

Spa entices customers with massages, view

Pajaro Dunes welcomes new place of relaxation

By JULIE COPELAND
SENTINEL STAFF WRITER

PAJARO DUNES — Lynn Zephyryna has the personal touch. And she wants to share it.

The Spa at Pajaro Dunes is an intimate setting with two treatment rooms and one-on-one services. The 41-year-old massage therapist says she wouldn't have it any other way.

The spa, which is affiliated with At the Dunes and Sandcastle Properties, specializes in spending time with clients at a comfortable pace.

"I've worked at spas where they rush people through," Zephyryna said. "That doesn't work for me."

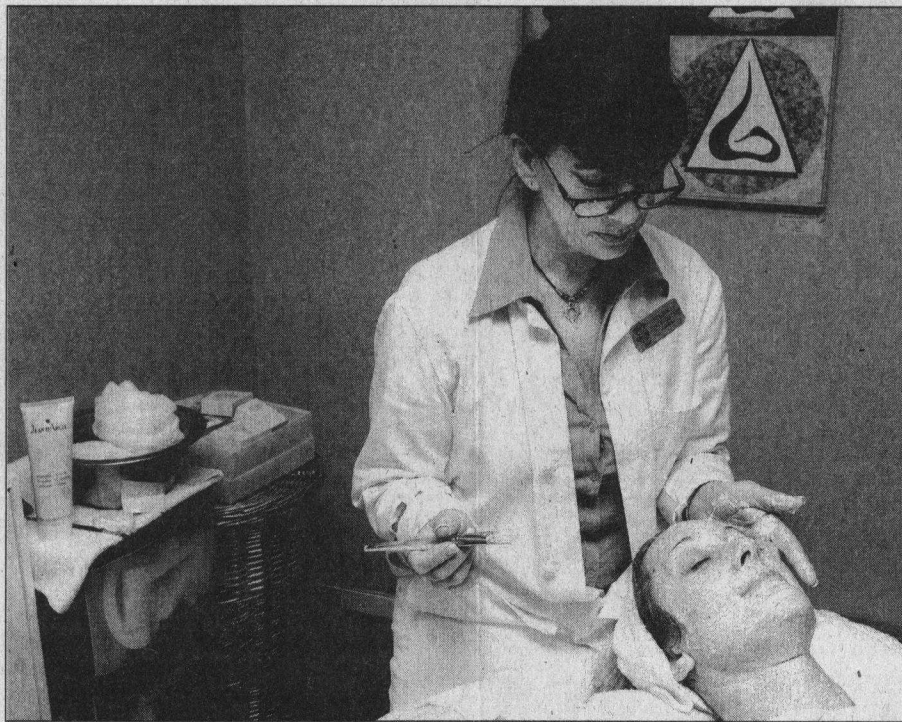
The spa is the first of her own, although she has been practicing privately. At Pajaro Dunes, clients will get 50 minutes on the table.

"Our massage practitioners have been trained to create a session which revolves around you."

Located at 2661 Beach Road in the At the Dunes complex, the spa is open Thursdays through Mondays to cater to the Dunes' weekend tourist crowd. The hours are fitting, 10 a.m. to sunset, by appointment only.

For clients, the relaxation begins before you hit the spa. The 3-minute drive to Pajaro Dunes from Watsonville down Beach Road includes strawberry fields and the ocean.

Zephyryna describes it as a "hidden trea-



Kate Falconer/Sentinel

Veronica Joyce-Gallart gives Shelley Morris a facial at The Spa at Pajaro Dunes.

sure" absent of city clamor where "only the faithful rhythm of the ocean tide can be heard."

Inside, the spa has personalized light, medium or deep pressure work, Swedish massage and warm stone massage, which allows the warmth of the stones to penetrate the muscles. Zephyryna said they also offer oncology massage and have one practitioner specializing in working with patients who have or have had cancer.

The spa also offers shiatsu and thai/yoga massage, which includes bending the body into poses that mimic yoga and stretching the muscles of the body and joints without the muscles being engaged.

"It's good for athletes or those who are physically active," Zephyryna said.

Zephyryna and Shelley Morris do massage. Veronica Joyce-Gallart does waxing and facials and works to make them special for the client, including men.

The Spa at Pajaro Dunes

WHAT: Full-service spa.

WHERE: 2661 Beach Road, Pajaro Dunes.

OWNER: Lynn Zephyryna.

SERVICES: Facials starting at \$75, including custom facial, for men only, a European facial and aromatherapy; massages starting at \$65, including personalized, warm stone, shiatsu and thai/yoga and oncology massage; waxing starting at \$15; spa parties and seated massage.

INFORMATION: www.spapajarodunes.com; 763-2669; info@spapajarodunes.com.

HOURS: Thursdays to Mondays, 10 a.m to sunset, by appointment only.

Zephyryna is a graduate of Twin Lakes College of the Healing Arts in Santa Cruz. Three years ago she began to teach there as well. She teaches professional studies, which includes the business aspect of massage and supervises the senior outreach program, where level 1 students go out to the senior centers and work with them.

Zephyryna also hopes to give massages at the farmers market once a month and donate the proceeds to women's crisis support.

What Zephyryna enjoys most about her practice is working with her clients.

"Our clientele are down to earth and wonderful. You just love working with them," Zephyryna said. "I get to interact with just about everyone who walks in the door this way."

Contact Julie Copeland at jcopeland@santacruzsentinel.com