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FOR IMMEDIATE RELEASE:

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New "Rainbow Chakra" massage at Bishop's Lodge

Santa Fe, NM – One more unique spa treatment has been added to the broad variety of 27 menu items at The SháNah Spa and Wellness Center at Bishop's Lodge Ranch Resort & Spa.

The Rainbow Body-Chakra Balancing Massage is a 60-minute treatment that progresses through each of the seven centers of the body (chakras) by massaging the entire body with a blend of essential oils specific to each area. The oils are designed using the finest natural and organic ingredients. Each blend of oils is vibrationally tuned to one of the seven basic chakras. Their corresponding colors nourish different aspects of physical, emotional and mental well-being.

The end result is a nearly meditative state created by a combination of entrancing scents and relaxing strokes.

Inspired by the traditions of Native American people, the spa takes its name from the Navajo word for "vitality and energy," but the Native American traditions incorporated here derive from many American Indian tribes as well as eastern Indian massage techniques.

The SháNah Spa opened in 2002, and in 2004 was honored with **Conde Nast Johansens' "Most Outstanding Spa Award in North America and Caribbean."** It features a full menu of 27 spa treatments and 16 other services, and also offers a hot tub and Watsu pool in the spa's garden, fitness classes, work-out center, tennis courts and a heated, outdoor swimming pool.

Bishop's Lodge Ranch Resort & Spa offers gracious accommodations with rustic charm and contemporary features and is managed by Prism Hotels whose clients also include Marriott, Hilton, Radisson, Doubletree, and Holiday Inn. To make a resort or spa reservation, call 800-732-2240 or visit bishopslodge.com.

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