



Reveille

PEAK RANCH



Wellness at the Ranch

SPA SERVICES

ACUPUNCTURE

Personalized Acupuncture Session \$70 (50 min)

MASSAGE & BODYWORK

Sana Vida Signature Massage \$70 (50 min)

Sana Vida Signature Massage \$100 (80 min)

Focus Area Massage \$35 (25 min)

Chair Massage \$20 (15 min)

Joint Mobilization & Stretching \$35(25 min)

REFLEXOLOGY

Revitalizing Foot Reflexology \$60 (50 min)

(\$200 Min for Services per day, includes 20% Gratuity)

EVENT/RACE SERVICES

Personalized Acupuncture Session \$35 (25 min)

Sana Vida Signature Massage \$35 (25min)

Chair Massage \$20 (15 min)

Revitalizing Foot Reflexology \$35 (25 min)

Availability may vary per event

CLASSES & WORKSHOPS

(10 Person Min, 20% Off for Groups Over 20)

Yoga Class (Hatha, Vinyasa, Gentle) \$15 (60 min)

Guided Meditation for Healing \$15 (60 min)

Qigong (Chinese Yoga) \$15 (60 min)

Ayurvedic Diet, Nutrition, & Lifestyle \$35 (2 hrs)

Meditation for Beginners \$35 (2 hrs)

Introduction to Ayurveda \$35 (2 hrs)

Self Hypnosis for Healthier Living \$35 (2 hrs)

Stress, Weight & Pain Management \$35 (2 hrs)

Green Tea for Better Health \$35 (2 hrs)

So Much More! Tell Us Your Interests

All services, classes and workshops must be reserved with a credit card. Sana Vida maintains a 24 hour cancellation fee of 50% of service. All payments are made to Sana Vida.



sana vida

www.sanavida.info

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