 (60 min), \$225 (90 min)

Sea Breeze Romance – Couples Massage The magic of romance and the vitality of the sea meet in one extraordinary treatment. Two expert massage technicians will pamper you and your partner with a delightful blend of massage techniques to relax and nurture both of you.

Price: \$240 (60 min), \$360 (90 min)

Thai Massage Thai massage is believed to have been developed more than 2,500 years ago in India. It made its way to Thailand, where the Ayurvedic techniques and principles gradually became influenced by traditional Chinese medicine. Thai massage is more energizing and rigorous than more classic forms of massage; Thai massage is also called Thai yoga massage, because the therapist uses his or her hands, knees, legs, and feet to move you into a series of yoga-like stretches.

Price: \$150 (60 min), \$225 (90 min)

Sea Salt Scrub with Massage Mineralized nutrient rich sea salts rubbed deep into your skin. Infused with aromatherapy oils are used to exfoliate the body followed by a nourishing warm shea butter massage. Your body is left glowing recharged.

Price: \$250 (90 min)

Warm Stone Massage A therapeutic, full body massage using warm river stones hand collected from Mendocino Coast are gently warmed to the perfect therapeutic temperature and expertly placed on key energy chakra points of the body to soften tight muscles, ease tension, relax the mind and soul. Exotic hot oils are selected to soothe and relax tired senses. Designed to achieve inner peace and tranquility, the therapy is finished with a whole body rhythmic massage. The life energy of the warm stones induces a profound sedative effect on the body in a massage that's perfect for our cool coastal days.

Price: \$150 (60 min), \$225 (90 min)

Aromatherapy Massage Trust your senses. Awaken the body and soothe the soul with the healing power of oils selected just for you. Your special blend of aromatic oils will melt into your skin as you relax in moist heated towels. This treatment may also be a delightful addition to any other treatment.

Price: \$160 (60 min), \$240 (90 min)

Sports Massage Sports Massage combines vigorous strokes, compression, stretches and trigger point techniques to reduce muscle soreness, thus increasing the blood flow. Muscles are lengthened and free motion is improved. Essential when preparing for sports activities or after your workout.

Price: \$150 (60 min), \$225 (90 min)

Jade Thermal Massage The proven Oriental therapeutic techniques, targets pressure points along the spine with a precise and relaxing massage offers the same therapeutic benefits as with an acupressure and acupuncture session. Moxibustion and Helium Bulbs/ Far-Infrared Rays providing heat to specific points stimulate and encourage better blood circulation. For thousands of years, jade has been known as a mysterious healing stone in Oriental Medicine. When heated, jade emits negative ions, essential for the body's natural anti-aging system.

Price: \$49 (35 min)

Sunbeam Capsule "The Light of Life" is a special warmer that generates pure Far-Infrared Rays (4~18 mm) to promote a strong immune system. The Sunbeam Capsule has a safe and healthy delivery system to transfer the dynamic wave energy into the internal organs of the human body. Carbon fiber plate heater is made by using the special carbon fiber that is produced in a vacuum condition several thousands higher in temperature. It gets the pure Far-Infrared rays for good health similar to the human body's absorption wave length range. Far-infrared treatment help increase blood circulation which specifically help blood cells travel easier through small vessels. In turn, the body is supported to utilize its calories and dissolve accumulated fats. Healthy cells are made stronger and aggressively push out toxins from within themselves.

Price: \$79 (30 min)

Himalayan Salt Room

Relax in a peaceful environment with naturally heated pure marble flooring that releases Far-Infrared rays. The health benefits of Red Clay promote healing by raising the white blood cell count which means stronger immunity of the human body. Far-Infrared rays have the ability to penetrate deeply and permeate thoroughly into the hypodermic layer of a person's skin (sp to 1.5 ~2 inches). This warms the body from the inside increased metabolism and blood circulation which creates a cleansing effect and allows toxins to flush out from the body.

This room, with the help of thousand-year-old minerals such as calcium, magnesium, iron, sodium and selenium, improves the physical, chemical and hydrodynamic conditions of the body. The respiratory system is purified, circulation improves, the immune system is strengthened, and muscles are relaxed. In addition, halotherapy (salt therapy) is healing for skin conditions. The negatively charged ions in salt improve our health and mood. Inhaling particles may reduce inflammation and mucus in the lungs, improving respiratory conditions such as asthma, allergies, bronchitis, sinus congestion and Chronic Obstructive Pulmonary Disease (COPD). While relaxing in the salt cave inhale the dry salt-enriched air deep down into lungs which clean the lungs, promote better breathing, healthier skin, good sleep, improve physical fitness and overall wellness. Symptoms subside, sometimes for 12 months.

Additional benefits are reduced stress and headaches, increased energy, and better sleep patterns. Salt ions purify the air and may increase lung capacity and reduce physical ailments for adults, children and athletes. Treatments are recommended to help keep the body healthy during flu or allergy seasons.

With features Red clay on the ceiling and Natural Red clay marble tiles on the floor specially imported from Korea, clay has been used for centuries around the world for its medicinal and cosmetic benefits. This heated natural marble tiles stimulates the lymphatic system and assists in the heavy metal detoxification process while relaxing.

Price: \$69 (30 min), \$99 (60 min)

Golden Marble Red Clay Room Enjoy the warmth, comfort and healing benefits of the Golden Marble Red Clay Room with Himalayan Crystal Salt Lamps. This carefully designed red clay room has natural occurring benefits from the Red Clay Marble flooring which removes odor and regulates humidity. The Himalayan crystal salts are healthful due to its negative ions that help cleanse and improve the quality and freshness of the air you breathe. Relax in a peaceful environment with naturally heated pure marble flooring that releases Far-Infrared rays. The health benefits of Red Clay room promote healing by raising the white blood cell count which means strong immunity of the human body. Far-Infrared rays have the ability to penetrate deeply and permeate thoroughly into the hypodermic layer of a person's skin (sp to 1.5 ~2 inches). This warms the body from the inside increased metabolism and blood circulation which creates a cleansing effects and allowing toxins to flush out from the body through perspiration with minimum exercise.

Price: \$69 (30 min), \$99 (60 min)

Far-Infrared Sauna Truly beneficial far-infrared originally comes to us from the sun. The full light spectrum is produced by the sun, and within the scale of that spectrum at 0.75 to 1000 micron is infrared (IR). It is the essential radiant heat needed by living organisms to rejuvenate blood flow and deliver oxygen proportionally throughout the body. Your body uses these waves for daily consumption from the sun. IR is thus, a natural radiant heat that you need to sustain life. Far-infrared (FIR) begins at around 5 micron to 1000 micron. FIR waves are absorbed by the body to aid in the healing process, balance body circulation and activate metabolism in tissues and cells. In comparison to all different types of energy which come from the sun, the FIR is the safest and the most beneficial electromagnetic energy source. Most of the human body heat is typical radiated away as FIR at the 8 to 12 micron wavelength. The human body absorbs energy easily from the radiated FIR wave of 8-12 micron wavelengths. Extensive biological research has shown that FIR wavelengths of 6 to 15 micron are beneficial to the human body and consequently are known as physiological energy or Bio-Genetic energy.

Price: \$49 (30 min), \$79 (60 min)

Steam Room with Healing Herbs: \$59 (30 min), \$89 (60 min)

Colon Cleansing: \$279 (60 min)

Vibration Exercises Vibration technology was originally developed for astronauts to counteract the harsh effects of zero gravity on the human body. Scientists first discovered the positive effects vibration technology had on strengthening muscles, increasing flexibility and improving bone density. Decades of research have revealed that vibration also help the lymph drainage and blood circulation, fighting cellulite and strengthening collagen, as well as decreasing levels of cortisol, a hormone released during stress. Vibration technology exercise increases the metabolic rate which results in a higher caloric burn and individuals who trained for 10 minutes, three times a week with vibration technology reduced a considerable more amount of fat than those who do aerobic activity for one hour, three times a week.

Price: \$29 (10 min)

Nutritional Microscopy Live & Dry Blood Cell Analysis See your body in a different light through Live and Dry Blood Cell analysis. You may observe:

- Activity of the immune system
- Parasites, yeast, fungus, mold
- Condition of the red blood cells, liver, kidney, pancreatic, heart, lung, prostate, ovaries, breast and other organ stress.
- Features associated with blood sugar imbalance, nutritional deficiency.
- Crystalline forms, uric acid, cholesterol
- Phenomena associated with gastrointestinal tract dysfunction and degenerative conditions and more.

Viewing of live and dry blood is not a diagnostic procedure for any specific disease. You can see the

characteristic of your blood live on a computer screen which can give current information as it pertains to the biological terrain of you (abnormalities appear in the blood sometimes years before they manifest themselves as illness.) This valuable information can assist you by alerting to the advisability of medical referral, or assist you with pH balance and alkaline nutritional detoxification and cleansing program to optimize health and prevent the onset of disease. Health problems may be prevented with early detoxification and cleansing with proper nutritional intervention.

Price: \$795

Coast Inn & Natural Healing Spa and Massage Package

2 Day Couple Special Use Healing Spa saltroom or Golden Marble Red Clay Room and Steam room or Far-infrared sauna Including: 2 nights in Spa room, and 1 free Alkalizing meal, 1 Couples Massage 90 min - \$1,400 (weekday), \$100 more for weekend, \$200 more for Holidays.

Natural Healing Day-Spa Detox Package includes 90 minutes therapeutic Massage with facial, Jade Thermal Massage System, Golden Marble Red Clay Room, Far-Infrared Sauna, Steam room with Oriental Herb, Vibration Exercise, Salt Room (45 min.), free Alkalizing Water, Tea and one Alkalizing meal.

Price: \$569

SPA RESERVATIONS

Guests are reminded that reservation cancellations are allowed up to 24 hours prior to treatment start time.

- Changes are allowed depending on resource availability.
- For reservations please call: 707-964-2852.
- Treatments available 9:00 am – 8:00 pm.
- After-hours treatments available for an additional \$25 per person.

*** All prices are subject to change without notice**

The Natural Healing Spa (Coast Inn and Spa) is not a medical facility and we do not give medical advice or treatments. The Spa associates and/or technicians are not health care practitioners and cannot be expected to diagnose and/or treat individual health problems.

In the event that person have reason to believe that medical clearance must be obtained prior to participation in any Spa treatments, therapies, steam, sauna, saltroom, facials treatments, or facility equipment, first consult a physician and obtain written permission from a physician prior to the commencement of any program, treatment, or activity.

By voluntarily choosing to receive Spa-related treatments and/or participate in Spa-related activities and programs,

Consequently, in light of the foregoing, must release the Spa and its affiliates, owners, members, officers, employees, agents, successors and assigns and waive any and all claims, liabilities, property damages, physical damages or personal injuries that you may receive directly or indirectly from receiving Spa related treatments, utilizing the Spa facilities and/or participating in the programs or activities offered by the Coast Inn and Spa/Natural Healing Center.