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FOR IMMEDIATE RELEASE:

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**March focuses on
Life-Changing, Healing Treatments
At SháNah Spa at Bishop's Lodge**

Santa Fe, NM – For the month of March, SháNah Spa at Bishop's Lodge Ranch Resort & Spa in Santa Fe, will focus on four spa treatments that offer life-changing, healing effects – the Warm Stone Massage, the Rainbow Chakra Massage, the Ayurvedic Abhyanga Massage, and a Foot Reflexology Treatment.

"These are special treatments," says Spa Director Antonieta Matter. "Each is created to invoke the body's natural healing response. For everyday stress or specific maladies, a custom treatment can really make a difference."

The Warm Stone Massage addresses the back and neck muscles with a gentle kneading, and then warm stones are placed in the palms and on the spinal column. Their weight and penetrating heat melt tension in the ever-sensitive and usually over-worked hands. On the back, the heat and weight of the stones seem to guide the flow of energy up the spine.

The Rainbow Chakra Massage begins with the client face down and the therapist works from the 7th chakra (the crown of the head) down to the 1st chakra (the feet). Then the client turns to lie face up and the therapist repeats the chakras from 1st to 7th. While face down, each oil is introduced with the theme of that energy center, the therapist holds some of the oil under the client's nose to breathe in. The therapist begins massaging from that point on the body with a stroke specific to that chakra. The oils are blended by Body Bliss of Sedona, Arizona.

Ayurvedic Abiyanga Massage is a gentle massage ritual using traditional aromatic oils custom blended to balance the client's dosha type (determined with a questionnaire prior to the treatment). The warm, herbal oils and light, rhythmic touch work to soothe and restore the nervous system, promoting a peaceful state of harmony.

A Foot Reflexology Treatment focuses on massaging, squeezing, or pushing on parts of the feet to encourage a beneficial effect on other parts of the body or to improve general health, in an effort to open the blockage of an energy field, or "Qi" life force, and help healing. It also relieves stress and pain in other parts of the body.

Each treatment is \$120 for a 60-minute session. A complete menu of 27 spa treatments is available.

The Bishop's Lodge Ranch Resort & Spa is a full service, 450-acre resort and has been ranked by **Travel & Leisure** magazine as one of America's premier retreats. The SháNah Spa and Wellness Center has been honored with **Condé Nast Johansens'** "Most Outstanding Spa Award in North America and the Caribbean."

Bishop's Lodge Ranch Resort & Spa is managed by Prism Hotels & Resorts whose clients also include Marriott, Hilton, Radisson, Embassy Suites, and Holiday Inn. To make a resort or spa reservation, call 800-732-2240 or visit www.bishopslodge.com.

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