



**SUNRISE SPRINGS
SPA RESORT**
SPA MENU

OJITOS OPEN-AIR SOAKING EXPERIENCE

Surrounded by towering cottonwoods nestled above the natural, spring-fed pond is our new Ojitos open-air soaking experience. Relax with a soothing soak under big blue skies by day, or on a stunning starlit night. Bathe au natural in a private outdoor pool or mineral-infused soaking tub, or enjoy a sweat in our co-ed, eucalyptus steam room and private steam showers. Combine a soak before or after any spa service for the ultimate relaxation experience for both mind and body.

Private Outdoor Pool

Immerse into a soothing private outdoor pool overlooking our tranquil oasis.

50-minutes (1-2 guests)

9a – 6p..... \$45

After 6p \$55

Each additional guest \$10 per person, per hour. Max 4 people per pool.

Private Outdoor Mineral-infused Soaking Tub

Sink into a calming magnesium-based soak. This natural, detoxifying bath helps relieve stress and body aches.

25-minutes (1 guest only) \$30

Complimentary access to Ojitos co-ed steam room and private steam showers is available to day spa guests and lodging guests. Please check in at the Spa Front Desk for access.



MIND BODY WELLNESS: PRIVATE THRIVE GUIDES SESSIONS

Our Thrive Guide Selections are meant to do just as their name implies: Guide you, in a fun and interactive way, to an understanding and experience of what it means to personally Thrive. We believe balance and personal growth occur in the purposeful exploration and development of the Mind-Body Connection and have designed our class offerings around that principle. Let us guide you to some new and inspiring activities and ways to joyously assimilate them into your life. We are confident, that whether you choose an Expressive Arts, Culinary, Gardening, Contemplative or Fitness course, you will gain practice and insight into enjoyable new ways to Thrive!

All sessions 50 minutes: Individual \$79, Couple \$119

CULINARY, HORTICULTURE & GARDENING

Seasonal Culinary Adventure

Discover new and exciting ways to create nurturing meals using seasonal produce for yourself and others. When we feed ourselves creatively, we also feed our souls.

Plant Explorations

Individualized explorations in gardening to discover and deepen your connection to nature. We will explore topics around growing techniques, planning a garden, tower gardening, harvesting, raised bed gardening and vegetable and herb gardening.

EXPRESSIVE ARTS

Guided Art Explorations

Stimulate your right brain through creative expressions in a variety of media. We will explore ways of seeing and being and connecting with the body as a grounding for creative expressions, indoors and in nature. Leave the critic at the door. This is about process, energy, flow and fun!

INNER EXPLORATIONS

Body Mind Connection: Self-Care Recharge

Develop a greater level of relaxation and stress reduction. We will use breath awareness, guided visualizations, self-shiatsu (acupressure) techniques and Qigong as tools for self-care and realization. Wear loose, comfortable clothing.

Medicine Wheel Experience

Discover the tradition and insight of the Native American Medicine Wheel. Gain awareness into areas of potential growth and expansion in your emotional, mental, spiritual and physical relationships to the world and those around you. Cultivate your inner strength of authenticity and personal power.

Couples Guided Meditation

Deepen or launch a mindfulness and meditative practice with your partner. The session will seek to clarify and define each individual as well as the partnership. Learn to identify and respect where each partner intersects and those places of sacred independence. Principles gained from the session can help the couple to better understand and respect each other.

MIND-BODY WELLNESS: MOVEMENT & FUNCTIONAL FITNESS

The sacred water and the land of Sunrise Springs offers guests a mindful and long-lasting approach to physical health. Creating a manageable and fun fitness program can boost brain power, improve stress management, enhance stamina, increase longevity and elevate endorphins. Let our highly experienced team provide you with the tools to achieve your fitness goals and long-lasting health and wellness.



Movement and Personal Training

Challenge your body while bringing your fitness regimen to a new level. Whether your goal is weight loss, muscle definition, flexibility or strength acquisition—our exercise specialists will design a personalized program around state of the art modalities including functional and movement based training and apparatus as well as yogic asana-derived techniques. We believe that deepening your relationship to fitness should be motivating, innovative and fun while supporting your life, hobbies, posture and other interests.

50 minutes \$99 80 minutes \$145

Private Yoga (Individual or Couple)

Through the use and training of breath, meditation, and yoga poses, this private session is designed to support health, connection and clarity in your daily life.

Individual \$79 Couples \$119



BODYWORK & THERAPEUTIC MASSAGE

We invite you to experience one of our spa therapies delivered by our seasoned and nurturing practitioners.

Sunrise Custom Massage

Delight your senses with a customized, stress-melting body massage to release tension and increase mind-body connection. Our experienced massage therapists use a variety of techniques to create a personalized massage that will leave you feeling centered and refreshed.

50 minutes \$109 80 minutes \$155

Deep Tissue Massage

This deeper style of bodywork helps to release chronic patterns of stress and tension in the body. Slower massage strokes and more direct deep pressure are utilized to affect the underlying muscles and structure of the body. **50 minutes \$129 80 minutes \$179**

Earth Keepers' Hot Stone Massage

Therapists use warm, oiled basalt stones combined with harmonizing massage strokes to soothe your muscles, balance your energy and relieve tension. Large stones are placed along points of the body help to ground, calm and relax the mind and nervous system.

50 minutes \$135 80 minutes \$179

Ancient Echoes

Based on East Indian Head Massage techniques, this therapy will take you on a voyage that explores a variety of massage and energy balancing techniques of the upper back, shoulders, arms, neck, scalp, face and ears, finishing off with a luxurious foot massage. Helps relieve stress, soothes, comforts and balances your energy. Supports hair growth, eases headaches, insomnia, eyestrain and provides relief from aches and pains. Promotes a deep sense of calm and tranquility. **50 minutes \$135 80 minutes \$179**

80-minute service includes back of the leg massage and additional head, neck and energy-balancing therapy

Kokopelli Pregnancy Massage

Known as a fertility deity, healer and storyteller, Kokopelli is a sacred figure to many Southwestern Native Americans. This nurturing and relaxing therapy focuses on the special needs of the mother-to-be by relieving stress on joints, and easing neck and back pain. A prenatal massage can help reduce fatigue and aid the circulatory and lymphatic systems of mother and baby. **50 minutes \$119 80 minutes \$169**

Please advise your therapist of any medical conditions you may have with your pregnancy.

Thai Massage

A transformational system of mindfulness-based yogic bodywork techniques dating back to India over 2500 years ago. A dynamic combination of myofascial stretching, joint mobilization, acupressure, energy balancing, rhythmic deep tissue compression, soft tissue manipulation, and assisted yoga asana (postures) applied with an attitude of meditation, compassion and reverence. Guests should wear loose fitting comfortable clothing.

80 minutes \$180

CBD Massage Therapy Treatment

Full body massage to release tension in sore muscles and reduce inflammation in joints: ideal massage for clients with Fibromyalgia, Arthritis, and chronic pain, and anyone who has overworked their muscles from physical activity and overexertion. This massage treatment uses CBD oils and CBD products that are grown and processed exclusively in Colorado USA. **50 minutes \$159 80 minutes \$198**

SKIN CARE

Our skin care therapies incorporate extensive face massage, our signature hot herbal towels and Round Barn Apothecary organic skincare. Drawing from the best of both science and nature, Round Barn Apothecary is a small batch, handcrafted, luxury skincare line meticulously formulated with natural ingredients from local farmers and wild harvesters. Through expansive research Round Barn Apothecary has harnessed the power of nutrient-rich plants to provide maximum effectiveness for long-lasting, radiant skin. Round Barn Apothecary organic skincare is free of damaging parabens, sulfates and synthetics, and is simply better for you, with better results.

Rejuvenating

A relaxing and soothing face therapy for all skin types. Enjoy a calming face massage with Round Barn Apothecary skincare to cleanse, replenish and nourish your skin. Our signature hot herbal towels and wild-crafted local herbs are used to gently soothe and tone the skin. You'll leave this therapy looking and feeling radiant. **50 minutes \$119**

Purifying

This invigorating therapy is grounding and helps cleanse, tone and soften irritated and dry skin. We use nourishing Round Barn Apothecary products to purify and moisturize your skin. Our signature hot herbal towel compress melts away stress, while revitalizing and hydrating your skin. **50 minutes \$119**

Youthful Glow

Our age-defying face therapy is designed to improve circulation, relax face muscles and restore your skin to a luminous, youthful glow. We incorporate nutrient-rich Round Barn Apothecary skincare and our signature hot herbal towels to gently slough away old skin cells giving you a brighter, smoother complexion. Your therapist utilizes face massage to help diminish fine lines and wrinkles leaving you with a rejuvenating, younger-looking appearance. **50 minutes \$135 80 minutes \$179** *Includes a hand and arm massage.*

Moisture Quench

This face therapy is designed to hydrate, balance and soothe your skin especially after exposure to the drying southwest sun and wind. We incorporate replenishing Round Barn Apothecary skincare with our signature hot herbal towels to nourish and restore moisture to parched skin. The natural desert botanicals help brighten and tone the skin and improve collagen function and elasticity. **50 minutes \$129**

We specialize in using nourishing and natural approaches to skin care without extractions or the use of machines

MIND-BODY WELLNESS: LIFE CONSULTATION & ENHANCEMENT WITH MICHAEL SCHROEDER, MA, LMFT

Making time for self-care and contemplation of our present life trajectory is often lacking in our day-to-day routines. Most of us can point to aspects of our life path that might benefit from a slight course correction. Sunrise Springs's Life Consultation and Enhancement sessions are designed to bring insight, inspiration and clarity to our daily lives. Our Lead Counselor, Michael Schroeder MA, LMFT combines Depth Psychology, principles of Mindfulness and Solution-Focused Brief Therapy (SFBT) to help gain new awareness and develop ways to pro-actively manage relationships, life transitions, stress and dreams.

Guests meet with Michael for a relaxed and personal, confidential consultation that can focus on a range of topics including:

Cultivating Mindfulness

Deepening a Meditation Practice

Relationship Tune-Ups and Rejuvenation

Communication

Stress & Anxiety

Esteem

Intimacy

Parenting

Transition & Change

Goals & Intentions

For a general discussion about issues or goals:

50 minutes \$119

For a more in-depth discussion, or Couples' Session:

80 minutes \$179

Michael Schroeder's services are available to the community, visitors, and Sunrise Springs' guests.

Phone or Skype sessions are available for follow-up and on-going consultations at the above rates.



MIND-BODY WELLNESS: INTEGRATIVE MEDICINE

Acupuncture

Acupuncture is the foundational treatment approach of Traditional Chinese Medicine and has been used for more than 2,500 years to reduce pain, stress, arthritis and depression. After a consultation, our licensed Doctor of Oriental Medicine (DOM) will administer acupuncture based on your personal needs to balance the flow of energy (Qi) and promote your body's natural healing process. The Chinese medical concept of nourishing and replenishing Qi and other vital forces can aid in pain management, energy balance resulting in a deeper state of wellbeing. **80-minutes \$189 Additional 50-minute session \$149**

Ayurvedic Healing Consultation

Ayurveda medicine is a 5,000-year-old practice that emphasizes the underlying root of imbalance in all areas of life. In this balance-restoring consultation, a practitioner will address your current diet, lifestyle, stress management tools and state of health, and make healing recommendations through the use of herbs, nutrition, aromatherapy oils, massage, meditation, and yoga. End your session with the insight to take your Ayurvedic healing to a deeper level and cleanse, nurture and rejuvenate your health.

80-minutes initial consultation \$189 50-minute follow-up \$149

Chiropractic Session

The practice of chiropractic care focuses on the examination of the spine to evaluate structure and function, and how that relationship affects the preservation and restoration of health. In this healing session, your licensed chiropractor, manipulations may be made to correct alignment, alleviate pain, improve function and support your body's natural ability to heal itself. Take-home corrective exercises will be provided for long-term benefits.

80-minutes evaluation & treatment \$195 50-minute follow-up \$119

Posture & Wellbeing

Even in the absence of pain, many of us know that we are not sitting, standing and moving optimally. Postural imbalances can lead to misalignments that can result in pain and other health problems. An evaluation by our chiropractor will assess your posture and body alignment, and provide recommendations to restore natural body mechanics. Experience greater comfort and mental clarity.

80 minutes \$195 50-minute follow-up minutes \$119

Your body holds **deep wisdom.**

Honor it. Nourish it.

THRIVE.

REJUVENATING ADD-ONS

Consider adding a 25-minute therapeutic enhancement to complement your bodywork or skin revitalization.

Mini Face Therapy

Your choice of a mini version of either the Rejuvenating or Purifying face therapies which can be added to a massage or other spa service for a quick and effective way to purify, relax and hydrate your skin. **25-minute add-on \$69**

Reflexology Foot Therapy

Treat yourself to a reflexology foot session that stimulates and balances your entire system by applying pressure on specific reflex points on your feet. Our guests tell us this is the one treatment they are most pleasantly surprised by. Not offered for pregnant women. **25-minute add-on \$54**

Round Barn Apothecary Hair Therapy

This therapeutic and rejuvenating hair therapy utilizes cooling coconut and eucalyptus to strengthen the hair shaft and repair damage caused by styling and heat. This unique complex is applied to your hair, massaged into your head and scalp, and heated with a hot herbal towel head wrap to invigorate and protect your tresses.

25-minute add-on \$54

Native American Blue Corn & Prickly Pear Salt Scrub

This unique mixture of blue corn, prickly pear and ancient sea salt whisks away dry, dull skin revealing a softer, smoother texture. Many Native Americans rub blue cornmeal on their skin to rid the body of impurities. Prickly pear nourishes skin and soothes irritations. Sea salt minerals can improve circulation and metabolism. Hot herbal towels open your pores and relax the body and mind, leaving the skin restored and radiant.

25-minute add-on \$65

ENERGY HEALING

Energy Work:

Choose from a variety of modalities to refocus, balance and align your mind and body. Choose from the following. **50 minutes \$119**

Cranial Sacral Therapy is a gentle, noninvasive form of bodywork that addresses the bones of the head, spinal column and sacrum. The goal is to release compression in those areas which alleviates stress and pain.

Polarity Therapy is a healing treatment intended to restore the balanced distribution of the body's natural energy.

Reiki is a healing art performed for stress reduction and relaxation that balances the natural life force energy of the body.

MIND-BODY WELLNESS: INTEGRATIVE MEDICINE WITH SALLY FISHER, MD

Consider giving yourself a gift of uninterrupted time with a physician who can offer a holistic approach to your health concerns or wellness goals with a depth of knowledge and experience of integrative medicine. Sunrise Springs' Medical Director, Sally Fisher, M.D. provides you with a compassionate and sustainable plan for living well.

TEA TALKS WITH DR. SALLY FISHER

Guests meet with Dr. Sally for a relaxed and personal, confidential consultation that can focus on a range of topics including:

Brain Health	Stress/Cortisol Issues
Digestive Health	Female or Male Health
Weight Concerns	Autoimmunity
Nutrition & Supplements	Cancer Survivorship
Sleep	

Dr. Sally's services are available to the community, visitors, and Sunrise Springs' guests.

For a brief discussion about your health, consider an introductory session:

25 minutes \$79

For a focused discussion about your health issues or wellness goals:

50 minutes \$159 80 minutes \$249

For more complex or longstanding concerns, we recommend:

1 hour, 50 minutes \$329

Dr. Sally may recommend laboratory testing for cortisol, hormone or nutrient levels, and digestive health as needed.

Phone or Skype sessions are available for follow-up and on-going consultations at the above rates.

Dr. Sally Fisher, MD is board certified in Preventive, Integrative and Holistic Medicine and a Physician Nutrition Specialist

Albuquerque's Top Doc in Preventive Medicine

Two years in a row – ALBUQUERQUE THE MAGAZINE

MIND-BODY WELLNESS: INTEGRATIVE MEDICINE WITH SALLY FISHER, MD

Join Dr. Sally for Question/Answer discussion-based experiences, tailored to the desires of participants, around timely and compelling topics such as food as medicine, gut (GI) health, stress and relaxation, and a variety of other topics in the area of mind/body wellbeing.

SOME OF DR. SALLY'S CLASSES INCLUDE:

Physician's Corner – Food as Medicine

A far ranging look and discussion of the anthropology, history, evolution, botany, psychology and medicine of food.

Physician's Corner – Stress and Relaxation

A look at and discussion of the medical underpinnings of stress, anxiety and inflammation and their antidotes in mind/body approaches.

Physician's Corner – Gut (GI) Health

A discussion of topics in food and gut health, the fascinating world of gut bacteria (the microbiome), detoxification and others as desired.

Physician's Corner – Ancient Rhythms

Topics in and discussion of daily rhythms, sleep, seasons, sunlight and darkness, hydration, Vitamin D and others as desired.

Physician's Corner – Nutrition Topics

A look at any trending, controversial, fascinating, and/or compelling topics in nutrition desired by the group, for example: GMOs, soy, acid/alkaline diets, gluten-free, paleo, vitamins and supplements, etc.

Please see our daily schedule for a list of current offerings.



"My desired intention is to have those I work with feel deeply that I am fully present with warmth, humor, and knowledge as I help people to explore ways of enhancing their health and wellness."

**SUNRISE SPRINGS MEDICAL DIRECTOR
SALLY FISHER, MD**

HELPFUL INFORMATION

Scheduling

To make a spa appointment, please call 877.977.8212 or visit the spa reception desk. We recommend scheduling spa services prior to your arrival. You will receive a phone call from our reservations department prior to your arrival to answer your questions and customize your stay.

Sunrise Springs Spa Resort is an 18-and-over resort.

Robes, Lockers and Slippers

All guests who purchase a spa treatment will receive a complimentary robe, locker and slippers to use during your visit.

Check-in

Please arrive 15 minutes prior to your appointment time to change and check in.

Special Health Considerations

Please notify the spa receptionist of any health concerns (including high blood pressure, allergies, physical ailments or disabilities, and pregnancy) before booking your services. You will also have a chance to review concerns with your therapist during your appointment.

Cancellations

If you must cancel or reschedule your appointment, please contact Reservations or visit the spa reception desk. We respectfully ask that cancellations or appointment changes be made 24 hours in advance to avoid penalty. Cancellations within 24 hours of the appointment time will be charged the full amount.

Gratuities

Gratuities are not included in the price of treatment and are gratefully received to acknowledge good service. The typical range is 18-20% of the price of the treatment(s).



SUNRISE SPRINGS

AN OJO SPA RESORT

SANTA FE

To make an appointment, please call 877.977.8212
or visit the Spa reception desk.