

Nationally certified massage therapists offer massage, other bodywork modalities and spa treatments.

Please ask to see the Ghost Ranch Bodywork Program binder in the office. In it there are photographs of and statements by each of our massage therapists as well as descriptions of our spa treatments.

- **Susan Weber**
- **Terry Martin**
- **Charles Bayly**
- **Joyce Barrett**
- **Cairn Morrison**

For more information contact:
Cairn Catherine Morrison,
Program Coordinator
55 A County Road #9
Española, NM 87532
505-753-1868
earthwise@windstream.net

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. **Cash or checks made out to massage therapist are welcome. We are sorry we cannot accept credit cards.**

Massage/Bodywork sessions:

Guests:	\$75
Over 65:	\$65
Half session: (under 12 or by special arrangement)	\$45

Abiquiú Rocks!

Heated Stone Massage w/full body massage	\$95
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Hot Oil Scalp Treatment (add-on)	\$25
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Facial Massage Treatment w/ Full Body Massage	\$125
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w/ half Hour Custom Massage	\$100
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w/neck & shoulder massage	\$75
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w/ Abiquiú Rocks!	\$135
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Herbal Body Wrap

A 5-part treatment for systemic detoxification and possible inch loss with cellulite treatment & massage cupping

\$235



Effective 04/12/09

The Ghost Ranch Bodywork Program



Bodywork and
Personal Growth



HC 77, Box 11
Abiquiu, NM 87510
505.685.4333

Bodywork and Personal Growth

Bodywork Works on Many Levels

With the growing popularity of massage, spa treatments and other forms of bodywork, has come an increasing awareness of the physical benefits of the work: improved circulation, stress reduction, increased immune function, pain relief, deep relaxation and so forth.

For some, this is enough. For others, bodywork is part of a broader, deeper interest in personal growth. This may involve an attempt to resolve long-standing emotional issues or it may be a spiritual seeking.

Sometimes it is hard to put a name or description to what is going on beyond the vague feeling that there is something more.



Be gentle with yourself after a session, rest for a while and drink some extra water to wash away the metabolic waste dislodged by the work.

Bodywork and Intent

If bodywork is a part of your personal growth work, intent is the only requirement. It is your decision whether or not to share the intent with the bodyworker and how specific you want to be. For example, you might tell your bodyworker that you would like the session to focus on a dream, a family issue, a struggle around a career choice or a friend with a terminal diagnosis. If, on the other hand, you are a private person and decide that you do not want to share even that much information, it is perfectly acceptable. The process should not feel invasive. As with any bodywork session, it is *your* time to do what is most comfortable and helpful for you.

You might ask your bodyworker if he/she is trained in any of the energy-based modalities such as Polarity, Reiki, cranio-sacral work or Window to the Sky. All of these modalities offer techniques which facilitate personal growth and invite trauma resolution, for the most part, non-verbally, unlike psychotherapy.

While you are on retreat at Casa del Sol or a guest at Ghost Ranch we invite you to make a bodywork session or series of sessions a part of your sojourn.

