



**HOLISTIC HEALTH
DAY SPA**
Total Wellness Center & Lodging
760-249-6600
Wrightwood, Ca



Signature Treatments & Packages

Holistic Health Day Spa & Lodging
Wrightwood, CA (760) 249-6600
<http://holistichealthdayspa.us>

Holistic Health Day Spa Treatments Menu

Holistic Health Day Spa is located in Wrightwood, California in the beautiful Mountain High Ski Resort Area, as a Wellness Center committed to creating a haven to restore the body to its natural state of blissful balance. Here, you will be transported to a place of inner peace and tranquility.

At Holistic Health, we delight in bringing you healing spa services and rituals infused with the traditional wisdom of the ancient East Indian practice of Ayurveda or the "Science of Life". Holistic Health Day Spa embodies the true meaning of spa by providing services that nurture the mind, body, heart and soul - a truly holistic approach to complete wellness and lifestyle change.

Simply stated, Holistic Health Day Spa is a place to feel good.

Enjoying Your Visit to Holistic Health Day Spa

Spa Hours / Appointments / Check In

The Spa is open from 9:30 AM to 7:00 PM weekdays, with extended hours On Saturday's when available. Sundays: Service upon requests. Appointments can be made by calling 760-249-6600 during business hours. Credit cards are accepted, and a Credit Card number is required to guarantee your appointment time, for all services totaling over \$100.

Please arrive at least 5 minutes prior to your scheduled appointment to check in and to provide us with informa-

tion that will support us in best serving you.

Cancellations

Canceled appointments are requested to have 24 hours notice, to allow Holistic to re-book the time slot. This request will help us keep our prices very affordable.

Holistic Health Day Spa & Lodging
Wrightwood, In Angeles Crest National Forest
26645 Big Pines Highway
Wrightwood, California
(760) 249-6600. www.HolisticHealthDaySpa.us

Holistic Health Practitioner / Healing Arts Practitioner - (Services upon request)
(healing touch, aroma and color therapy, crystals, symbols and sound and mind- body dialogue)

Holistic Alternative Psychology Master Practitioner (Services upon request)
(Mind Body Dialogue Counseling)

Doctor of Religious Science - (Services Upon Request)
(Christian Counseling Ministry) Holistic Hemp Products.

We use only American-grown hemp that is Farm Bill compliant, cannabinoid-rich, and non-psychoactive. Our products are tested by a third-party to ensure quality and consistency and are always free of sulfates, parabens, phosphates, or toxins. CBD hemp has been shown to boost homeostasis and wellness throughout the body, both in humans and pets. Our full-spectrum oil contains potent and naturally occurring CBD along with terpenes and other cannabinoids, making our products more effective than most competing products. Our products include oral oil drops, topical creams, massage oils, bath products, skincare and capsules.

CBD Massages upon request \$10.00 added to massage treatments.

Signature Treatments & Packages

Specially designed to feature our most popular services, our signature treatments and packages create the perfect spa visit!

Holistic Health Escape 90 min / \$160.00

Begin your aromatic journey as you breathe in a warm steam of calming oil customized to your energetic body type. You'll enjoy a full body Medley Massage, combined with a powerful anti-oxidant "mini" facial infused with exotic Ayurvedic herbs to leave your skin hydrated, revitalized and glowing.

Oncology Message 1hr / 125.00

Oncology massage is the modification of existing massage therapy techniques in order to safely work with complications of cancer and cancer treatment.

Sweet Surrender 90 min / \$125.00

Begin with a classic full body massage featuring the long strokes of Swedish Massage. Your feet then become the focus with a steamy herbal foot wrap, followed by a luxurious foot massage and ex-foliation. Perfect for those looking for a truly relaxing experience.

Four Handed Massage 60 min / \$130.00

Based on an ancient Indian dance, two therapists work in harmonic synchronicity to provide the ultimate in relaxation. If you thought two hands were out of this world, then four are absolutely heavenly! (Schedule in advance)

Holistic Euphoria 60 min / \$110.00

Bring balance and energy back into your life! Enjoy a deeply relaxing Customized Holistic facial, Spa Manicure and Spa Pedicure, all designed to pamper you to perfection... You deserve it!

The Ultimate Spa Day 5 Hours / \$210.00

Make a day of it with the ultimate in relaxation. You'll enjoy the best of our pampering treatments, including an 80 minute Customized Holistic Facial, your choice of one of our massage treatments, and your choice of either a Spa Manicure or a Spa Pedicure. During your visit, you'll also enjoy a healthy lunch as you relax on the sun deck. Now, this is a vacation! Includes lite lunch.

Massages
(Wellness)

Mobile Chair Massage 1hr / 60.00 A dollar a minute. 10 minutes min.

On-site Chair Massage, Movie Sets, Employee Wellness and Corporate Events

60min. Reiki session - With talk therapy/consultation 60min. \$90.00

30min. Reiki session - With talk therapy/consultation \$50.00

Reiki Hands on spiritual healing of mind, body and spirit.

Rid the body of anxiety, negative emotions and stress. Bring joy of life back into your life.

Chakra (Healing Therapy)

50min. Chakra session - With talk therapy/consultation \$70.00

45min. Chakra session - With talk therapy/consultation \$50.00

Chakra - Clense and balance your arua (Energy). As the emotions of your body changes your chakra colors change too. (Red, Orange, Yellow, Green, Blue, Indigo and Violet). Chakra (Arua) usually indicate the current emotional, spiritual and physical state of a human being.

Session include: Color balancing, oils, crystals, harmonic music, meditation and visualization that revives and balances your 7 major chakras.

Reflexology 60min / \$50.00

(Feet and Hands)

Reflexology also known as zone therapy is an alternative medical practice involving the applicating pressure to specific points on the feet and hands. The therapy is performed with the thumb, fingers and knuckles.

The technique is with or without oils. It reduces tension and stress by initiating relaxation.

Cupping Massage 45min/\$50.00

Accu-pressure or chakra cupping

Cupping to relieve lower and upper back discomfort.
Increases energy and circulation. Promotes relaxation
and reduces stress. Cupping acupuncture and or Chakra
is a natural pain remedy which includes a lite massage
on effected body parts

Cranial sacral 60 min / \$60.00
(head therapy massage)

Hydrotherapy Massage 60 min / \$100.00
(hot moist pads upper and lower back)

Life System & Stress Relief 60 min / \$50.00
Lotis(Quantum Therapy)
Energy healing & Consultation

Tarot Oracle Card Readings(Angels & Fairies) 45 min / \$50.00
(Counseling Offered)

Private Sessions and Party Events. This is a powerful spiritual tool that allows you to tap into the profound wisdom and healing support of the angels in a way that will feel real and positive. Full of loving messages from the angels, arch angels and even the devine mother and devine father, each card also offers you a powerful affirmative prayer which will help you to resolve specific situations in your life for the highest good. A session will identify your goals. Improve your life, your work, your relationships and more. Includes consultation and talk therapy.

One-on-One Personal Training 60 / \$20.00 per class

Get back on track or get started on a physical activity program with expert help! This service is designed to incorporate health and fitness goals into an inspiring and motivating workout session. Gain new ideas and tips to integrate movement and fun into everyday life.

Fitness Walks / Adventure Hikes From \$40.00

Ready for a little adventure? Our Personal Trainers will to guide you on a hike through the beautiful Wrightwood Big Pines Forest. Choices range from a gentle and invigorating walk along the Wrightwood Recreational Trail to a rigorous hike at Mountain High West, or Mountain High North, nearby ski resorts.

Fitness Assessment / Consultation 90 min / \$60.00

Begin with a personalized health and fitness analysis including heart rate, blood pressure, body composition and nutritional behavior. Then incorporate your results into a personalized program that includes exercise tips and easy ways to get started on your wellness program.

Nutritional Assessment /Consultation 90 min / \$60.00

Looking for practical, customized, science-based advice about food, nutrition, and healthy eating? Get expert answers to your questions from our Holistic Health Nutritionist. This service includes ideas for cooking for fun and health, prevention and healing, lifetime nutrition and fat loss.

Yoga 60 min / \$12.00

Improve the quality of life mind body to create a total fitness connection.

Aerobic 60 min / \$12.00

High or Low Impact to fit your physical life style.

Feldenkrais, Exercise / therapy 60 min / \$12.00 Group - \$25.00 Individual private
Movement, Training, Retaining to improve the mind body connection.

Guided Meditation/Relaxation 60 min / \$30.00

Learn proven techniques for stress reduction, stretching visualization, and connection with your inner being.
This private session offers a personalized consultation and meditation including guided visualization and energy.

Basic Stretching 60 min \$12.00 all ages.

Learn basic stretching techniques good for beginners and advance. (Chair Stretching Exercise for Seniors).

Tia Chi, Qigong 60 min / \$20.00

Ancient levitative form of exercise that is recognized by a slow, captivating movement. Intrinsic Light Energy
known as QI, "Spirit Breath" or "Life Force"

Mini Gym 60 min / \$10.00

Treadmill. Bike, Weights and more.

Infrared light Therapy

(Included in your massage) \$8.00 added to massage price.

Using infrared light therapy to help manage pain. For back pain, chronic pain and more. Great addition to your
massage!

TENS - \$108.00 with Massage

Using electro therapy to help manage pain. For back pain, head aches, chronic pain and more

(With out tens \$100.00)

Ultra Sound Therapy with massage 60 min /\$108.00

(With out Ultra Sound \$100.00)

Electro Acupuncture 60 min / \$50.00 (Mini Massage Included)

It can detect accurate acupuncture point, Has no side effects, Pain free treatment, When used in conjunction with
needle acupuncture it has great effectiveness

Foot Detox 60 min / \$50.00

Special salts. pollutants and minerals to detox the body

Nail and Foot Care

Anti-Oxidant Hand Treatment 45 min / \$25

Your hands will be silky smooth with this infusion of vitamins A & E, grape-seed oil. The deep heat created by
this treatment relieves stress, promotes relaxation, and leaves hands soft and smooth using paraffin wax.

Heated Mittens Available Upon Request \$5.00 extra

The deep heat created by this treatment leaves your hands will be silky smooth.

Vino Therapy Spa Pedicure 45 min / \$39.00

Feel the tension and aches melt away as we treat dry, cracked skin using a double ex-foliation of crushed grape seed and sea salt scrubs. Enjoy the invigorating leg and foot massage using deeply hydrating moisturizer, all followed by nail care and the perfect polish! Paraffin Wax Treatment Upon Request.

Anti-Oxidant Foot Treatments 45 min / \$30.00

Relax as your feet in a foot bath and are cocooned in warm booties, letting the nourishing Vitamin A & E serum penetrates your skin for deep moisturizing. Great for dry, cracked skin.

Mineral Foot Detox

Reflexology of Feet

Paraffin Wax Treatment

Sole Reviver Pedicure 45 Min / \$39.00

A perfect addition to any massage service or pedicure, this invigorating treatment includes an application of cooling Aloe Vera and a thorough foot massage and pressure point treatment and using paraffin wax treatment.

Therapeutic Massage

Holistic Health's deeply nourishing massage services provide relaxation and rejuvenation by stimulating circulation and reducing toxins and fatigue through the inherent wisdom of touch. Among its many benefits, massage has been proven to improve circulation, strengthen the immune system, and promote more restful sleep.

Swedish Massage 60 min / \$100.00

The most common type of massage is Swedish massage therapy. It involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. This is also combined with movement of the joints. By relieving muscle tension, Swedish therapy can be both relaxing and energizing. Wednesdays Special only 60 min / \$55.00

Deep Tissue Massage 60 min / \$100.00

Deep tissue massage is best for giving attention to certain painful, stiff "trouble spots" in your body. The massage therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under the skin.

Holistic CBD Hemp Deep Tissue or Swedish 60 min / \$133.00

CBD Hemp is used along with Deep tissue massage or Swedish. Deep tissue is best for giving attention to certain painful, stiff "trouble spots" in your body. The massage therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under your skin

Coastal Express Massage 45 min / \$50.00

This targeted massage focuses on those areas that always seem to need a little extra attention... the back, neck, and shoulders. Perfect for a quick pick me up, or as an add on to a facial or body treatment.

Sacred Stone Massage 60 min / \$125.00

Smooth, heated stones become an extension of the therapist's hands while melting away tension and stress. This profoundly comforting massage connects the body to the spirit and provides deep relaxation. Prepare to be mesmerized!

Hand Held Hammer Massager 60 min / \$70.00

High Intensity Massage Upper and Lower Back

Foot Massage 30 min / \$30.00

Couples Massage 60 min / \$125.00 90 min / \$160.00 per person

Double the pleasure when you and your companion are taken on a journey of the senses and scents in our deluxe couple's room.

Pre or Post Natal Massage 60 min / \$125.00

Designed to address the spectrum of physical and emotional changes during pregnancy and post-partum, enjoy our tender care with attention to safety and comfort at each stage during and after pregnancy.

At Your Home Massage 60 min / \$125.00

Enjoy any of our massage therapies, except the Sacred Stone treatment, in the privacy of your home.

Facials / or Masks

(All masks come with facials,)

Enjoy a journey of exquisite pampering using all natural, organic ingredients to improve the appearance of your skin while honoring the balance and harmony essential to good health.

Facial Therapy Micro Refiner. 60 min / \$65.00

Bio firming - Includes CoQ 10, Vitamin K and Vitamin C.

Rejuvenate and brighten skin with this gentle yet extremely effective treatment designed to improve elasticity and firm mature or sun damaged skin. Featuring double ex-foliation with papaya. This treatment restore radiant glow , soft and balanced skin.

Mud facial 60 min / \$55.00

is a "must-have skin care product" and has the potential to tighten skin, soften lines, give pores a deep cleaning and moisturize dry skin. Mud may be a natural remedy but a mud pack facial includes a good amount of additional nourishing elements.

Avocado Facial Treatment 60 min / \$68.00

Papaya Facial Treatment 60 min / \$68.00

Clay Face Mask 60min / \$68.00

Dead Sea Minerals Gel Face Mask 60 min / \$68.00

Charcoal Gel Face Mask & Charcoal Facial Cleanser 60 min / 68.00

(Great Acne Treatment)

Black Pearl Mask 60 min / \$68.00

(Black Perl Mask brightens pigmintation while pumping & moisturizing skin)

Argan Oil Sheet Mask 60 min / \$68.00

(Argan oil revives dull skin by providing intense moisture & nutrients to skin)

Black Mud Sheet Mask 60 min / \$68.00

(Black Mud provides essential minerals & shrinks pores)

Purifying Black Charcoal Mask 60 min / \$68.00

(Hydration + Moisture)

Avacado & Oatmeal Clay Mask 60 min / \$68.00

24k Gold Collogen Gel Mask, 60 min / \$68.00

Cinnamon Clay Mask 60 min / 68.00

Cleans, Detox, Exfoliate

All Facial Services come with a mini message.

Gentleman's Stress Relief Facial 60 min / \$55.00

Escape everyday stress with this facial that addresses the specific needs of masculine skin, including razor irritation and ingrown hairs. Complete with deep pore cleansing and a gentle papaya ex-foliation will leave you refreshed and relaxed!

Body Scrub and / or bath

Anti-Oxidant Banana Brown Sugar Scrub 90 min / \$125.00

This all-natural banana sugar scrub is applied to the body to ex-foliate, stimulate lymphatic flow, eliminate toxins and smooth and firm skin. Is both gentle and intensely moisturizing, making it ideal for dry and normal skin. Plus, it has the goodness of essential nutrients like Vitamins A, C and B6, and potassium. All followed by an invigorating mini massage using natural oils. (Other natural body scrubs available upon request - All followed by a invigorating mini massage with natural oils)

Rose Pedal, Aromatherapy Bath \$25.00

Rose Pedal, Aromatherapy Bath with Massage \$85.00

Infrared Red Sauna - \$1,00 per min 30 min maximum

Infrared light heals the body from the inside out (Dry Heat). Benefits are a natural remedy for pain & stiffness, revitalize one's cells and metabolism. Penetrates deeply into the skin to help dissolve unwanted substances that may have accumulated in the body). Great to have before massage, or cupping session or just alone).

Infrared Red Sauna add massage upon request

