



WELLNESS GUIDE



SORREL RIVER RANCH

RESORT AND SPA

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Wellness & Spa

Our Master Bodyworkers are ready to treat you to the most amazing, luxurious, and effective massage and body treatments you've ever experienced.



Wellness



Signature Massage



Signature Treatments



Essential Oil Aromatherapy



Energy Therapy



Additional Services



WELLNESS

Tap into your new, best, relaxed, rejuvenated self with our private fitness classes.

Yoga

1 Hour Class Single / \$100 | Couple / \$125 | 3+ / \$150

Come relax and stretch with our Yoga classes. Choose from Yin Yoga for beginners, or to increase the challenge go with Slow Flow, Ashtanga, or Vinyasa Flow.

FAR INFRARED Sauna



Far Infrared Sauna

Single 30/60 min. \$45/\$60 | Couple 30/60 min.
\$60/\$75 | 3+ 30/60 min. \$75/\$100

Enjoy the luxuriating healing heat of our Far Infrared Sauna. Relax as you view the peaceful Colorado River and let the far infrared heat penetrate and heal your overused muscles, joints, and tissues as it increases circulation and oxygen delivery throughout your body, decreasing healing time.

This boost to the cardiovascular system increases heart rate (similar to a medium workout), reduces blood pressure,* and improves vascular compliance. This can reduce the risk of coronary disease, hypertension, respiratory diseases, Alzheimer's, dementia, and sudden cardiac death. It also relieves pain, enhances the immune system, and helps to detoxify your body of accumulated metals, alcohol, nicotine, sulfuric acid, and other organic and inorganic compounds as you lightly sweat.

You get a better detoxification at lower temperatures (110-130 °F) than at higher temperatures as delivered in a dry sauna. Remember, the infrared is what heals, not sweating at high temperatures.



**A blood pressure cuff is available to check your BP before, after, and 30 minutes after your treatment.*



Discover inspiring vistas & Find inner peace



Complimentary Morning Guided Hike 1-1.5 hrs | 2 miles

Get the day started off right with a hike to the top of Sorrel Ridge. Gain new perspectives of the ranch and surrounding splendor while preparing yourself for a day of appreciation. Enjoy conversation with other guests or one of the Ranch managers as they guide you to the top of a riverside bluff perched 400 ft. above the Ranch. Learn about the property and be rewarded with a stunning view of the La Sal Mountains.

“Serenity found, the perfect place to decompress and hit that reset button”
- Misha Gillingham

Sorrel River Ranch and Spa, Where Luxury Meets Adventure.



Relax & Restore



We encourage you to arrive 15-30 minutes or more prior to your appointment to enjoy the use of our facility and begin relaxing. The Spa offers separate men's and women's locker rooms with sauna, showers and a eucalyptus steam shower. Spa robes, sandals and lockers as well as bath amenities are provided for use during your visit. We recommend that you be in your robe and relaxing in the lounge 5 minutes prior to your scheduled appointment. To get the most out of your treatment, we encourage you to communicate with your spa professional. Your comfort and wellbeing are very important to us.

Find Your Bliss

Feel renewed from head to toe with signature massages, body treatments and more. Let the real world melt away as you surround yourself with beautiful scenery and lovely seasonal treatments.



MASSAGE Therapy

Custom Massage

50/80/110 minutes \$160/\$250/\$320

Your therapist will consult with you to provide a custom balance of light strokes or firm pressure to ease fatigue and stress, increase circulation, and calm the body and mind. This is your "me time" to stay awhile, unwind, and totally relax.

Melting Horse River Stone Massage

50/80 minutes \$185/\$275

Hot stones promote deep muscle relaxation. You will feel the amazing sensation of melting into a whole new dimension of deep relaxation. You can also choose to experience the contrast of cold stones to reduce inflammation.

PUSH Therapy

50/80 minutes \$200/\$285

Prepare to be surprised! This deep and specific therapeutic treatment applied to areas of chronic tension and pain, brings longer lasting pain relief and balance to the body. Relieves dysfunction from past injuries, chronic tension, or overuse. More effective than deep tissue.

Prenatal Massage

50/80/110 minutes \$175/\$270/\$350

A wonderful and healthy choice during pregnancy to relieve edema (swelling), headache, backache, leg cramps, stiff neck, stress, tension, anxiety, and depression. Promotes an overall feeling of relaxation and wellbeing. Optional: Specially formulated body butter to relieve stretch marks.





SIGNATURE Treatments

Slick Rock Body Polish

50/80 minutes \$210/\$300

Customized for Men or Women. Leaves skin radiant, soft, and smooth. Your choice of essential oils* will be added to polish with the rehydrating body butter massage.

Call of the Ancients Desert Rescue

50/80 minutes \$210/\$300

Customized for Men or Women. This rehydrating wrap is customized with your choice of essential oils* added to your moisturizing treatment to rescue your dry skin.

Sorrel River Ultimate Quench

110 minutes \$350

A magnesium salts bath soak combined with your choice of herbs* (most are grown right here on the ranch) and/or essential oils* is a great way to start to relieve sore, tired, overused muscles that revive and relax you overall. The ultimate body polish follows, ending with a hydrating quench body butter massage, wrap, and hot oil hair and scalp treatment.

**Oils: Lavender, Lemon, Peppermint, Cedarwood, Rosemary, and many others.*

**Herbs: Calendula, Chamomile, Comfrey, Eucalyptus, Lavender, Linden, and Peppermint.*

Aroma Touch Technique

50/80 minutes \$200/\$285

This uplifting essential oil experience was created to ease stress and frustration, balance your body, boost the immune system, ease pain, and uplift your mood. It is very gentle and can be adapted for those with sensitive skin. Helps maintain a sense of overall wellness.

Emotional Balance

50/80 minutes \$200/\$285

Identify the emotion that is out of balance, and we'll help you identify the perfect essential oil that will support your Limbic system to help bring you back into balance. Choose Motivate, Cheer, Passion, Forgive, Console, or Peace.

Symphony of the Cells

50/80 minutes \$210/\$300

A simple and effective method for applying essential oils to create balance and harmony. Choice of 12 different essential oil combinations to support every system in the body and reduce inflammation. Choose the Basic, Cardiovascular, Digestive, Hormone Balance, Infectious Disease, Inflammatory, Lymphatic, Maxim, Neurological, Osteo, Respiratory, or Solar protocols.



ESSENTIAL OIL Aromatherapy

ENERGY Treatments



CranioSacral Healing 50/80 minutes \$200/\$285

Relieves compression in bones of head, sacrum, and spinal column so that cerebrospinal fluid in central nervous system can be balanced. This enhances the body's ability to heal. A very quiet, slow, gentle, and relaxing treatment.





ADDITIONAL Services

Add any of the following to your scheduled treatment for even more wellness benefits:

Treatment Outside of Spa Hours	\$50
Riverside Gazebo	\$50
Couples Massage	\$15 each
Immortelle Facial Oil Treatment	\$40
Your Choice of Essential Oils	\$25
Infrared Sauna	\$20

First Aid

\$25 each as needed

Can include: Deep Blue Rub for sore muscles, Lavender for scrapes or burns, Melaleuca for athlete's foot, scrapes, and infections, Breathe, Peppermint, or Eucalyptus to open sinuses or airways, OnGuard for sore throat, or Cypress for swelling and edema.

Wellness Consultation

25/50 minutes \$150/\$225

Recommended to help you determine which herbs or essential oils would be most effective for you and your individual needs. An electrical scan is available that creates a report outlining which essential oils or supplements might be most effective for you at the present moment. Will also discuss other good health practices to help you reach your goals.

Add a well-spent 25 minutes to your treatment time for these additional benefits:

Therapeutic Breast Massage* 25 minutes \$125

Promotes healing, especially for those who have had cancer or breast surgery. Loosens scar tissue and relieves edema. Also for those that want to maintain healthy breast tissue to balance out the overall feeling of health and wellbeing throughout the body. Combine with any full body massage.

*Must sign a specific consent form before receiving this treatment in the state of Utah.

Hiker's Heaven Foot Treatment 25 minutes \$100

A soothing foot soak is the ultimate way to conclude a day of hiking and adventure. A sea salt foot scrub and massage revive and rejuvenate tired achy feet and legs. This is a great treatment by itself or combine it with the massage of your choice.

Reflexology 25 minutes \$125

Non-esthetic Facial 25 minutes \$150

Rosemary Hot Oil Hair and Scalp Treatment 25 minutes \$100





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