



Signature Treatments & Packages

Holistic Health Day Spa & Lodging

Holistic Health Day Spa Treatments Menu

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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 & and L

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.

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

In Angeles Crest National Forest

26645 Big Pines Highway

Wrightwood, California 92397

(760) 249-6600. www.HolisticHealthDaySpa.us

Holistic Health Practitioner / Healing Arts Practitioner

- (Services upon request)

(healing touch, aroma and color therapy, crystals, symbols and sound and mind- body dialogue)

Holistic Alternative Psychology Master Practitioner

(Services upon request)

(Mind Body Dialogue Counseling / Talk Therapy)

Doctor of Religious Science - (Services Upon Request)

(Christian Counseling Ministry) 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.

Our most popular services

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

CBD Massages upon request \$10.00 added to massage treatments.

Mobile Chair Massage 1hr / 60.00 A dollar a minute. 10 minutes min.

On-site Chair Massage, Movie Sets, Employee Wellness and Corporate Events

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 / \$210.00

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.

60min. Reiki session - With talk therapy/consultation

60min. \$90.00

30min. Reiki session - With talk therapy/consultation

\$50.00

Reiki Hands on spiritual healing of mind, body and spirit.

Rid the body of anxiety, negative emotions and stress.
Bring
joy of life back into your life.

Chakra (Healing Therapy)

50min. Chakra session - With talk therapy/consultation
\$70.00

45min. Chakra session - With talk therapy/consultation
\$50.00

Chakra - Clense and balance your arua (Energy). As the emotions of your body changes your chakra colors change too. (Red, Orange, Yellow, Green, Blue, Indigo and Violet). Chakra (Arua) usually indicate the current emotional, spiritual and physical state of a human being. Session include: Color balancing, oils, crystals, harmonic music, meditation and visualization that revives and balances your 7 major chakras.

Reflexology 60min / \$50.00

(Feet and Hands)

Reflexology also known as zone therapy is an alternative

medical practice involving the applying pressure to specific points on the feet and hands. The therapy is performed with the thumb, fingers and knuckles. The technique is with or without oils. It reduces tension and stress by initiating relaxation.

Cupping Massage 45min/\$50.00
Accu-pressure or chakra cupping

Cupping to relieve lower and upper back discomfort. Increases energy and circulation. Promotes relaxation and reduces stress. Cupping acupuncture and or Chakra is a natural pain remedy which includes a lite massage on effected body parts

Cranialsacral Massage 60 min / \$60.00
(head therapy massage)

Hydrotherapy Massage 60 min / \$100.00
(hot moist pads upper and lower back)

Life System & Stress Relief 60 min / \$50.00
Lotis(Quantum Therapy)
Energy healing & Consultation

Oracle Card Readings(Angels & Fairies) 30 min / \$25.00
(Counseling / Talk Therapy offered)

Private Sessions and Party Events. This is a powerful spiritual tool that allows you to tap into the profound wisdom and healing support of the angels in a way that will feel real and positive. Full of loving messages from the angels, arch angels and even the devine mother and devine father, each card also offers you a powerful affirmative prayer which will help you to resolve spacific situations in your life for the highest good. A session will identify your goals. Improve your life, your work, your relationships and more. Includes consultatioj and talk therapy.

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 Wright-

wood 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.

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 ener-