



# RUSH CREEK SPA

## RELAXATION JOURNEY

Leave the stress of daily life behind and slowly bring your mind and body into a state of mental and physical relaxation.

- 1 Start your journey with a stretch and quiet time near the waterfall complimented with a magnesium butterfly pea flower foot soak and chamomile tea. Meet with your wellness guide to choose your relaxing essential oil and pick two stones to take with you on your journey.
- 2 **Sensory Room** - Begin meditating on the areas of the mind you want to refresh, letting the changing light colors stimulate your imagination and emotions, hold onto positive thoughts while you hear the sounds and feel the relaxing warmth of the room.
- 3 **Waterfall benches** - Enter the rain curtain and release your negative emotions down the drain allowing the water wash your troubles away.
- 4 **Heated Mosaic Chaise Lounge Chairs** - Let your body feel fully supported and ground yourself in the warmth of our zero-gravity lounges.
- 5 **Granite Waterfall Mineral Hot Tub** - Allow yourself to relax with our flotation devices creating a weightless experience.
- 6 **Aromatherapy Steam Room** - Eucalyptus and lemongrass calm you from head to toe, inside and out.
- 7 **Himalayan Salt Sauna** - Refresh yourself with an essential oil cold cloth while the sauna relaxes your body for 10-15 minutes.
- 8 **Cool Mist Shower** - Now that you are warm to the core, reawaken your body and mind with the cool mist inspired by Yosemite's magnificent waterfalls.
- 9 **Outdoor Lounge** - Relax in the lounge chairs with your journal and write down how you felt in nature.
- 10 **Swinging Daybed** - Now that you've reached a stage of relaxation, allow your mind and body sleep if needed.
- 11 **Warm Shower** - End with a refreshing warm shower with cool mist.
- 12 Take your wellness gift home with you to continue your pursuit of relaxation in daily life.