

SHÁNAH SPA

AT BISHOP'S LODGE RANCH RESORT & SPA

SANTA FE, N.M. – [Bishop's Lodge Ranch Resort & Spa](#) – Santa Fe's only authentic ranch resort offering a genuine Southwestern experience minutes from downtown – is home to SháNah Spa, a name inspired by the Native American word for vitality and energy. The spa boasts custom-blended oils for individual skin types and specialized treatments including massages, facials, body wraps and Aquassage. The full service SháNah Spa is a true sanctuary, where guests take time out to be nurtured by Mother Nature and guided by ancient wisdom.

Six indoor treatment rooms, two outdoor private massage gardens, an outdoor Watsu pool, whirlpool, relaxing lounge area, hair salon and private Native American Teepee provide an array of settings for ultimate relaxation in a secluded natural retreat. Nestled in the shadows of the Sangre de Cristo Mountains, SháNah Spa's organic textures and plush furnishings incorporate the majesty of the resort's 450 verdant acres into each personalized spa experience.

A sampling of signature treatments includes:

NATIVE RHYTHMS

In this Native American-inspired treatment, blue corn with mineral salts and Aloe Vera combine in a vigorous scrub to polish skin to perfection followed by a hot stone massage and facial.

- 50-minute purification body polish
- 50-minute native stones massage
- 50-minute custom facial

DESERT FUSION

Essential oils have a profound effect on the body, mind, heart and soul. With that in mind, spa therapists custom blend essential oils that specifically speak to guests needs.

- Dry brushing of the skin to increase circulation
- 50-minute balancing massage with personal oil
- Custom oil takeaway gift

TESUQUE CLAY WRAP

This unique high desert treatment combines the exfoliating qualities of the earth, essential minerals and herbs grown on-site in the Bishop's gardens to nourish and detoxify the skin.

- Light dry exfoliation of the skin
- Mineral rich full body clay masque
- Refreshing Swiss shower
- Light massage using the spa's signature oil blend

Bishop's Lodge Ranch Resort & Spa is an authentic, historic destination ranch resort nestled at the base of the Sangre de Cristo Mountains. Wrapping around a 156 year-old historic chapel, the resort includes 15 Santa Fe adobe-style lodges housing 91 unique rooms, many with kiva fireplaces, private courtyards and quaint balconies as well as eight gated villas. A member of Historic Hotels of America, a program of the National Trust for Historic Preservation and brand of Preferred Hotel Group, Bishop's Lodge boasts serene meeting spaces including four conference rooms totaling 8,000 square feet. Outdoor spaces are accessible for receptions and activities, with business support services, full-service catering and culinary planners available.

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Bishop's Lodge is home to Las Fuentes Restaurant and Bar, offering contemporary, creative Nuevo Ranchero created by Executive Chef Christopher McLean in an inspired environment featuring majestic beamed ceilings and authentic Navajo rugs. From Memorial Day to Labor Day, the poolside Sunflower Bar & Grill serves fresh sandwiches, salads and specialty drinks. The stables at Bishop's Lodge allow guests to experience the ranch's 450 acres of spectacular alpine scenery on horseback, with group, private, sunset and special children's rides available year-round.

For more information and to reserve treatments at SháNah Spa at Bishop's Lodge Ranch Resort & Spa, call 800-732-2240 or visit bishops lodge.com. Follow facebook.com/bishops lodge and twitter.com/bishops_lodge for special offers.

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