



**HOLISTIC HEALTH
DAY SPA**
Total Wellness Center & Lodging
760-249-6600
Wrightwood, Ca



Holistic Health Day Spa & Lodging



Holistic Health Day Spa Treatments Menu

Our Philosophy

Holistic Health Day Spa is located in Wrightwood, California in the beautiful Mountain High Ski Resort Area, as a Wellness Center committed to creating a haven to restore the body to its natural state of blissful balance. Here, you will be transported to a place of inner peace and tranquility.

At Holistic Health, we delight in bringing you healing spa services and rituals infused with the traditional wisdom of the ancient East Indian practice of Ayurveda or the "Science of Life". Holistic Health Day Spa embodies the true meaning of spa by providing services that nurture the mind, body, heart and soul - a truly holistic approach to complete wellness and lifestyle change.

Simply stated, Holistic Health Day Spa is a place to feel good.

Enjoying Your Visit to Holistic Health Day Spa

Spa Hours / Appointments / Check In

The Spa is open from 9:30 AM to 7:00 PM weekdays, with extended hours On Saturday's when available. Sundays: Service upon requests. Appointments can be made by calling 760-249-6600 during business hours. Credit cards are accepted, and a Credit Card number is required to guarantee your appointment time, for all services totaling over \$100.

See us @ <http://holistichealthdayspa.us>
or <http://holistichealthdayspa.com>

Please arrive at least 5 minutes prior to your scheduled appointment to check in and to provide us with information that will support us in best serving you.

Cancellations

Canceled appointments are requested to have 24 hours notice, to allow Holistic to re-book the time slot. This request will help us keep our prices very affordable.

Holistic Health Day Spa & Lodging
Wrightwood, In Angeles Crest National Forest
26645 Big Pines Highway
Wrightwood, California
(760) 249-6600. www.HolisticHealthDaySpa.com

Holistic Hemp Products.

We use only American-grown hemp that is Farm Bill compliant, cannabinoid-rich, and non-psychoactive. Our products are tested by a third-party to ensure quality and consistency and are always free of sulfates, parabens, phosphates, or toxins. CBD hemp has been shown to boost homeostasis and wellness throughout the body, both in humans and pets. Our full-spectrum oil contains potent and naturally occurring CBD along with terpenes and other cannabinoids, making our products more effective than most competing products. Our products include oral oil drops, topical creams, massage oils, bath products, skincare and capsules. CBD is \$10.00 added to treatments.

Signature Treatments & Packages

Specially designed to feature our most popular services, our signature treatments and packages create the perfect spa visit!

Holistic Health Escape 90 min / \$160.00

Begin your aromatic journey as you breathe in a warm steam of calming oil customized to your energetic body type. You'll enjoy a full body Medley Massage, combined with a powerful anti-oxidant "mini" facial infused with exotic Ayurvedic herbs to leave your skin hydrated, revitalized and glowing.

Oncology Massage 1hr / 125.00

Oncology massage is the modification of existing massage therapy techniques in order to safely work with complications of cancer and cancer treatment.

Sweet Surrender 90 min / \$125.00

Begin with a classic full body massage featuring the long strokes of Swedish Massage. Your feet then become the focus with a steamy herbal foot wrap, followed by a luxurious foot massage and ex-foliation. Perfect for those looking for a truly relaxing experience.

Four Handed Massage 60 min / \$130.00 Based on an ancient Indian dance, two therapists work in harmonic synchronicity to provide the ultimate in relaxation. If you thought two hands were out of this world, then four are absolutely heavenly! (Schedule in advance)

Holistic Euphoria 60 min / \$110.00

Bring balance and energy back into your life! Enjoy a deeply relaxing Customized Holistic facial, Spa Manicure and Spa Pedicure, all designed to pamper you to perfection... You deserve it!

The Ultimate Spa Day 5 Hours / \$190.00

Make a day of it with the ultimate in relaxation. You'll enjoy the best of our pampering treatments, including an 80 minute Customized Holistic Facial, your choice of one of our massage treatments, and your choice of either a Spa Manicure or a Spa Pedicure. During your visit, you'll also enjoy a healthy lunch as you relax on the sun deck. Now, this is a vacation! Includes lite lunch.

Wellness Services

Body Balancer \$100.00

Energy healing & Consultation

Tarot Oracle Card Readings(Angels & Fairies) 45 min / \$50.00

Add 15 min additional for 1 hour / \$75.00

Private Sessions and Party Events

One-on-One Personal Training 60 / \$20.00 per class

Get back on track or get started on a physical activity program with expert help! This service is designed to incorporate health and fitness goals into an inspiring and motivating workout session. Gain new ideas and tips to integrate movement and fun into everyday life.

Fitness Walks / Adventure Hikes From \$40.00

Ready for a little adventure? Our Personal Trainers will to guide you on a hike through the beautiful Wrightwood Big Pines Forest. Choices range from a gentle and invigorating walk along the Wrightwood Recreational Trail to a rigorous hike at Mountain High West, or Mountain High North, nearby ski resorts.

Fitness Assessment / Consultation 90 min / \$60.00

Begin with a personalized health and fitness analysis including heart rate, blood pressure, body composition and nutritional behavior. Then incorporate your results into a personalized program that includes exercise tips and easy ways to get started on your wellness program.

Nutritional Assessment /Consultation 90 min / \$60.00

Looking for practical, customized, science-based advice about food, nutrition, and healthy eating? Get expert answers to your questions from our Holistic Health Nutritionist. This service includes ideas for cooking for fun and health, prevention and healing, lifetime nutrition and fat loss.

Yoga 60 min / \$12.00

Improve the quality of life mind body to create a total fitness connection.

Aerobic 60 min / \$12.00

High or Low Impact to fit your physical life style.

Feldenkrais, Exercise / therapy 60 min / \$12.00 Group - \$25.00 Individual private

Movement, Training, Retaining to improve the mind body connection.

Guided Meditation/Relaxation 60 min / \$30.00

Learn proven techniques for stress reduction, stretching visualization, and connection with your inner being. This private session offers a personalized consultation and meditation including guided visualization and energy.

Basic Stretching 60 min \$12.00 all ages.

Learn basic stretching techniques good for beginners and advance. (Chair Stretching Exercise for Seniors).

Tia Chi, Qigong 60 min / \$20.00

Ancient levitative form of exercise that is recognized by a slow, captivating movement. Intrinsic Light Energy known as Qi, "Spirit Breath" or "Life Force"

Mini Gym 60 min / \$10.00

Treadmill. Bike, Weights and more.

Infrared Red Sauna - \$1,00 per min 30 min maximum

Infrared light heals the body from the inside out (Dry Heat). Benefits are a natural remedy for pain & stiffness, revitalize one's cells and metabolism. Penetrates deeply into the skin to help dissolve unwanted substances that may have accumulated in the body). Great to have before massage, or cupping session or just alone).

Infrared light Therapy

(Included in your massage) \$8.00 added to massage price.

Using infrared light therapy to help manage pain. For back pain, chronic pain and more. Great addition to your massage!

Hydroculator Hot Treatment (Chiropractor Treatment)

(Included your massage) \$8.00 added to massage price.

Moist hot patch to areas of pain and discomfort, Strains, Back pain,

Cupping 60 min / \$50.00 (Mini Massage Included)

Cupping therapy is a traditional Chinese and Middle Eastern practice that people use to treat a variety of conditions. Cupping therapy is a form of alternative medicine in which a local suction is created on the skin.

Chakra Cupping 60 min / \$50.00 (Mini Massage Included)

(Benefits are: Trigger point Release, Increased Energy & Circulation, Relaxation & stress relief.

Acupuncture & Reflexology, 60 min / \$50.00

Immunity Boost & Natural Pain remedy)

Electro Acupuncture 60 min / \$50.00 (Mini Massage Included)

It can detect accurate acupuncture point, Has no side effects, Pain free treatment, When used in conjunction with needle acupuncture it has great effectiveness

TENS - Ultra Sound (Chiropractor Treatment) \$50.00 (Mini Massage Included)

Using electro therapy to help manage pain. For back pain, head aches, chronic pain and more (Mini Massage Included)

Regular Ultra Sound Therapy 60 min /\$50.00 (Mini Massage Included)

Foot Detox 45 min / \$30.00

Special salts, pollutants and minerals to detox the foot and body/

Hot Tub for Lodge Visitors Only

Mineral or herbal bath. Also great for therapeutic treatments.

Nail and Foot Care

Anti-Oxidant Hand Treatment 45 min / \$25

Your hands will be silky smooth with this infusion of vitamins A & E, grape-seed oil. The deep heat created by this treatment relieves stress, promotes relaxation, and leaves hands soft and smooth using paraffin wax.

Heated Mittens Available Upon Request \$5.00 extra

The deep heat created by this treatment leaves your hands will be silky smooth.

Vino Therapy Spa Pedicure 45 min / \$39.00

Feel the tension and aches melt away as we treat dry, cracked skin using a double ex-foliation of crushed grape seed and sea salt scrubs. Enjoy the invigorating leg and foot massage using deeply hydrating moisturizer, all followed by nail care and the perfect polish! *Paraffin Wax Treatment Upon Request.*

Anti-Oxidant Foot Treatments 45 min / \$30.00

Relax as your feet in a foot bath and are cocooned in warm booties, letting the nourishing Vitamin A & E serum penetrates your skin for deep moisturizing. Great for dry, cracked skin.

- Mineral Foot Detox
- Reflexology of Feet
- Paraffin Wax Treatment

Sole Reviver Pedicure 45 Min / \$39.00

A perfect addition to any massage service or pedicure, this invigorating treatment includes an application of cooling Aloe Vera and a thorough foot massage and pressure point treatment and using paraffin wax treatment.

Therapeutic Massage

Holistic Health's deeply nourishing massage services provide relaxation and rejuvenation by stimulating circulation and reducing toxins and fatigue through the inherent wisdom of touch. Among its many benefits, massage has been proven to improve circulation, strengthen the immune system, and promote more restful sleep.

Swedish Massage 60 min / \$100.00

The most common type of massage is Swedish massage therapy. It involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. This is also combined with movement of the joints. By relieving muscle tension, Swedish therapy can be both relaxing and energizing. ***Wednesdays Special only 60 min / \$55.00***

Deep Tissue Massage 60 min / \$100.00

Deep tissue massage is best for giving attention to certain painful, stiff "trouble spots" in your body. The massage therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under the skin.

Holistic CBD Hemp Deep Tissue or Swedish 60 min / \$133.00

CBD Hemp is used along with Deep tissue massage or Swedish. Deep tissue is best for giving attention to certain painful, stiff "trouble spots" in your body. The massage therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under your skin

Coastal Express Massage 45 min / \$50.00

This targeted massage focuses on those areas that always seem to need a little extra attention... the back, neck, and shoulders. Perfect for a quick pick me up, or as an add on to a facial or body treatment.

Sacred Stone Massage 60 min / \$125.00

Smooth, heated stones become an extension of the therapist's hands while melting away tension and stress. This profoundly comforting massage connects the body to the spirit and provides deep relaxation. Prepare to be mesmerized!

Sports/Deep Tissue Massage 60 min / \$100.00 - 90 min / \$150.00

Relieve stress and ease sore muscles with a soothing combination of therapeutic techniques including stretching and deeper pressure to the underlying layers of muscle. This powerful and customized massage promises to harmonize body and mind.

Couples Massage 60 min / \$125.00 90 min / \$160.00

per person

Double the pleasure when you and your companion are taken on a journey of the senses and scents in our deluxe couple's room.

Pre or Post Natal Massage 60 min / \$125.00

Designed to address the spectrum of physical and emotional changes during pregnancy and post-partum, enjoy our tender care with attention to safety and comfort at each stage during and after pregnancy.

At Your Home Massage 60 min / \$125.00

Enjoy any of our massage therapies, except the Sacred Stone treatment, in the privacy of your home.

Mobile Chair Massage 1hr / 75.00

On-site Chair Massage, Employee Wellness, Corporate Fitness Classes, Mobile Massage Treatments

Skin Care Essentials

Enjoy a journey of exquisite pampering using all natural, organic ingredients to improve the appearance of your skin while honoring the balance and harmony essential to good health.

Facial Therapy Micro Refiner. 60 min / \$65.00

Bio firming - Includes CoQ 10, Vitamin K and Vitamin C.

Rejuvenate and brighten skin with this gentle yet extremely effective treatment designed to improve elasticity and firm mature or sun damaged skin. Featuring double ex-foliation with papaya. This treatment restore radiant glow , soft and balanced skin.

Mud facial 60 min / \$55.00

is a "must-have skin care product" and has the potential to tighten skin, soften lines, give pores a deep cleaning and moisturize dry skin. Mud may be a natural remedy but a mud pack facial includes a good amount of additional nourishing elements.

Avocado Facial Treatment 60 min / \$60.00

Papaya Facial Treatment 60 min / \$60.00

Various Facial Masks Available Upon Request. All Facial Services come with a mini message.

Gentleman's Stress Relief Facial 60 min / \$55.00

Escape everyday stress with this facial that addresses the specific needs of masculine skin, including razor irritation and ingrown hairs. Complete with deep pore cleansing and a gentle papaya ex-foliation will leave you refreshed and relaxed!

Body Indulgences

We also have lodging

Anti-Oxidant Banana Brown Sugar Scrub 90 min / \$125.00

This all-natural banana sugar scrub is applied to the body to ex-foliate, stimulate lymphatic flow, eliminate toxins and smooth and firm skin. Is both gentle and intensely moisturizing, making it ideal for dry and normal skin. Plus, it has the goodness of essential nutrients like Vitamins A, C and B6, and potassium. All followed by an invigorating mini massage using natural oils. (Other natural body scrubs available upon request - All followed

by a invigorating mini massage with natural oils) \$200.00 per night

Three private bedrooms and a loft. Each bedroom has one bed that sleeps 2 and an open loft that sleeps 2 for additional guests. Each bedroom comes complete with microwave and refrigerator (No kitchen for cooking).

A Patio can be used for grilling. Grills and one eyed burner. Loft and Library for relaxing and reading.

A temporary twin bed can be supplied for an extra guest for \$30.00 a night

Make an inquiry please call or text (760) 249-6600 ask questions and to verify availability before booking

We can also accommodate camper's with a campsite for their tents.

\$45.00 per night - Per Campsite.

(Must supply tents)

Special themes, business gatherings and presentations. Has back large patio with cooking grills. Screen Projector and screen for outdoor theater. We offer a wide range of Holistic Day Spa Services while you stay. See our picture gallery below.

***Due to Corona Virus - Please inquire with us before making a booking**

(760) 249-6600

While cleanliness is more important than ever to us, we do not use language that may appear to be a guarantee or official status on our listing, such as "COVID Free."

https://holistichealthdayspa.us/spa_gallery/

Amenities: Spa Services, Toiletries - Soaps, Shampoos

Free Wi-Fi, Outdoor Patio for Grilling/Cooking/BBQ.

Comp: Coffee, Tea, Hot Chocolate, Pop Corn

Games, Outdoor Movie Screen and Billard Table

All Lodging Includes Continental Breakfast Upon Request.

See us @ <http://holistichealthdayspa.us>

or <http://holistichealthdayspa.com>