

# JOURNEYS



## TRANQUIL JOURNEY

Full body scrub or dry brush, hot stone massage, peppermint reflexology, warm scalp treatment.

120 min \$230



## MOM'S MOMENT

Pamper the mom-to-be with full body massage, eco fin hands & feet, warm scalp massage

90 min \$170



## COLORADO JOURNEY

Full body cbd & hot stone massage with hydrating CBD eye mask & lip mask

90 min \$210

## PACKAGES

Buy 4 services and get the 5th for free!



# MASSAGES

## SWEDISH

Light to moderate in pressure, intended for relaxation.

60 min \$100

90 min \$150

120 min \$200

\*add on Hot stones \$20 or Cupping therapy \$30

## PRENATAL

For expecting mothers, who want to relax, ease sore muscles, and address individual concerns. Moms will be able to lay face down for a portion of the massage, in a comforting belly pillow. An Earthlite pregnancy cushion that is sturdy, supportive and comfortable from the second trimester until right before birth. Must be second trimester or further; unless a doctor's note is provided.

60 min \$100

90 min \$150

## DEEP TISSUE

Firm to deep pressure that works on knotted, tight, stressed & overworked muscles.

60 min \$115

90 min \$165

120 min \$230

\*add on Hot stones \$20 or Cupping therapy \$30

## AMR ACTIVE MUSCLE RECOVERY

The Fix it massage that is deep tissue with Myofascial release techniques, Trigger point therapy, and Thai stretching. Longer sessions are required to ease into the muscles, to ensure neither the client or therapist is injured. These are goal oriented sessions meant to help restore balance to the body, increase range of motion and flexibility, while decreasing pain.

90 min \$195

120 min \$260

150 min \$300

180 min \$360

\*add on Hot stones \$20 or Cupping therapy \$30

## REFLEXOLOGY

Save the feet, eastern and western ideologies combined for a relaxing and reviving foot, lower leg and knee massage.

30 min \$45

60 min \$100

Buy 4 massages and get the 5th for free!

# ENHANCEMENTS

## CBD

Full body application in lieu of massage lotion \$40

## MASKS

Eyes \$15

Eyes w/CBD \$20

Lips \$15

Face \$25

## ECO FIN

Hands \$20

Feet \$20

Both \$35

## SCRUB REFRESH

Choose and customize either a sugar or salt scrub to rejuvenate hands and/ or feet.

Hands \$20

Feet \$20

Both \$35

## WARM OIL SCALP MASSAGE

Customized aroma therapy \$15

## DRY BRUSHING

Dry exfoliation that increases lymphatic drainage and circulation, decreases swelling. \$15

## EXTRA TIME (may only be added to another service)

15 min \$20-25

30 min \$40-45

Customize your journey: enhancements do not add time to service

# BODY SCULPTING

## CELLULITE REDUCTION AND SKIN TIGHTENING

These 60 min sessions will help reduce the signs of cellulite, tighten and firm the skin making wrinkles less visible. This more holistic approach to cellulite reduction and skin tightening is achieved with micro current, LED light therapy, hot & cold massage with vacuum function. This can be done in one session or in multiple sessions. Areas of the body to be focused on will be discussed with your esthetician.

60 min \$225

Series of 3 \$825 (\$275 each)

Series of 6 \$1500 (\$250 each)

# SOUND THERAPY

## SOUND BATH

60 minute session, using a variety of therapeutic instruments, including Tibetan and crystal singing, bowls, rain, stick, tongue, drum and many more to create a submersible sound meditation experience.

60 min \$120

## SOUND THERAPY

60 minute session includes Binaural beats to induce a state of theta waves meditation. Realignment of the energy targeted vibration using therapeutic instruments.

60 min \$100

## SOUND ON BODY VIBRATIONS

60 minute session includes targeted realignment of energy centers through sound vibration tools over the full body. Bowls and Tuning forks are applied to the body inducing deep relaxation.

60 min \$115

## SOUND THERAPY ADD ONS

Additional time 15 min \$30

Aromatherapy anointment \$20

Reiki energy attunement \$40



## MORE SERVICES TO COME!

### Cancellation policy

Life happens as does sickness, if you're sick please reschedule, rest, and stay home. Massage can possibly make a cold worse and/ or pass the illness to the therapist.

A 24 hour cancellation /rescheduling policy is in effect. All appointments must be booked with a credit card, which is used to hold the appointment. If a client does not show up for an appointment or cancels within a 2 hour window, they will be charged up to the full price of the service.

## SPA MENU



### MY MISSION

True serenity and relaxation are often hard to find in this hectic non-stop world we live in. Being able to get into a state of inner tranquility and peace can be achieved through various types of massage. My goal with each client is to utilize my education and experience to not only create a sense of tranquility but to help increase balance throughout the body.

**Kristi Daskum**  
*Licensed Massage Therapist & Owner*


### WHICH MASSAGE IS BEST?

When it comes to massage, it is very important to know that everyone is different and customizing a massage to your individual needs is what's key. The power of therapeutic touch, whether it is light, moderate, firm, deep tissue, trigger point therapy or energy work can create the sense of tranquility. This feeling is promoted by increasing circulation, decreasing inflammation and pain. This consultation will help direct the massage to put you on the best path to wellness.

### BENEFITS OF MASSAGE

*Therapeutic massage is meant to not just increase relaxation but is a means of pain management as well.*



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