

A SANCTUARY WHERE THE WILD GENTLY HOLDS YOU

THE WILD PINE

Somatic Spa

SOMATIC THERAPY & HEALING EXPERIENCES MENU

Welcome to Wild Pine, a sanctuary where the land, the animals, and the people work together in service of healing.

This is not a traditional spa menu. Our offerings are rooted in somatic therapy, nervous system regulation, and nature-based healing. Each experience is designed to meet you where you are and support real, embodied change.

Many of our services are available to book during your cabin stay or in advance to help you plan a more intentional visit.



WILD PINE EQUINE SANCTUARY



MASSAGE & BODYWORK

Trauma-informed touch, designed for your nervous system, supports regulation, release, and restoration.

AYURVEDIC NEPALI MASSAGE

\$333

Sacred massage of the Himalayas. This 90-minute massage is a combination of rhythmic strokes and energetic releases, specifically related to the lesser-known, lower chakras of the legs, releasing old patterns of both the mind and the body.

RESTORATIVE MASSAGE

\$222

60 minutes. Slow, soothing massage designed to calm the body and invite deep rest.

DEEP TISSUE MASSAGE

\$222

60 minutes. Focused bodywork for chronic tension, muscular holding, and fascial release.

HAND & FOOT REFLEXOLOGY

\$188

A subtle, hands-on therapy that works with the body's reflexology system to support deep nervous system regulation, release long-held tension, and invite the body's natural healing rhythms to reorganize. This is a 45 minute massage focused on the hands and feet.

REIKI & ENERGY BALANCING

\$333

A gentle, hands-on practice originating in Japan that supports the body's energetic and nervous systems, promoting deep relaxation, balance, and the body's natural healing response. Typically a 60-90 minute session with space to process afterward if needed.



YOGA & MOVEMENT

A gentle return to the body through breath-led movement. Practices that invite ease, presence, and connection rather than effort or performance.

YOGA

\$44 pp

60 minutes by the river. Private or groups welcome

SLOW FLOW

Gentle, intentional movement supporting nervous system regulation.

KUNDALINI

Breath, movement, and mantra, to awaken energy and inner clarity

RESTORATIVE

Fully supported postures designed for deep rest and healing.

VINYASA

Breath-led movement building strength, mobility, and presence.

FARM FIT SESSION

A Cross-Fit inspired, full body workout on the ranch! This is an hour long, functional fitness, with a mix of cardio and body weight movements. 45 minutes with a 15 minute cool down.



BREATH, SOUND, & STILLNESS

A place to slow all the way down. Breath, sound, and quiet presence create space for deep rest and inner listening.

GUIDED BREATHWORK

\$44 pp

Intentional breath practices supporting emotional release, clarity, and nervous system regulation.

SOUND THERAPY

\$222

Vibrational healing using sound and frequency. Available on a massage table, with horses, or immersed in nature.

MEDITATION

\$44 pp

A facilitated meditation supporting nervous system regulation and presence. May take place indoors, in nature, or with animals

HORSEBACK MEDITATION

\$222

A guided meditation while seated on horseback, using breath and gentle movement to support grounding and regulation.

ART THERAPY

\$55

Draw, color, build, design, write, expressing yourself in nature, while guided by the animals of the herd. All materials included in kits.



RITUAL & CEREMONY

Intentional gatherings that honor change, transition, and becoming. Rooted in nature, symbolism, and shared presence.

MOON CEREMONY

\$333

Full Moon Ceremony

A guided ritual focused on release, reflection, and integration.

New Moon Ceremony

Intention setting, grounding, and inward connection.

LIFE & DEATH CEREMONY

\$333

Rituals honoring major transitions, endings, and beginnings.

CORD CUTTING RITUAL

\$333

Symbolic and somatic practices for release and reclamation.

FIRE RITUAL & SONG CIRCLE

\$44 pp

Community-based gatherings centered around expression, voice, and connection

FEMININE REBIRTHING CEREMONY

\$333

A sacred rite of renewal centered on divine feminine energy, designed to support release, remembrance, and embodied feminine strength.



ANIMAL WELLNESS & PET SPA

Care for the animals who care for us. Gentle, regulating services designed to support comfort, balance, and emotional well-being.

PET MASSAGE

\$88

Gentle, therapeutic touch to support relaxation, mobility, and nervous system balance.

ANIMAL REIKI

\$88

Energy-based support for calming, emotional balance, and recovery.

SOUND THERAPY

\$88

Vibrational sound experiences to support your pets relaxation and nervous system regulation.

NERVOUS SYSTEM REGULATION SESSION

\$88

Targeted support for anxious, reactive, or stressed animals using body-based and environmental techniques.

