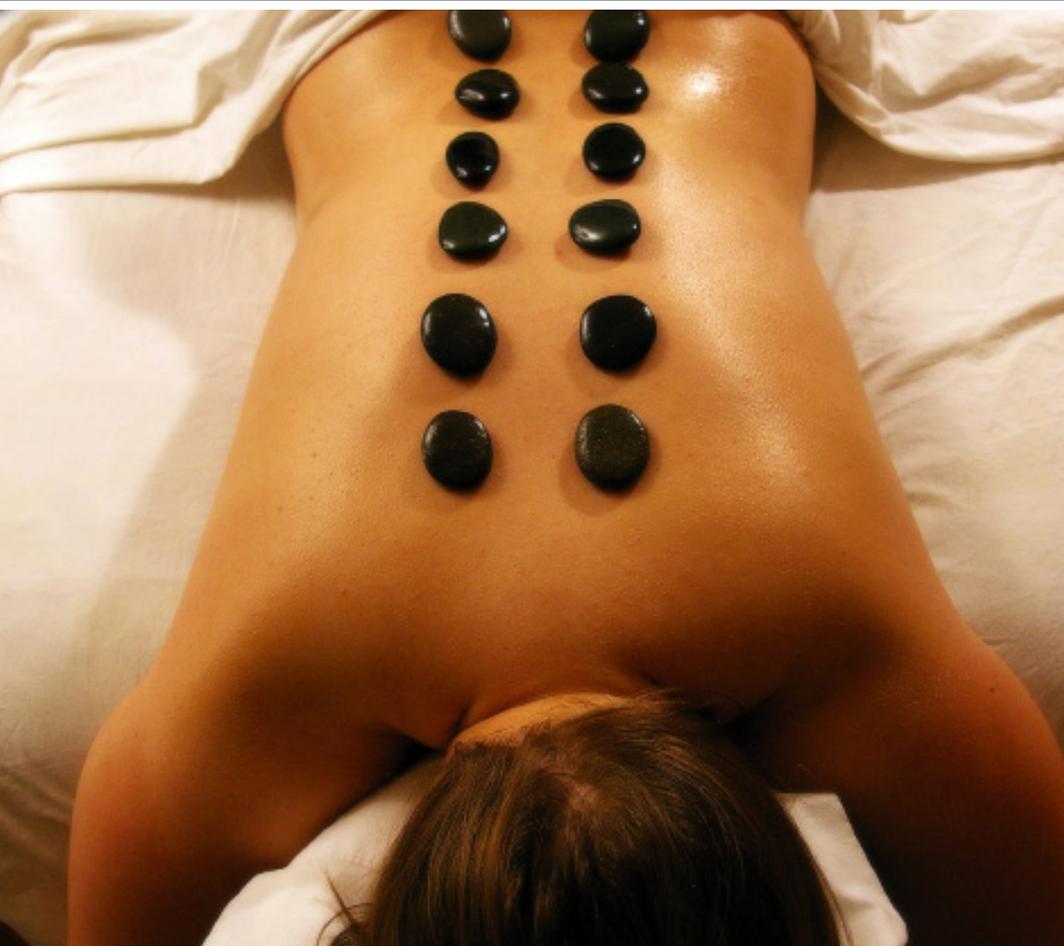




RUNNING Y RANCH  
RESORT

# SANDHILL SPA SERVICES





## RELAX... IMAGINE...

The quiet surroundings of the treatment room .... A deep breath and a sense of calm comes over you...your entire body yielding... the gentleness of the therapist's hands... stretching and pressing.... Your worries and anxieties give way to a refreshing wonderful feeling of well-being and peace!

# MASSAGES

## Swedish Massage

Long gliding strokes in the direction of the heart using light to medium pressure.	\$80	50 min
	\$100	75 min
	\$115	90 min

## Reiki Rebalancing

A Japanese healing art to increase and free the unbalanced energy flow in the body.	\$80	50 min
	\$100	75 min
	\$115	90 min

## New Beginnings

An instrumental ingredient in women's prenatal care.	\$92	50 min
	\$110	75 min

## Immune Boost

Manual Lymphatic Drainage or Cupping session.	\$92	50 min
A session designed to stimulate sluggish lymph flow by removing pollution and toxins. If the lymphatic system is functioning well, we naturally feel well.	\$110	75 min
	\$125	90 min

## Klamath River Stone

Hot stone massage melts away tension and eases muscle stiffness, promoting deeper muscle relaxation through the placement of smooth, water-heated stones, ironing knots away.	\$105	50 min
	\$125	75 min
	\$135	90 min

## Twice as Nice Tandem Massage

This relaxing massage technique originated in India thousands of years ago and is provided by two therapists working in unison on one client. The client receives twice as much attention as a one-on-one session.	\$180	50 min
	\$230	75 min

## Couples Retreat

The session includes sensual blend of rich aromatherapy oil decorated room, and a great medium pressure massage that encourages the union of two bodies, mind and spirit.	\$225	50 min
	\$250	75 min
	\$270	90 min

RELAXING...

# RESTORING...

## Body Tune-Up Deep Tissue

Medium to deep pressure designed to address the deeper layers of muscle using a variety of techniques, improving range of motion and circulation.

\$92 50 min  
\$120 75 min  
\$140 90 min

## Enhance and Recover Sports Massage

Tailored to boost performance, facilitate recovery and prevent or treat injuries using various massage techniques, range of motion/flexibility protocols, and strength techniques.

\$92 50 min  
\$120 75 min  
\$140 90 min

## Pain Eraser Remedial Treatment

Tailored to your specific goals with spot application of Topricin Pain Relief Healing cream. A combination of techniques (Orthopedic massage, Deep tissue, Trigger point, Fascial release, Muscle energy and Neuro muscular therapy and cupping). This is intended to stop the pain spasm cycle, reducing pain, adhesions, and inflammation, while improving range of motion and circulation.

\$100 50 min  
\$130 75 min  
\$150 90 min

## ADD-ONs to any Massage or Facial

(CHECK FOR AVAILABILITY)

Aroma therapy	\$12
Hot Stone (4) or Cold Stone (4)	\$12
Hot Towel, Hydrotherapy	\$12
Cupping	\$12
Eye treatment for dark circles	\$12



## RESTORE... ANTICIPATE...

Soothing warm hands easing tension... firm touch kneading knots from your tender muscles... a heavy burden has been lifted from you... a sigh and relief moves through you... uneasiness and pain fade away... balance returns!

# FACIALS

MURAD METHOD™

High-performance skin care designed to provide solutions customized to your skin concerns. Includes massage techniques to help relieve stress for ultimate relaxation and mindfulness. Skin will be left noticeably healthier and more beautiful.



## Murad Wrinkle Resurfacing Facial

Dramatically reduces the appearance of lines and wrinkles with this powerful resurfacing facial. Three exfoliating agents—salicylic acid, lactic acid, and glycolic acid, formulated to reveal youthful, softer, smoother skin. \$95/105 50 min

## Murad Even Brighter Facial

Reveal your skin's natural glow with this brightening facial. This antioxidant-rich treatment is formulated to help fade the appearance of hyperpigmentation and restore radiance. \$95/105 50 min

## Murad Blemish Control Facial

Improve the comfort and appearance of acne-prone or blackhead-prone skin. Your esthetician will choose from powerful clarifying ingredients such as salicylic acid and enzymes to address your unique skin concerns and level of congested pores. \$95/105 50 min

## Murad Men's

Designed specifically for men; Deep cleans & soothes; Created to address razor burn, dryness, ingrown hair, clogged pores and inflammation. \$95/105 50 min

## Express Facial

When your time is limited, cleanse, treat, mask, and moisturize for glowing skin that boosts the benefits of your daily skin care making extractions unnessecary. \$45 30 min

## Advanced Murad Wrinkle Resurfacing Facial

Swiftly and dramatically reduce the appearance of wrinkles, while infusing the skin with long-lasting hydration. \$145 80 min

ENRICHING...

# RENEWING...

## **Advanced Murad Even Brighter Facial**

Dramatic brightening makes this a popular facial. Environmental exposure creates a broad range of problems for your skin, and that's why this antioxidant-rich treatment is formulated to restore clarity, texture, elasticity and firmness, while fading pigmentation and smoothing out fine lines and wrinkles.

\$145 80 min

## **Advanced Murad Blemish Control Facial**

Designed to reduce acne blemishes and improve skin clarity while instantly soothing redness and inflammation. Open clogged pores for deep cleansing and extraction without irritation.

\$145 80 min

## **3 for 3 Facial Series**

3 months of 3 facials adjusting the strength of each treatment. 1st revitalize and reveal a softer and smoother complexion; 2nd Resurface and hydration to improve texture, tone and elasticity; 3rd Restore pigmentation and elasticity. Cannot be booked separately.

\$420

## **Facial Upgrades**

### **Advanced Calming Soothing Seaweed Mask**

This powerful treatment mask is specially formulated to rapidly comfort red, sensitive skin. It is also excellent for skin that is recovering from over exfoliation. Algae extract nourishes the skin and locks in hydration while green tea extract helps calm irritated skin.

\$15 15 min

### **Advanced Firming Treatment Mask**

This luxurious treatment mask is formulated to boost firmness and elasticity. Soybean sterols and clover flower extract help improve skin's elasticity and firmness leaving skin looking healthier and more youthful.

\$18 15 min



# BODY TREATMENTS & WAXING



## Soap Bush Scrub

Wild lilac flowers were used by Indians as soap. We harvest the flowers in much the same way from the local mountains. This natural scrub leaves you soft with a light floral fragrance.

\$60 30 min

## Salt Glow

This popular treatment exfoliates, re-mineralizes, smooths and moisturizes your skin.

\$50 30 min

## Sugar Polish

Perfect for more sensitive skin. This exfoliation leaves you with silky smooth skin.

\$50 30 min

## Dry Brush

Back to basics. This treatment stimulates circulation, strengthens the immune system and tightens the skin.

\$50 30 min

## Firm and Tone Wrap

Targets visible signs of cellulite and stretch marks, firms and stimulates elasticity.

\$100 45 min

## Firming Sea Mud & Algae Wrap

Effectively firms, stimulates and tones by utilizing rich concentrations of algae, minerals and vitamins derived from seaweed harvested off the Coast of France. (The “little black dress” treatment).

\$90 50 min

## Hydrating Wrap

Luxurious warming balm, melts on contact and binds moisture, leaving the skin perfectly hydrated.

\$90 45 min

## Back Treatment

A stimulating treatment that activates the lymphatic and nervous systems. Includes back polish, mask and moisturizer to reveal healthy clear, smoother skin.

\$75 45 min

TRANSFORMING...

# REFRESHING...

## After Sun Wrap

This soothing wrap cools and desensitizes with a soothing combination of natural biomedicines, providing your skin immediate relief from sunburn or sensitivity due to excessive sun exposure.

\$75 45 min

## Hikers Boot

Ideal for exhausted feet. This treatment includes hot towels, exfoliation, wrap and finishes with a unique Egyptian foot balm.

\$75 45 min

## Sunless Tan

Avoid the damaging effects of the sun and still enjoy a beautiful tan. Your session begins with exfoliation and then the hand application of the self-tanning product. (NOTE: avoid environments that cause sweating, or expose your skin to water for 8 hours, shower only after 8 hours).

\$90 60 min

## Waxing for Women or Men

Choose one: Eyebrow/Lip/Chin/Nose/Ears	\$15
Choose two from above	\$20
Full face	\$40
Bikini	\$40
Brazilian	\$70
Under arm	\$25
Arm	\$40
Forearm	\$30
Half leg	\$35
Full leg	\$75
Chest (male)	\$35
Back (male)	\$35
Body builder special (full body)	\$220
Flex time/additional 15 minutes	\$15



INCLUSIVE...

## Packages

### Therapeutic Renewal

Escape from your fast paced lifestyle. This package features three 50 min sessions that will nurture your skin, soothe your aches and give you a radiant glow. Choose three services from the following treatments: Swedish massage; Facial: Resurfacing, Blemish Control, Even Brighter; Body Treatment: Salt Glow, Sugar Polish, Dry Brush. \$215

### Sacred Sage Ritual

This healing ritual draws your awareness inward, establishing harmony and allowing your heart to be open. Sage Scrub and Klamath Honey Wrap followed by our Swedish massage. \$230

### Enhance and Recover Fitness Package

Consultation and Sports Massage tailored to your specific sport; golf, cycling, hiking, climbing, etc. Series of three 50 minute treatments performed over 3 weeks or less. \$250



# Spa Etiquette

For your convenience appointments may be booked online. To book your preferred time we recommend that you reserve that time in advance.

## Our Professional Staff

All staff members are professionally trained and licensed to ensure the highest quality of service and integrity.

## Cancellations

Your appointment time is reserved specifically for you. If you are unable to attend, please arrange for someone to take your place. As a courtesy to the staff and other guests, please provide a minimum of 24 hours advanced notice of cancellation for individuals (48 hours for groups of 3 or more). Appointments canceled in less than the required time and no-shows will be billed at full value. In the case of late arrival, the remaining time will be used for your service.

## Gratuities

Gratuities are not included in the price of services. All gratuities for service providers are at the guest's discretion. Average gratuity is 15%-20% of the full treatment price.

## Arrival and Spa Attire

Please arrive 15-20 minutes prior to your service to check in and relax. Sandhill offers full-service men and women's locker rooms, robes, sandals, towels and grooming amenities. As a spa guest you have full use of the fitness center's co-ed fitness room, indoor pool, sauna, hot tub and outdoor patio. We invite all our guests receiving services to make full use of our relaxing environment at Sandhill Spa. Come early, stay late, bring a book, and relax.

## What to Expect

During your first appointment, you will be asked to complete a health history sheet. Our staff will review this information and discuss any questions you or the staff may have.

# LIVE WELL.

Open Daily  
May through October 9am - 7pm  
November through April 9am - 5pm

541.850.5547

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