



# RUSH CREEK SPA

## REJUVENATION JOURNEY

This journey is designed to increase natural energy. We all have nervous energy from our daily lives that can be replaced with positive rejuvenation.

- 1 Start your journey with a stretch and quiet time near the waterfall complimented with a magnesium butterfly pea flower foot soak and green tea. Meet with your wellness guide and choose your rejuvenating essential oil and pick two stones to take with you on your journey.
- 2 **Warm Waterfall Coves** - Walk through the water curtain and feel the water pouring over you, washing your nervous energy down the drain. Feel like a kid again.
- 3 **Sensory Room** - Let the natural smells, sounds, and lights rejuvenate your senses.
- 4 **Aromatherapy Steam Room** - Eucalyptus and lemongrass invigorate you from head to toe, inside and out.
- 5 **Himalayan Salt Sauna** - Allow the dry heat to warm up your muscles and the positive ions from the salt recharge you
- 6 **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.
- 7 **Optional: Salt Water Pool** - Step out to our heated saltwater pool for some sunshine and a brisk swim or walk.
- 8 **Granite Waterfall Mineral Hot Tub** - Have a giggle while you splash and play under the warm waterfall.
- 9 **Heated Mosaic Chaise Lounge Chairs** - Let your body feel fully supported and ground yourself in the warmth of our beautifully tiled, zero-gravity lounges.
- 10 **Outdoor Lounge** - Relax in the lounge chairs with your journal and write down how you felt in nature and the different types of energy. Think about how you can convert nervous energy into a strong sustainable energy.
- 11 **Swinging Daybed** - Elevate your feet on the daybed and take a snooze!
- 12 **Cool Mist Room** - Head to the cool mist room for a rejuvenating contrast therapy journey, alternating between the cold and warm showers.
- 13 Take your wellness gift home with you to continue your pursuit of rejuvenation in daily life.