

JOYFUL JOURNEY HOT SPRINGS SPA MENU

Therapeutic Massage

Massage effects positive change in the muscles, tissues, and postural patterns of the body, helps reduce aches and pains, promotes relaxation, improves circulation and balance, and stimulates your immune and lymphatic systems, offering stress relief and quiet for your mind. This treatment will be customized for your body with your therapist.

30 minutes: \$70 60 minutes: \$120 90 minutes: \$160

Joyful Scrub

A favorite at Joyful Journey! Our salt scrub leaves your skin feeling silky and radiant.

30 minutes: \$75

Journey Scrub

A gentle exfoliating scrub that leaves your skin feeling silky and rejuvenated.

Combined with a delightful oil massage of your choice. (not applicable with combos).

60 minutes (30-minute massage + 30-minute scrub): \$145

90 minute (60 minute massage + 30 minute scrub): \$180

Scalp Massage

The ultimate in relaxation! A gentle, yet therapeutic scalp, neck, and shoulder massage with our aromatic oils.

30 minutes: \$70

Journey's Essence

Combines our oil blends, with a gentle massage technique and focuses on opening, clearing, and balancing the energy systems of the body. This gentle treatment is perfect for clearing internal anxiousness and preparing one for our healing waters.

60 minutes: \$130

Reflexology

A soothing massage with a focus on pressure points on the feet, hands, and head. The perfect treatment for relieving soreness and stimulating the entire body.

30 minutes: \$70 60 minutes: \$115

Add-On Warm Basalt Stones.

These hot stones can be used to help you relax and ease tense muscles throughout your body. With this additional treatment, smooth, flat, heated stones are placed on specific parts of your body, as discussed with your therapist. **\$20**

Therapeutic Massage Combo

Combine a Therapeutic Massage with a 30-minute treatment of choice. This treatment will be customized for your body with your therapist.

30-minute additional treatment options include:

Scalp Massage - Foot Reflexology

Combo #1. 30-minute massage + 30-minute treatment of choice: \$130

Combo #2. 60-minute massage + 30-minute treatment of choice... \$165

Acupuncture

Acupuncture is a traditional medicine that involves inserting thin needles into specific body points to help relieve pain and treat various conditions by balancing energy or stimulating nerves and muscles

First session

This will include assessment, treatment and possible *accessories

60 minutes: \$125

Plain Acupuncture (Return clients only)

Acupuncture only (with out the use of any *accessories)

45 minutes: \$ 85

Acupuncture with *accessories

60 minutes: \$115

Combo acupuncture

Acupuncture with either Tui Na (Therapeutic) or Shiatsu (Light touch) massage (no *accessories will be used)

60 minutes: \$135

*Accessories

Electro acupuncture: A weak electrical current is passed through the needles inserted at specific points, enhancing traditional effects.

TDP Lamp (Tending Diancibo Pu):

therapeutic heat lamp that emits specific far-infrared rays from a mineral plate

Gua Sha: Light scraping of the skin with a smooth instrument to stimulate blood flow

Cupping: Small cups are applied to the skin, creating a suction that makes the blood rise to the surface of the skin

Lazer therapy: Stimulation of traditional acupuncture point with low-level intensity lazer irradiation instead of needles

