



RUSH CREEK SPA

HEALING JOURNEY

Heal your body and mind through contrast therapy and relaxation. Each step will heal you from the outside in, leaving you detoxed and refreshed.

- ① Start your journey with a stretch and quiet time near the waterfall complimented with a magnesium butterfly pea flower foot soak and peppermint tea. Meet with your wellness guide and choose your healing essential oil and pick two stones to take with you on your journey.
- ② **Aromatherapy Steam Room** - Clear your sinuses and chest with deep breaths of eucalyptus steam.
- ③ **Himalayan Salt Sauna** - For 10-15 minutes, heat up in the sauna continuing to sweat and detox. Use a cool essential oil cloth around your neck to lower your body temperature.
- ④ **Cool Mist Room** - Alternate between cold and warm showers increasing blood flow.
- ⑤ **Granite Waterfall Mineral Hot Tub** - Sit under the waterfall and move your body to generate positive energy.
- ⑥ **Heated Mosaic Chaise Lounge Chairs** - Feel fully supported and ground yourself in the warmth of our beautiful tiled, zero-gravity lounges.
- ⑦ **Warm Waterfall Coves** - Close your eyes and let the warm water embrace you, release your concerns and imagine them going down the drain, let go and prepare to heal your mind and body.
- ⑧ **Sensory Room** - Hear the forest sounds, smell the white wood scent, feel the warmth of the room, experience the changing light, and let the changing colors inspire your imagination. Begin meditating on the areas of the mind and body you want to heal.
- ⑨ **Outdoor Lounge Chairs** - Relax on the outdoor lounge chair while feeling and smelling the fresh air, journal your thoughts and intentions on how to heal your body and mind.
- ⑩ **Swinging Daybed** - Let motion of the bed put you to sleep and soothe your body and mind.
- ⑪ Take your wellness gift home with you to continue your pursuit of healing in daily life.