Menu of Services
Return to your natural state of balance and alignment.

An Esalen Massage is an inward journey rather than a therapeutic treatment. Through long strokes, a slow pace, and pauses, you are invited to return to your natural state of balance and alignment. Transformation occurs not through deep-tissue work but rather through an active participation between giver and receiver. As your practitioner’s hands direct your attention, this awareness evokes relaxation and change. Then your practitioner can apply deeper, more specific work as needed. The massage developed here at the hot springs recognizes that the body releases into pleasurable sensation. The body and mind are one.

**ESALEN® MASSAGE**

75 minutes / $218

Perched on the bluff above the ocean, and nestled beside the healing waters of Esalen’s renowned natural hot springs, a deeply nourishing massage experience awaits you.

Our massages are 75 minutes long and take place in private rooms at the Esalen baths. Weather permitting, massages may also take place outside on the upper deck.

All of our healing arts and massage sessions strive to empower you to regain a sense of harmony and to awaken inner resources for healing. It is not unusual for us to hear, “That was the most amazing massage I’ve ever received.”

**ESALEN® MASSAGE - Visitor**

75 minutes* / $345

A full treatment Esalen Massage for a visitor to Esalen who is not already on property for a workshop or overnight experience.

*As a massage visitor, you will receive access to the property from 8:45am – 4:30pm, (with your massage at 9:10am, 10:50am or 2:45pm), a full buffet-style lunch, and complimentary access to the open classes taking place on the day of your visit.

Reservations need to be made 24 hours in advance by emailing massage@esalen.org

All prices include 18% gratuity. Guests may add additional gratuity, if desired, at booking or checkout.

All prices subject to change.
All prices subject to change.

Alternative services only available to guests. All prices include 18% gratuity.

Micha Merrick’s herbal services at the Esalen baths. Photo by Ami Sioux.
Micha Merrick

Micha believes the key to health and happiness lies in discovering ourselves as free and natural beings. She teaches herbalism, meditation and ritual as a heartfelt communion with our living ecosystem. Micha is an Esalen experiential faculty member and botanical altar artist. As a birth doula and practitioner of embodied herbal practices, her clients find sanctuary and grounding in connection with the earth.

She has studied with WatPo Royal Medical School, Bumi Sehat Natural Birth Center, Kripalu School of Yoga and personal mentorship with traditional midwives, botanical healers and folk herbalists in Bali, Thailand, Vermont, and California.

Micha Merrick’s herbal services at the Esalen baths. Photo by Ami Sioux.

All prices include 18% gratuity. Guests may add additional gratuity, if desired, at booking or checkout.

HERBAL CLEARING RITUAL - SOLO
90 minutes / $260
Meet outside of bookstore

Ritual is an agent of resilience, an experience outside of linear time, reminding us of our natural wholeness and the greater organic spheres to which we belong. This herbal steam poultice ritual — with a consultation of deep reflective listening — embodies the original nature of topical herbalism practiced by many ancestral cultures. Receive an introduction to whole living plants from this wild coast and the Esalen garden. Participate in the creation of an herbal poultice bundle, aligned with your unique intentions. Experience the warm presence of tea-compress bundles resting on the body, as soft song and sound accompany your blessing. Find support through the direct contact of healing plants in a grounding ritual of integration, connection and renewal.

Includes tarot, poultice making, poultice body session.
HERBAL CLEARING RITUAL - COUPLE
90 minutes / $354
Meet outside of bookstore

Ritual is an agent of resilience, an experience outside of linear time, reminding us of our natural wholeness and the greater organic spheres to which we belong. This herbal steam poultice treatment delivers the original nature of herbal medicine bundling practiced by many ancestral cultures. Experience the warm presence of whole living plants and tea-compresses placed directly on the body by your partner in a grounding ritual of integration, connection, and renewal.

No tarot. Includes poultice making. Couples will be guided to use the poultice on each other.

INTUITIVE CARD READING
90 minutes / $230
Meet outside of bookstore

Dive into a personal question and allow the synchronicity of the cards to illuminate your answer from many perspectives. A Jungian approach to tarot. Full Celtic cross readings.
Silvia Guersenzvaig
Silvia Guersenzvaig is a bilingual practitioner and teacher of Transformational Kinesiology® certified by the Polaris International College from Denmark. Astrologer since 1976, she is the creator of AstroSoma®-somatic astrology and has been offering her services at Esalen since 1982. Silvia counsels individuals, couples, and groups nationally and internationally. She is part of the Esalen® Massage faculty and currently facilitates groups for ISGO-IANDS on the subject of near death experiences and after death communication. TransformForJoy.com

TRANSFORMATIONAL KINESIOLOGY
120 minutes / $325
Meet outside of bookstore

Transformational Kinesiology is a modality based on ageless wisdom that combines energy muscle testing with a detailed inquiry process. The work helps to rewire gaps that are formed among the electrical/nervous and cognitive system of trauma to promote healing in a seamless, transformative, and permanent way.
ASTROSOMA
120 minutes / $325
Meet outside of bookstore

When one aspect or archetype of our nature has been “hurt” it tends to remain hidden or stuck, frequently attracting lessons that require further awareness and growth. AstroSoma is a cutting-edge modality that combines gentle energy muscle testing with the guidance of one’s natal astrological chart. The purpose of the practice is to find where these stuck energies reside and uncover what needs to be brought into the light to improve one’s life and help achieve future goals.

Requires birth date, time, place emailed to openstars@icloud.com prior to session.

ASTROLOGY READING
120 minutes / $325
Meet outside of bookstore

Since ancient times, the heavens have offered an understanding of life’s unfolding events through the mapping of one’s birth chart. Astrology readings reveal the intrinsic configurations of personal gifts and challenges, illuminating the journey of the inner Self. These readings offer guests personal tools for life navigation, helping adjust their creative compass towards greater understanding and wellbeing.

Requires Birth date, time, place and current place of living emailed to openstars@icloud.com prior to session.

This service is 120 minutes in total, with the session being 90 minutes in duration with an additional 30 minutes for Q+A and discussion.

All prices subject to change.
Isabel Fleury

Isabel is a licensed psychologist in Brazil where she kept a private practice and worked in clinical and institutional settings. She moved to the United States in 2007, working to deepen her experience at the Esalen Institute in Big Sur, California. Early on she participated in various trainings with renowned teachers that deeply influenced her worldview, like Stanislav Grof, one of the founders of Transpersonal Psychology and researcher on non-ordinary states of consciousness, the historian and author Richard Tarnas, and Jungian analyst and author Jean Shinoda Bolen, among others. In 2014, Isabel took a deep dive into Buddhist practice and started to sit in long meditation retreats at Spirit Rock Meditation Center in Fairfax, California. Since then she has been committed to the study, practice, and sharing of Buddhism and Insight Meditation with the world.

ARCHETYPAL ASTROLOGY READINGS
75 minutes / $230
Meet outside of bookstore

The birth chart is a living reality, revealing the seed-potentials of an individual journey. It defines the structure of our personality and its cycles of development in a unique way. Isabel’s deepest intention is to support people to live authentically and consciously. She believes we can cultivate a deeper and more fulfilling relationship to ourselves and to all of life — one that honors, respects, and cares for our hearts, minds, and souls. Whether through counseling or archetypal astrology, practices that allow us see into the nature of the mind can help us learn to discriminate between what causes suffering and pain and what creates a pathway toward happiness and well being. She believes in a participatory vision of life, meaning we all take responsibility for the way we respond to what happens within our own being and in the world around us. Creating a better life on this planet is up to us. Everything we do matters and will bear fruit.

Requires birth date, time, place emailed to isabelfleuryastrology@gmail.com prior to session.
DREAM WORK: A PATH TO THE SOUL
75 minutes / $230
Meet outside of bookstore

“When you get to be older, and the concerns of the day have all been attended to, and you turn to the inner life — well, if you don’t know where it is or what it is, you’ll be sorry.”

—Joseph Campbell
1988, The Power of the Myth

What is life asking of us? Nowadays there is so much noise and not enough time and space for most of us to look within and to care and serve what is emerging from the depths of our beings.

The word psychotherapy literally means soul care, sounding like a long lost art (which it kind of is!). The beauty is that we can recover this art, we can attend to our psyches with an intention to deeply listen to what wants to unfold and to offer it proper care.

When this way of being with the raw material of the soul is honored, the magic that happens from listening to the unconscious begins. Dreams give us the material we need to glimpse the soul and to begin to tap into meaning-making and insights. They reveal deep characters, memories, themes, and fears that are always present though might not be conscious.

One great advantage is that dreams are current. They give us a view of things as they are now.
JJ Jeffries

In a world of ever increasing use of social media to communicate, connection is paradoxically becoming more elusive and intimidating for many of us. We can use the body as an authentic and safe bridge to move beyond the unconscious scripts of our limiting beliefs that inhibit our natural desire for connection and our growth potential. Within a safe container of playfulness and possibility, we say ‘YES’ to life, as we craft a new experience embracing our heart’s desire. JJ Jeffries resides at the Esalen Institute in Big Sur, California. Though BEING is his preferred state, he is intensely curious about all things DOING leading to BEING. He has been offering his ‘Sensory Awareness Chakra Meditation’ and ‘Dance Awake’ movement classes for almost two decades at Esalen. He is a devotee of play and laughter, and welcomes your company. Come and say ‘YES’.

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PATHWAYS TO JOY: TAKE ESALEN HOME WITH YOU
75 minutes / $230
Meet outside of bookstore

Esalen is a magical place that invites you to open up and receive its gifts whether you are looking to restore and heal, move through transition, or find your unique pathway to joy. But once you leave and return to your everyday life, these gifts can wither away in time if not cultivated.

In this guided self-reflective inquiry, we challenge the pain-driven beliefs of self-criticisms and punishment and reveal blocks to growth and human potential. We redirect focus to invite your innate wisdom compass to seek out the Pathways that lead to Joy in life.

With this awareness, together we will create practical strategies that will guide and support you along this journey so you can integrate the Esalen experience and take it home with you.

All prices subject to change.
Seema Christie

Seema Christie has been practicing energy work for nearly 20 years. After 9/11 she shifted from corporate life and traveled to Esalen, it was there she first met her teacher, friend and mentor, Maria. She has studied and assisted extensively with Maria Lucia Bittencourt Sauer, original teacher and founder of the work, in the US as well as Brazil. She is a Reiki master and practitioner, has studied and received certifications is three ashrams and is a Hatha yoga teacher and advanced Therapeutic Restorative yoga teacher. She teaches Esalen massage and Reiki, and taught yoga extensively at Esalen and in NYC at Integral Yoga institute.

She has taught and worked at Esalen as a therapist and yoga and meditation teacher, and had the great honor of teaching this work to staff and residential students after the passing on of Maria.

The work is based on Maria Lucia Bittencourt Sauer’s work, Light Body infusion/Spiritual massage, using gentle touch, energy clearing, and infusion. My experience as a reiki teacher/practitioner, zen practitioner, therapeutic yoga instructor, and Esalen massage therapist creates a unique experience that is sacred and relaxing. I invite you to access your own healing home within, and touch-in with your essential nature — the light body.

Her interests and range of study include, Buddhism and mediation, cranio sacral study, distance/remote energy work, spiritual art making and plein aire painting. She was drawn to the healing properties of this land and lives with her beloved in Big Sur.
**LIGHTBODY INFUSION**
75 minutes / $230
Meet outside of bookstore

“Know you are the light — rely only on this light.”
— Shakyamuni Buddha

Light Body Infusion is a hands-on healing practice with gentle energetic touch and clearing (done through clothing and sheet) while working directly with the energy body, balancing the chakras, cleansing old thought forms, and gently facilitating release of emotional, physical, and spiritual blockages. This is done fully clothed and accompanied by a brief intention-setting meditation and aromatherapy. My intention for this energetic form of body work is to create a safe healing space for you to receive any gifts that you are ready to receive. The work is based on Maria Lucia Bittencourt Sauer’s work and has a history at Esalen. By using guided visualization, breath and sound, gentle touch, energy clearing, and infusion of energy, you’re guided toward a holistic experience of lightness and restoration. The work I draw upon as a Reiki teacher, Buddhist practitioner, Therapeutic yoga instructor, Esalen massage therapist and instructor creates a unique session that is sacred, relaxing, and clearing as you return to your own “healing home” within.
HEALER IN RESIDENCE: AUGUST 1–26

Chery Owens

Chery Owens, BSED, CST, CMT, E-RYT, is a certified somatic therapist specializing in CranioSacral Therapy and Zero Balancing. Chery has over twenty-five years of yoga & bodywork experience and over a decade with Suzanne Scurlock, assisting workshops and as a Certified Master Presenter/Practitioner of Healing from the Core since 2009.

Chery lives at her Mountain Valley Retreat where she has the Mountain Valley School of Yoga and teaches Yoga for the Pelvic Core, Yin Yoga for Healthy Aging, and Yoga for Hikers. As a teacher of mindfulness and yoga, she enhances her bodywork training, skills and knowledge with conscious presence and compassionate touch as she artfully weaves mindfulness practice into her sessions. Her passion is to support deep healing and expanded awareness. May we all be expressions of our divine nature and hold one another in high regard.

CRANIOSACRAL WITH CHERY OWENS

75 minutes / $230
Available Tuesdays, Thursdays, Saturdays August 1–26
Available to workshop guests
Meet outside of bookstore

Chery begins each session with a brief inquiry into her client’s “frame” or intention for their session. This is followed by a simple assessment of the spine and the shoulder and pelvic girdles regarding range of movement and restriction. The treatment is a hands on, touch therapy through clothing. (Please wear leggings and a thin shirt.) Restrictions and holding patterns will be addressed to allow the client to experience an enhanced feeling of freedom of movement, less tension resulting in deep relaxation and greater bodily comfort, as well as an expanded state of consciousness.