

Ghost Ranch Bodywork Program

integrative Renew the Body and Mind

The vision of Ghost Ranch is "A community for the Spirit for rest, re-creation, and renewal". In that spirit, The Ghost Ranch Bodywork Program , with the commitment of each therapist, helps promote health and wholeness. Bodywork and Personal Growth

The Ghost Ranch Bodywork Program: Nationally certified, licensed massage therapists offer massage, integrative bodywork and spa treatments daily. When at Ghost Ranch in Abiquiu, you may pick up a brochure, read about the therapists and treatments available and make an appointment (with a \$25 deposit/\$50 deposit for herbal body wraps) in the front office. Payment balance is made directly to the massage therapist by cash or check only.

Our Sessions

Our sessions have a Swedish format and integrate elements from many other bodywork modalities to address each client's needs. An average session is typically between 60 to 75 minutes in length, and is held at our Bodywork space in Corral Block #18 and 19.

We welcome you to our sacred space whether you come as a hesitant first-timer or a bodywork connoisseur.

Our Mission

The Mission of the Ghost Ranch Bodywork Program is to:

- Offer a variety of bodywork modalities by competent, heart-centered, licensed massage therapists.
- Promote the benefits of healthy, appropriate, non-sexual touch.
- Hold a space for the nurturing and healing of body, mind and spirit.
- Move from the body/mind split to bodymind integration.
- Complement other programs at Ghost Ranch.
- We believe that conscious touch can change our world.

Bodywork/Massage Sessions

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\$75

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\$65 Guests over 65

- \$45 Half Session/under 12

Spa Treatments

Abiquiu Rocks! - heated stone massage

- \$95 / 60 - 75 minutes; techniques vary by practitioner

Herbal Body Wrap - eight-part treatment which includes a hot oil scalp treatment, massage cupping, and cellulite treatment

- \$235 / takes approximately 2.5 hours

Facial Massage Treatments

- with full body massage \$125 / 75+ minutes

- w/half hour custom massage \$100 / 60 minutes

- w/neck massage \$75 / 45 minutes

- w/Abiquiu Rocks! \$135 / 75 minutes

Hot Oil Scalp Treatment

- \$25 add-on to any other treatment

Our Appointment and Payment Procedures

We invite you to go to the front office in the Administration Building at Ghost Ranch. Look through the bodywork binder with photographs and personal statements by each bodyworker.

When you are ready, you may make an appointment with the staff member on duty at the front desk. Appointments for bodywork sessions and spa treatments can be made in the Ghost Ranch front office with a \$25 deposit for bodywork sessions and spa treatments, except body wraps for which we request a \$50 deposit.

*If you need to change your time, it must be done at least 24 hours before the scheduled appointment in order to apply the \$25/\$50 deposit to the cost. Our staff travels great distances to work with you. Please honor your appointment time. Thank you.

*Please remember that individual massage therapists can accept cash or checks, but are unable to accept credit cards. Thanks.

Our Staff

Terry Martin: Terry practices Swedish massage with an emphasis on deep tissue for relief of pain and tension. She is also a Reiki Master. Terry lives and works in Chama, NM where she runs the Lighthouse Inn.

Cairn Morrison: is an integrative bodyworker whose typical session combines elements of Swedish, Polarity Therapy and other modalities. The focus of her practice is stress reduction with deep relaxation.

Susan Weber: While the basis of her work is Swedish, Susan integrates deep tissue, cranial sacral and traditional Thai massage. These modalities may be requested separately. She also works at Ten Thousand Waves and teaches hatha yoga.

Joyce Barrett: Because every person is unique, Joyce tailors her work to the individual. She draws on her training and experience in Swedish massage, cranial-sacral reflexology, kinesiology, structural balancing, subtle energy work and healing touch to create a special experience for each client. Her therapeutic, intuitive approach addresses needs on a continuum from pure relaxation to relief from chronic pain.

Martina Madrid: My bodywork is based on years of practice and my focus is on you and what kind of touch you need right now for your body to remember your health and wholeness. I started with two years of Foot Reflexology and, after receiving my massage training, I worked at a local spa for ten years. My techniques range from Swedish, Neuromuscular and Deep Tissue to Acupressure, Trigger Point and my own intuitive release work. No technique is foolproof and each person is a new canvas of experiences which I have learned to honor and, therefore, my work is geared to remain within each person's comfort zone. I love bodywork and feeling the body unfold during a massage. There is a sacredness to touch and I am blessed to be part of this human miracle.

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