

# 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!



**CHAIR MASSAGE**  
Available for corporate functions, office parties, holiday events, bridal parties and many more. The chair massage options are endless.  
60 min \$115

Corporate events are required a minimum of 3 hours



# MASSAGES

## SWEDISH

Light to moderate in pressure, intended for relaxation.

60 min \$90  
90 min \$135  
120 min \$180

## 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 \$90  
90 min \$135

## HOT STONE

Meant to help ease and relax sore muscles with heated Colorado river stones.

60 min \$95  
90 min \$140  
120 min \$185

## DEEP TISSUE

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

60 min \$105  
90 min \$150  
120 min \$210

## 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 \$180  
120 min \$240  
150 min \$300  
180 min \$360

## 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 \$90

Customize your journey: enhancements do not add time to service

# ENHANCEMENTS

## CBD

Full body application in lieu of massage lotion  
\$40

## HOT STONE (FOCUS AREA)

\$20

## CBD & HOT STONES

\$55

## 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

## CUPPING

Silicone cups that encourage lymphatic fluid, white & red blood cells to migrate to the surface of the skin. Used in conjunction with massage to loosen deep knots and restricted muscles.  
\$30

## 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

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# BODY TREATMENTS

## SCRUB\*

30min \$45  
(may only be added to a massage)

60 min \$90  
(scrub and lotion application)

90 min \$140  
(scrub and massage)

120 min \$190  
(scrub & long massage)

## DETOX MUD WRAP\*

90 min \$140

## FIRMING CELLULITE WRAP\*

90 min \$140

## GINGER WRAP\*

90 min \$140

## MILK & HONEY\*

90 min \$140

\*Body treatments are made by hand the night before in advance. 24 hour cancellation policy of full fee applies to body treatments.



### 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 Daskam**  
*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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