

The background of the entire page is a light beige color with a subtle, repeating pattern of blurred, dark green leaves and stems, creating a natural and serene atmosphere.

REST  
RETREAT  
RENEW

the living spa<sup>®</sup>

## WELCOME TO THE LIVING SPA

The Living Spa is an eco-conscious, world-class rejuvenation center at the heart of El Monte Sagrado. Prepare to be pampered by professional therapists focused on your health, and healing.

Ten perfectly designed treatment rooms, many with added benefits of a sunlit shower, and natural waterfall cooling system, await you at our Taos spa. And ask about our two romantic, candlelit couples suites with extraordinary treatments that are sure to heal mind, body, and spirit.

El Monte Sagrado, named one of the “Top Spa Resorts in America” by *Forbes*, only utilizes natural, and organic products, such as “Sagrado” by Body Bliss, our own private label.

For post-treatment meditation, The Sacred Circle, a relaxation area revered for hundreds of years by the local Taos tribes, invites guests to unwind among towering willow and cottonwood trees. After soaking up the warm sun, guests can enjoy the resort’s two hydrotherapy tubs or saltwater pool to further revitalize body and soul.





## SIGNATURE SERVICES

### INDULGENT PAMPERING

Designed as a full-body reset for guests seeking deep restoration, this immersive treatment channels the nurturing energy of rose quartz to steady the nervous system, revive circulation, and dissolve the emotional static that accumulates in everyday life. Your journey begins with a gentle dry brushing ritual that clears away what no longer serves you, awakening the skin and inviting the lymphatic system into a state of flow. A warm organic rose and geranium clay wrap then cocoons the body, drawing out heaviness, refining the skin, and easing inflammation with natural, grounded potency. While you rest in this restorative embrace, a hydrating facial mask replenishes the complexion and rebalances the spirit. The experience closes with a slow, intentional massage using nutrient-rich shea butter, sealing in moisture, and anchoring a sense of sanctuary that lingers long after you leave. This is not just a service; it is a return to yourself.

120 minutes \$315

### A HUG—IT'S WHAT YOU NEED

Sometimes the body simply needs permission to exhale. This deeply nurturing ritual begins with a slow, grounding full-body massage designed to quiet the nervous system and ease muscular tension. Using warm, nutrient-rich shea butter and long, intentional effleurage, the massage invites deep relaxation while replenishing and restoring the skin. Following the massage, you are gently cocooned in comforting warmth, allowing the treatment to deepen as the body fully surrenders into rest. During the wrap, the therapist integrates restorative scalp and foot work to invite the body into a state of effortless calm. Layered textures, subtle aromatics, and an unhurried rhythm work together to hydrate the skin, restore elasticity, and recalibrate the nervous system. More than a treatment, this experience is a sanctuary in motion—a quiet embrace that steadies your energy, reawakens vitality, and reminds you what it feels like to be truly cared for.

90 minutes \$235

## BODY POLISH

A renewing ritual designed to gently release what the skin no longer needs. This full-body exfoliation offers two thoughtfully curated options: a mineral-rich salt polish infused with grounding sage and cedar, or a sugar polish scented with calming lavender. Both blends smooth and soften the skin while encouraging healthy circulation and lymphatic flow. As dull layers are refined away, the body feels lighter, refreshed, and renewed. The experience concludes with a calming massage and a compatible moisturizer to seal in hydration, leaving the skin nourished, luminous, and beautifully polished. Step out of the old and into a softer, more radiant you.

50 minutes <sup>5</sup>\$185

## SAGRADO HIGH DESERT

Inspired by the raw elegance of the high desert, this immersive treatment draws on wild-crafted botanicals, indigenous florals, and aromatic oils that capture the landscape in its most elemental form. The ritual begins with a full-body exfoliation using triple-milled desert salts to smooth the skin and awaken circulation. You are then enveloped in a mineral-rich ancient sea clay mask, allowing the body to release heaviness while restoring balance and clarity. The experience concludes with a gentle, grounding massage and the application of cedarwood and sage butter cream, leaving the skin deeply nourished and subtly scented with the warmth of the desert itself. A lasting impression, meant to be felt long after you return home.

90 minutes <sup>5</sup>\$255

## MASSAGE

### THE LIVING SPA

Thoughtfully tailored and intuitively delivered, The Living Spa Massage is a bespoke experience designed to meet you precisely where you are. In collaboration with your therapist, the session unfolds according to your needs—whether that means restoring vitality and clarity or surrendering fully into deep, unhurried relaxation. Flowing, purposeful techniques are paired with our signature Sagrado oil blend, chosen for its ability to bring the body back into balance while quietly supporting the nervous system. The result is a refined yet deeply human experience—one that harmonizes body, mind, and spirit, and leaves you feeling grounded, renewed, and exquisitely cared for. This is not simply a massage, but a considered ritual of presence, intention, and restoration.

25 minutes <sup>5</sup>\$90 | 50 minutes <sup>5</sup>\$155

80 minutes <sup>5</sup>\$200

### FOREST BATHING MASSAGE

Inspired by the Japanese art of Shinrin-Yoku, the Forest Bathing Massage offers an eco-luxury immersion that blends guided stretching, targeted joint-release techniques, and flowing therapeutic massage to recalibrate the body's natural balance. Warm steamed towels and a bespoke blend of native forest botanicals, elevated with frankincense and sandalwood, create a sensory atmosphere reminiscent of walking through a tranquil evergreen grove. This experience supports mobility, lymphatic flow, and deep nervous-system restoration, delivering a sophisticated, nature-driven retreat designed for travelers seeking meaningful, rejuvenating escape.

50 minutes <sup>5</sup>\$190 | 80 minutes <sup>5</sup>\$245

## PRENATAL

Designed with reverence for this extraordinary season of life, the Prenatal Massage offers gentle, therapeutic support for both mother and child. Thoughtful, nurturing techniques are used to ease physical discomfort, reduce stress, and encourage a profound sense of calm—allowing the body to soften and the breath to deepen. Each session is carefully adapted to the individual and the stage of pregnancy, creating a safe, supportive environment where relaxation and connection naturally unfold. The experience promotes circulation, relieves tension, and fosters a heightened state of well-being that extends beyond the treatment room. More than a massage, this is a quiet moment of care and intention—an opportunity to rest, restore, and honor the bond being formed. *(Not recommended for high-risk pregnancies).*

25 minutes \$90 | 50 minutes \$155  
80 minutes \$200

## DEEP TISSUE

Purposeful and restorative, the Deep Tissue Massage is a refined therapeutic experience designed to address the body at its structural core. Through a skillful integration of advanced modalities, the therapist works collaboratively with the guest to access deeper layers of muscle and connective tissue—supporting release where chronic tension resides and restoring ease to the body's functional movement patterns. The session unfolds with intention, balancing focused, corrective work with moments of grounding stillness to ensure the nervous system remains supported throughout. The experience is enhanced with the application of arnica-infused massage oil, prized for its natural anti-inflammatory properties, to help reduce pain, calm inflammation, and ease muscular stiffness.

This is a considered approach to recovery and resilience—where precision meets care, and the body is guided back into strength, alignment, and quiet relief.  
25 minutes \$90 | 50 minutes \$170  
80 minutes \$215

## UNITY COUPLES MASSAGE

Designed as a shared ritual of connection, the Couples Unity Massage invites two guests into a synchronized experience of relaxation and balance. Performed side by side, this luxurious treatment is intended to harmonize energy while allowing each individual to fully unwind in the presence of the other. A specially blended massage oil—created to balance yin and yang polarities—is infused with the luminous floral notes of jasmine and the bright vitality of grapefruit. Together, these precious essential oils encourage emotional harmony, elevate the senses, and deepen the feeling of connection between partners. More than a massage, this experience is a quiet celebration of togetherness—where presence, intention, and touch create a moment of shared calm and renewed unity.  
50 minutes \$320 | 80 minutes \$410

## ENHANCEMENTS

Rejuvenation Mask	\$30
Solemate	\$20
Sinus Treatment	\$20
Moisture Drench	\$20
Scalp Treatment	\$20
Hot Stones	\$20
Hand Treatment	\$20
Pain Relief CBD	\$25

## 25-MINUTE ADD-ONS

Must be joined to another 30-minute or more body service.

Body Polish	\$90
Dry Brush Lymphatic Drainage	\$85
Scalp Ritual	\$85
Extra Massage	\$85

## FACIALS

### MANUKA HONEY MOISTURE DRENCH FACIAL

An indulgent infusion of hydration and renewal, the Manuka Honey Moisture Drench is designed to restore radiance to skin in need of deep nourishment. This luxurious facial features a masterful botanical blend of intensely hydrating Manuka honey, sensorial pear and fig fruit enzymes, and restorative plant cell extracts that work in quiet synergy to replenish moisture and revive luminosity. As the treatment unfolds, the skin is gently refined, softened, and rebalanced—revealing a supple texture and a healthy, dewy glow. Both comforting and transformative, this experience leaves the complexion visibly refreshed and deeply nourished, a reflection of skin returned to its natural vitality.

50 minutes <sup>§</sup>185 | 80 minutes <sup>§</sup>240

### VITAMIN C RADIANCE FACIAL

Designed to illuminate and refresh, the Vitamin C Radiance Facial is a sophisticated treatment that restores clarity and vibrancy to the complexion. Harnessing the revitalizing power of stabilized Vitamin C alongside nutrient-rich marine botanicals, this facial works in concert to brighten, refine, and protect the skin. As the treatment unfolds, the skin is gently awakened—revealing improved tone, renewed luminosity, and a smooth, energized appearance. Both restorative and results-driven, this experience offers a polished glow that feels effortless, modern, and distinctly radiant.

50 minutes <sup>§</sup>175 | 80 minutes <sup>§</sup>230

### SIGNATURE PURE RESULTS FACIAL

Radiant skin is a reflection of balance within, and the Pure Results Facial is designed to awaken that luminosity with precision and care. This Naturopathica signature experience is a refined, results-driven treatment, thoughtfully customized to address each guest's individual skin concerns. Using targeted techniques and high-performance botanical formulations, the facial works to clarify, nourish, and restore the complexion while supporting the skin's natural vitality. Both restorative and corrective, this experience delivers visible results while maintaining a sense of calm and indulgence—leaving the skin clear, energized, and effortlessly radiant.

50 minutes <sup>§</sup>165 | 80 minutes <sup>§</sup>220

### MARSHMALLOW SOOTHING FACIAL

A restorative refuge for delicate and sensitized skin, the Marshmallow Soothing Facial is designed to deliver immediate comfort and lasting balance. This gentle yet effective treatment calms inflammation, reduces visible redness, and supports the repair of the skin's protective barrier. At its core is Marshmallow extract—long revered in traditional herbal remedies for its deeply soothing and hydrating properties—paired with reparative Mediterranean microalgae, skin-strengthening probiotics, and moisture-sealing ceramides. Together, these elements work in quiet harmony to ease irritation, replenish hydration, and restore resilience. The result is skin that feels comforted, nourished, and visibly calmer—an elegant, therapeutic experience that brings the complexion back to a state of ease and equilibrium.

50 minutes <sup>§</sup>175 | 80 minutes <sup>§</sup>230

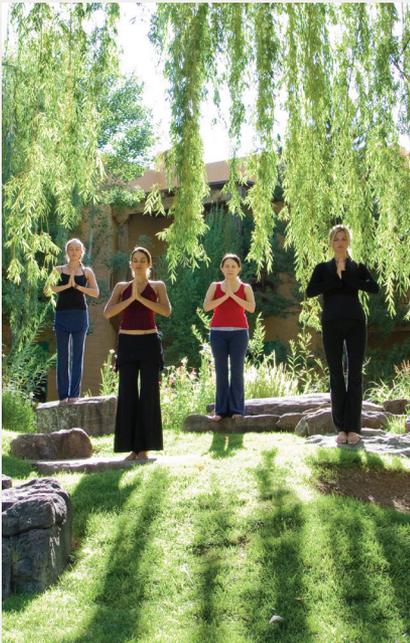
### MINI GLOW-UP FACIAL

Designed for moments when time is limited but results are essential, the Mini Glow Up Facial delivers a refined infusion of care in an efficient, beautifully curated format. This express treatment offers professional-grade results without compromising the experience. Using Naturopathica's nourishing botanical formulations, the skin is gently cleansed, refined with exfoliation, and finished with a surge of intense hydration. The result is a refreshed, luminous complexion—polished, replenished, and ready to return to the day with renewed confidence and glow.

30 minutes \$125

### WAXING SERVICES

Brow	\$25	Half Leg	\$50
Chin	\$25	Full Leg	\$90
Lip	\$25	Underarm	\$25
Full Face	\$45	Full Arm	\$65
Full Back	\$60	Half Arm	\$45



## WELLNESS SPECIALTY TREATMENTS

### YOGA

Ease into your day with a yoga session. Our master yoga teacher is here daily to assist you in achieving a balanced and mindful day. *60-minutes complimentary for guests of El Monte Sagrado and a small fee for outside guests.*

### TAROT READING

Using Astrology in conjunction with the Tarot, our house Astrologer, will guide you through the mapping of your upcoming year. Don't let the future catch you by surprise, allow the cards to guide you through your life's journey with an awareness of the sign posts ahead. *Allow for 45 minutes, durations may vary.*

One Year Forecast \$165

### AYURVEDA CONSULTATIONS

Ayurveda, "knowledge of life," is a 6,000-year-old health science focused on the principle of balance in physiology. It serves as both preventive care to maintain well-being and a restorative system to realign the mind and body. Our Ayurveda consultant will identify your unique mind-body type (Prakriti) and guides you in restoring balance for optimal health. You will gain insight into how different aspects of your life impact well-being and learn how simple adjustments in diet, routine, and behaviors enhance your mental and physical health. During your consultation, our Ayurveda expert uses the ancient technique of Pulse Assessment to identify your natural body type and detect imbalances.

60 minutes \$195



## **STRUCTURAL INTEGRATION**

Structural integration is a hands-on, whole-body realignment approach designed to improve how the body functions within itself and in relation to gravity. It works primarily with connective tissue to release long-held tension, address postural deviations, and reduce structural imbalances that can interfere with efficient movement. Rather than focusing on isolated symptoms, structural integration examines the body as an interconnected system, emphasizing how different regions relate to and support one another. By improving these internal relationships and reorganizing movement patterns, the work promotes better posture, increased mobility, and a more stable, balanced, and functional body over time.

90 minutes <sup>§</sup>235

## **GOURD SOUND HEALING JOURNEY**

Based around the playing of instruments created and devised around Taos Pueblo and its Valleys. Each session incorporates various instruments in their finest potential. The participants are encouraged to sit, stand or lay down in positions comfortably. “Most of the instruments have been pre-historically present in our spectacular valley, and are as organic a sound that exists in time.” A must for guests to experience the essence of visiting Taos.

75 minutes <sup>§</sup>300

*The sessions will be led by Benito Concha and are based around the “Songs of the Hummingbird” and its journey around the world. This can be an individual person ceremony or can include as many participants wanting to partake in global wellness. Each session will be a 75-minute journey. Truly a unique experience that you will not find anywhere else.*

## **VIBRATIONAL SOUND HEALING**

Lie back and receive as you allow the healing frequencies of sound instruments to bring you into a harmonious vibration and balance on a deep, cellular level. Using the therapeutic power of sound, these sessions invite you to experience a profound shift in body, mind, energy, and consciousness. Slow your brainwave state, re-set your nervous system, and let the waves of Tibetan singing bowls, crystal bowls, gongs, sansula kalimba, shruti box, chimes, wave, vocals and more, guide you into restful stillness.

Do nothing and receive everything.

60 minutes <sup>§</sup>160 | 90 minutes <sup>§</sup>225

120 minutes <sup>§</sup>300

## **JIN SHIN JYUTSU**

This ancient healing modality has found a renaissance today. Originating in Japan, this energy massage is the laying of the hands on trigger points to release energy throughout the body and open up pathways. Jin Shin Jyutsu promotes a sense of balance and harmony in body, mind, and spirit. A sense of calm and peacefulness will surround you.

60 minutes \$150

## **MEDITATION**

Our meditation expert will assist all with their practice, from first time meditators to seasoned pros. During this hour-long session you will learn to meditate, learn why you should meditate and also how to increase your meditation skills to reap the benefits of this ancient practice.

Possible Benefits are:

- Improved sleep
- Assists in alleviating anxiety and/or depression
- Bring a sense of mental calmness
- Helps lower stress levels and decrease cortisol
- Increase your attention span and concentration

90 minutes \$200

## **TANTRIC MEDITATION**

A simple breath-informed guided meditation practice that will help you reset and recharge in under 30 minutes. All levels welcome.

30 minutes \$90

## **CRANIAL SACRAL**

Cranial Sacral is a specialized practice for licensed massage therapists. With a gentle touch, our therapist will assist the body by shifting energy throughout. This is done by skillfully placing hands on the body and with subtle movements. You will not feel much during the treatment but the possible benefits that this may bring are:

- Decreased migraines
- Pain Relief

60 minutes \$195

## **BREATHWORK**

Come journey with Ru on a transformative breathwork session of self-discovery, release and liberation. Her work is trauma-informed and grounded in compassion which supports her clients to safely relax into their bodies using ancient breathing patterns to deepen states of consciousness and move the energy inside. Ru intuitively guides her clients with intentional cues, music, song and drumming to help facilitate the journey. This powerful self-healing modality supports our overall well-being releasing anxiety, stress and tension and helping us come back to balance, peace and joy. To prepare, avoid a heavy meal a couple of hours beforehand and dress in loose, comfortable clothing. Please consult with your physician before trying breathwork if you are pregnant, have a history of cardiovascular disease, including angina or heart attack, glaucoma, retinal detachment, or severe mental illness or seizure disorders.

60 minutes \$200

## **RED THREAD ACTIVE**

### **BREATH JOURNEY**

Release tension, stuck emotions, blocks and limiting beliefs through this active breathwork journey, followed by a meditative period for integration and relaxation. The breathwork session is in supine position and accompanied by music. Guided by Alison Lancaster Beckner. All levels welcome.

60 minutes \$200

### **REGENERATIVE HEALTH & VITALITY CONSULTATION**

This transformative one-on-one session, led by a certified regenerative health practitioner, provides guests with a personalized iridology assessment and muscle testing to evaluate toxic loads and identify specific wellness needs. Together with the practitioner, clients set tailored health goals and receive individualized regenerative health recommendations to enhance cellular vitality. This consultation includes customized guidance on nutrition, herbal support, and lifestyle practices that promote detoxification, increased energy, and overall wellness. More than just advice, this session empowers clients with the tools and knowledge to continue their healing journey, putting them in control of their health and wellness.

60 minutes \$175

## **GUT HEALTH AND DETOX FOR VITALITY WORKSHOP**

Guided by a certified practitioner, this interactive workshop immerses participants in the essentials of regenerative health, focusing on gut health, detox strategies, and vitality-boosting daily routines. Attendees gain unique insights into their wellness through tools like iridology and muscle testing, learning to identify their nutritional and detoxification needs.

The session provides actionable tips on detox practices, regenerative nutrition, and self-care techniques, equipping clients to enhance cellular health and long-term vitality. This is done in a group with a minimum of 2 participants.

90 minutes \$125 per person

### **NERVOUS SYSTEM RESTORATION & CHAKRA BALANCING**

Experience profound relaxation as Amy balances your nervous system and addresses the root causes of stress. Beyond traditional Reiki, this session begins with trauma release techniques to clear blockages and transitions into a fusion of Reiki and sound healing. Using a handheld crystal bowl and therapeutic instruments, Amy guides chakra alignment to revitalize energy and encourage calm. The session leaves you deeply grounded and at peace, promoting healing on emotional, physical, and spiritual levels.

\$250



## HOW TO SPA

Please provide 24-hours notice to avoid charges for canceled services. We recommend arriving 20-minutes prior to your service to allow ample time to check-in, slip into a robe, and slippers, and unwind in our relaxation lounge. Inform your therapist of any injuries, surgeries, or medical conditions as some treatments may be contraindicated. Undress to your level of comfort. Our therapists use modest draping techniques to ensure that your comfort is always maintained. To respect a peaceful experience for everyone, the use of cell phones is not permitted in the spa.

The Living Spa is an adult-only and smoke-free facility. Select services may be scheduled for guests ages 14-18 when accompanied by a parent or guardian. Complimentary valet parking is available to local, and day spa guests. Prices, and treatments are subject to change without notice, please call for the most up to date information. A 20% service charge will be added to your spa services. You may elect to add a gratuity.

The spa treatments, services and/or facilities received or utilized at The Living Spa, are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that Guests may have. Guests will fully indemnify and hold harmless The Living Spa, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.



EL MONTE  
S A G R A D O

TAOS

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