

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? Set on our Far-Infrared Sauna and Sock your body in our Hot-Tub before or after. 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: \$99.00 (60 min) \$149.00 (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 mobilisation 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: \$129.00 (60 min) \$179.00 (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: \$199.00 (60 min) \$289.00 (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 energising 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: \$139.00 (60 min) \$179.00 (90 min)

Sea Salt Scrub with Massage

Mineralised 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: \$139.00 (60 min) \$179.00 (90 min)

Lymphatic Massage

Lymph drainage massage stimulates the lymph system with extremely light, circular pumping movements. By stimulating the lymphatic system, the therapist helps drain puffy, swollen tissues, supports the body's immune system, helps the body heal from surgery, and aids in the body's natural waste removal or detoxification. Manual lymph drainage should have a very soothing, relaxing effect. Drink plenty of water after a lymph drainage massage to help flush out toxins. Stay away from salt and alcohol after a massage, as they inhibit the body's ability to flush out toxins.

Price: \$139.00 (60 min) \$179.00 (90 min)

Foot and Hand Reflexology

Reflexology assessment takes place as stress cues are evaluated. Stress cues are parts of the foot or hand that shows adaptation to stress. Adaptation is shown by visual signs such as callousing, knobby toes or bunion. Indications of stress are also seen as sensitivity to technique application or touch signs perceived by the reflexologist as technique is applied. The assessment of such stress cues allows the reflexologist to target areas of stress and to design a session of pressure technique application appropriate to provide relaxation specific to the individual.

Foot massage is an ancient Chinese massage. It has been used more than 3000 years. It prevents and cures many diseases, for example: headache, tension, asthma, constipation, sinusitis and migraine etc. To say that sensory nerve of internal organs are spread throughout the body, and some connecting with other organs as well as skin. All of these sensory nerves are mainly rooting at the plantar of foot. The foot massage is good for stimulation the activity of internal organs, and to improve blood and lymph circulation.

Reflexology, or zone therapy, is the practice of massaging, squeezing, or pushing on parts of the feet, or sometimes the hands and ears, with the goal of encouraging a beneficial effect on other parts of the body, or to improve general health.

Price: \$99.00 (60 min) \$149.00 (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 softens tight muscles, eases tension, relax the mind and soul. Exotic hot oils are selected to sooth 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: \$139.00 (60 min) \$189.00 (90 min)

Organic Botanical 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: \$129.00 (60min) \$169.00 (90 min) add \$50.00 for Aromatherapy to any other treatment.

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: **\$129.00 (60 min)** **\$179.00 (90 min)**

Try a day of Relaxing Ayurvedic Treatments

A playground for your senses!

This package of Ayurvedic treatments is designed to help cleanse and rejuvenate your body/mind.

Excellent in combination with a home cleanse. This is an example of a typical treatment day of Panchakarma.

Regular: \$229.00

2 hour treatment time

Detox tea

Salt room (30 min)

Herbal Steam Sauna (30 min)

Ayurvedic warm oil massage (60 min.)

Deluxe: \$329.00

3 hour treatment time

Detox tea

Salt room (30 min)

Far-Infrared Sauna (30 min)

Herbal steam sauna (30 min)

Ayurvedic warm herbal body oil massage and face treatment (90 min.)

Face and Scalp Massage

60 min

\$99

This is a deeply relaxing, special face massage using vital energy points and specialised herbal oils to reduce aged appearance and wrinkles, relieve headaches, improve senses, improve circulation to scalp.

Natural Healing Spa Menu

Himalayan Salt Room

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, halo-therapy (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.

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 radiant heated floor are specially imported from South Korea. The Red 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: \$69.00 (30 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 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 effects and allowing toxins to flush out form the body through perspiration with minimum exercise.

Price: \$69.00 (30 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 that are essential for the body's natural anti-aging system.

Price: \$49.00 (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 fibre 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 utilise its calories and dissolve accumulated fats. Healthy cells are made stronger and aggressively push out toxins from within themselves.

Price: \$79.00 (30 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: \$49.00 (30 min)

Steam Room with Healing Herbs: Price - 59.00 (30 min)

Gentle Colon Hydrotherapy: Price - \$169.00 (60min)

In-Body Composition Analysis: Price - \$39.00

Vibration Exercises: \$19.00 (10 min)

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.

Nutritional Microscopy Live & Dry Blood Cell Analysis: \$599.00

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 gastro-intestinal 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 optimise health and prevent the onset of disease. Health problems may be prevented with early detoxification and cleansing with proper nutritional intervention.

Price: \$599.00 (1 hr)

Coast Inn & Natural Healing Spa and Massage Package

2 Day Couple Special: \$1699.00 (for weekend and Holidays add \$200.00)

Use Natural Healing Spa Including: 2 night stay in Spa room and 2 free Alkali-zing meals a day, 1 Couples Massage 90 Min. Salt room, Far-Infrared Sauna, Herbal Steam Room, Golden Marble Red Clay Room —

Natural Healing Day-Spa Detox Package (1 person): \$589.00

Package includes 90 min. therapeutic Massage, Jade Thermal Massage System, Salt Room, Golden Marble Red Clay Room, Far-Infrared Sauna, Steam room with Oriental Herb, Colon Hydrotherapy, Vibration Exercise, Alkali-zing Water, Tea and one Alkali-zing meal.

SPA RESERVATIONS

Guests are reminded that reservation cancellations are allowed up to 24 hours prior to treatment start time. There will be cancellation fee of the full services for less then 24 hour cancellation.

- Changes are allowed depending on resource availability.
- For reservations please call: **707-964-2852** or dial 0 from your room.
- Treatments available **10:00 a.m. – 8:00 p.m.**
- After-hours treatments available for an additional \$25.00 per person.

***All prices are subject to change**

The Natural Healing and Coast Inn Spa is not a medical facility and we do not give medical advice, diagnose, treat, mitigate, or cure disease. Remember, one should always consult with a health care professional before taking nutritional supplements or altering dietary habits.