



Magical Massage & Inspiration Gallery – It's Wine Country Nurturing At Its Best

By Abigail P. Zimmerman

If you know where to look, Sonoma Valley is still an authentic region devoted to perfecting ancient crafts. The purely human practice of making wine. Cultivating foods and fruits from the soil. Living seasonally. Celebrations of family and friends over home cooked – and likely home grown – meals. The deeply satisfying rituals of body and spirit care. Nowhere is the latter most vibrant than at Magical Massage in the Sonoma community of Glen Ellen.

Magical Massage is a haven from the bustling activities in both active lives and busy vacationing. Set within a single, historic 22-foot cedar lined wine cask, the circular treatment room is a space of wholeness and healing harkening back to cultures from around the world.

In this business of writing, one should at all times strive for professional, frank objectivity. But it's hard to in matters of the spirit and physique. Heart and emotional response are true judges. There is no other way to say this ... Magical Massage is simply one of the finest, most restorative, and relaxing spas I have ever enjoyed. Ever. In all of my decades of globe-trotting.

Carolyn and Martha are professionally trained massage therapists and Martha is also an aesthetician, committed to the pure, holistic and straight-forward practice of massage and facials. These healing women use only locally grown products such as organic lavender and olive oils from up the road. The total focus of your session is completely about you and your needs.

A lot of spas talk about relaxing ambiance and making you feel good and all that other stuff. But Magical Massage just is. It is a place of total personal service. It is a place of two professional therapists with decades of experience. It is a place that harkens back to the healing practices in the Native American "kiva" or sweat lodges. No one can work miracles, but I swear Magical Massage is a place that will ease your joints, repair the knots in your shoulders and sides, and ease your burdens at least for awhile.

It's nice that Magical Massage delivers significant body improvement



services at such an affordable rate. For example, its only \$75 for a 60 minutes massage blending deep tissue, Swedish and Lomi Lomi. Everything is included in your service fee. Should you request hot stones or additional aromatherapy? No extra cost. These two women believe in meeting the needs of each client.

Personally? My favorites? First, the Barrel Tasting treatment. Beginning with an herbal foot soak and exfoliating scrub, the treatment proceeds with a 50-minute massage with local lavender oils and hot stones. Then? A certified organic facial. A true taste of heaven on earth. And the 90-minute treatment is only \$145.

Second, and this may speak to only a few "preggos" out there. But when I was pregnant, the only person who could truly suspend the physical strain of growing a life and give me back my ankles was Martha during her Pre-Natal Massage. Book an additional 30-minute mini-facial when you call and leave feeling like your old self.

There is the Morning After to help our visitors after a day of too much wine tasting. Detoxifying essential oils soak and soothe your body, feet and face in an 80-minute treatment using geranium, eucalyptus, grapefruit and lavender oils; \$125.

Don't miss the 60-minute Harvest Moon treatment chock full of foot soaks, massage, reflexology and a 25-minute pure neck, shoulder and scalp massage; \$85. Amazing.

Couples and singles treatments are both available with a single phone call.

Come a bit early for your treatment and enjoy the Inspiration Gallery. Set outside of the giant wine cask, the Gallery offers a treasure trove of local artists, jewelry and more.

If you are inclined to take classes, Carolyn offers jewelry making lessons. Choose from a wide assortment of beads, pendants and charms and capture a personal spirit of your time here in Sonoma Valley.

Located directly next door to Eric Ross Winery where you can taste some of the fine wines Sonoma Valley has to offer.

Magical Massage is located at 14300 Arnold Drive, Glen Ellen. For more information, call (707) 225-2671; magicalmassagesonoma.com.