



## Massage

&

## Bodywork

@ Rustridge Ranch

Winery and

B&B

Saturday/Sunday

With Mona Dunham

707.965.9353

916.251.6920

## Relaxing Deep Tissue

Designed to relieve stress and anxiety, loosen tight muscles, increase circulation and range of motion, restore energy.

**60/90 minutes....\$80/\$95**

## Hot Stone Massage

Warm basalt stones are used with deep relaxing techniques to create a sense of quietude and calm. Feel the stress melt away with this ancient art of healing.

**90+ minutes...\$125**

## Poolside Massage

Enjoy a rejuvenating massage while relaxing by the pool!

**30 minutes... \$45**

**Chair Massage available @  
wine tastings.**

**15 minutes / \$20**

## Yoga by the Vineyard

Beginner and intermediate levels welcome.

**Saturday mornings**

**9:45-11**

**\$15 per class or 4/\$45**

**Space is limited**



**All services require  
reservations**

**St. Helena residents receive \$10  
off any massage**

