

RUSH CREEK SPA



SPA TREATMENTS, DAY USE & WELLNESS

Playful relaxation and quiet contemplation await you in our indoor/outdoor spa with innovative features inspired by the natural beauty and power of Yosemite.

DAY USE

Treat yourself to full access to everything from our Himalayan Salt Sauna and Warm Waterfall Coves to our outdoor Granite Waterfall Mineral Hot Tub.

Available daily 8am-10pm
Adults 16+ \$60 per person*

*Family Day Use 8-11am
Kids 6-15 \$40, 5 and under free*

MASSAGE TREATMENTS

(Day Use Included)

Rush Creek Signature

Integrates Swedish techniques with ayurvedic oil, hot stone and sound therapy, plus a personalized energy balancing chakra crystal treatment with stones you keep for continued focus and relaxation at home.

80 minutes \$235

Hiker's Delight

Combines massage, hot stones and light exfoliation together with CBD and EMU oils to soothe sore muscles and aching joints.

80 minutes \$225

Swedish

Improves circulation and vitality while easing muscle tension with a variety of light to medium-firm techniques customized to your comfort level.

50/80 minutes \$165/200

Synergy Hot Stone

Incorporates soothing, heated basalt stones with Swedish massage and organic arnica-infused muscle relief oil to release and restore sore, tired muscles.

80 minutes \$220

Pregnancy

Focuses on easing the stress of both body and mind through adaptable massage techniques appropriate for your pregnancy stage.

50/80 minutes \$185/220

Deep Tissue

This intensive therapy targets specific areas of muscle tension, releasing tightness and reducing pain through the use of firm pressure to separate, lengthen and restore muscle fibers.

50/80 minutes \$190/235

** Hours may vary*



MASSAGE ENHANCEMENTS

- Soothing collagen eye mask \$10
- Chakra energy balancing stone treatment and take-home kit \$25
- Hand or foot cocoon \$25 (both \$45)
- Soothing CBD oil-infused lotion treatment and take-home gift \$40

SKIN CARE

Our skin care experts consult with you to provide the ideal combination of anti-aging, purifying, brightening and more, using Eminence Organic Skin Care premium products that are B Corp certified, just like our lodge. 50 minutes \$165

ADDITIONAL TREATMENTS

Magnesium Foot Soak

Magnesium is known for its muscle relief capabilities and is best absorbed through the skin, making this soak an ideal post-hike reward. 20 minutes \$25

Magnesium Foot Scrub & Shea Butter Massage

This indulgent foot and lower leg scrub speeds absorption of magnesium, and the shea butter finish leaves skin soft and supple. 25 minutes \$60

Hand, Foot & Scalp Massage

An energizing massage trio complemented with aromatherapy to ease stress, soothe dryness and improve circulation. 25 minutes \$80

Chair Massage

A convenient, flexible option focused on upper body release and relaxation to improve posture and enhance breathing. 20 minutes \$60

WELLNESS

Yoga

Led by our certified instructors, Rush Creek Yoga sessions focus on alignment, breathing and a sense of calm. We welcome all who are interested, from beginners to experts.

Boga

Spring through fall we combine strength, balance and FUN into floating workouts on our heated saltwater pool! Boga boards are a cross between a Yoga mat and a paddle board and are great for all fitness levels.



SPA CELEBRATIONS

A variety of packages are available to celebrate life's milestones in style at the Spa. From elegant touches such as champagne cocktails and tasty treats, to private outdoor lounge parties or our Exclusive Spa Celebration, more information is available at the Spa.

RESERVATIONS

To schedule your spa experience, please visit our Spa Reception Desk, call the Spa at (209) 379-2425 or email spa@rushcreeklodge.com.