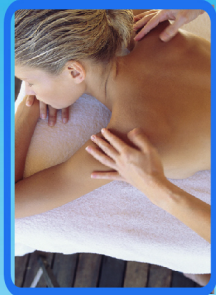


#### Benefits of Massage:

Massage therapy is a simple, relaxing way to improve and maintain your health throughout the years. One can experience profound effects by receiving bodywork treatments such as increased flexibility, range of motion and circulation.



#### HOURS

THURSDAY 4:30 PM TO 8:30 PM

FRIDAY 4:30 PM TO 8:00 PM

SATURDAY BY AVAILABLE  
APPOINTMENT.

\*APPOINTMENT REQUIRED AT  
LEAST A 40 MINUTE PRIOR

Call 435-671-8791

**Cami Sweat**  
**LMT**

Please arrive early to prepare for your treatment. Gratuity not included in service but appreciated. We have the right to refuse service to anyone.

Down~at~a  
DAY SPA

**DOWNATA**  
**HOT SPRINGS**

25900 S Downata Rd  
Downey, ID 83234  
(208) 897-5736

[www.downatahotsprings.com](http://www.downatahotsprings.com)  
email: [info@downatahotsprings.com](mailto:info@downatahotsprings.com)

Down~at~a  
DAY SPA

# DOWN~AT~A IS...

a place to take time out of your day to relax and renew. This is essential to living well. Soak up some fun and relaxation down at a hot springs.

Experience one of our signature treatments. Included in the service is a 15 minute soak in our naturally heated hot pool. Add a longer soak for \$8.



*true delight*



## 6 REASONS YOU WILL LOVE BLISS

1

### HOT STONE MASSAGE

Completely relax with the feeling of warm stones to help relieve pain and improve circulation. Deep heat treatment combined with massage will warm your body and soul.

60 Minute- \$80

2

### LIGHT FOOT TREATMENT

Focus is on the feet, starting with a foot soak. Next enjoy a foot scrub pampering massage with essential oils

30 Minutes -- \$45

3

### DEEP TISSUE

Deep strokes and hard pressure are used to treat Musculoskeletal issues such as strains and sports injuries.

60 minutes -- \$90 90 minutes --\$110

4

### AROMATHERAPY

Enjoy a relaxing massage session with aromatherapy to help you relax and rejuvenate yourself.

60 minutes -- \$80

5

### SWEDISH MASSAGE

This gentle and effective type of massage is used to reduce stress, relieve pain and muscle tension, improve circulation, increase joint flexibility and to reduce fatigue.

60 minutes -- \$70 90 minutes -- \$100

6

### 15 MINUTE TENSION RELEASE

Designed to release the tension in your neck and shoulders

15 minutes -- \$30