

**River Oaks Hot Spring Spa**  
**800 Clubhouse Drive**  
**Paso Robles, CA 93446**  
**805.238.4600**

**SERVICE DESCRIPTIONS**

## Wraps and Glows:

- ❖ **Salt Glow-** The body is rubbed with coarse salt or sugar scrub that is combined with lotion or oil. It is designed to exfoliate the outer layer of dead skin, moisturize and stimulate circulation. Especially effective for dry skin and those with skin problems. After the scrub is applied, client showers, and then returns to the room to be massaged (Swedish) for the remainder of the time.
  - **Benefits:**
    - Full body skin exfoliation
    - Gentle and soothing skin stimulation
    - Improves skin color and clarity
    - Improves skin tone
    - Allows the skin to breathe
    - Improves the overall skin function
    - Increases circulation
    - Enhances detoxification
    - Increases seasonal allergen resistance
    - Improves skin texture
    - Softens skin
    - Allows for better penetration of oils, lotions, serums, and moisturizers.
  
- ❖ **Herbal Wrap-** Best when used for a cleanse. Can be done as either a wet or dry procedure, both designed to eliminate impurities, detoxify, and relax. Wet is a body wrap done with a cloth that is soaked in a heated herbal solution and wrapped around the body; dry is a seaweed gel applied to the body and then the client is wrapped with towels. Treatment begins with an exfoliation with a loofah scrub or gloves, and then client is wrapped. Scalp is massaged while the product is activating, followed by a Swedish body massage for the remainder of the treatment.
  - **Benefits:**
    - All massage therapy benefits
    - Increases circulation
    - Metabolic stimulation
    - Helps reduce swelling
    - Helps the body self regulate
    - Aids in body contouring
    - Eliminates toxins
    - Enhances hydration
    - Improves skin texture
    - Perks up skin color and clarity
    - Re-mineralizes the skin
    - Increased lymphatic function