

Massage Therapies

High Desert Signature Massage

Your highly trained massage therapist will utilize his or her expertise to customize a unique Swedish massage tailored to your specific needs. Let your body unwind with the calming technique of our signature service.

Medicine Springs Deep Tissue Massage

This therapeutic treatment utilizes deep, but soothing pressure to alleviate tight, sore muscles, leaving the body in a deep sense of relaxation.

Rocking Heart Massage

These relaxing and re-mineralizing body massages increase your sense of relaxation and wellbeing. Your therapist will utilize our warm hand carved Himalayan salt stones and customized essential oil treatment to leave you with a sense of calm relaxation as your feet and legs are pampered with a warm towel wrap at the end of your treatment.

Rocking Heart Signature Massage

Our signature massages have become one of our guest favorites! Experience a customized deep tissue massage targeted to your needs while being introduced to the amazing experience of hydrating warm Himalayan salt stones, hot towel wraps and essential oils. Feel muscle tension just melt away. Finish with a glass of champagne in our quiet room.

Medicine Springs Golfer Massage

For the Elite athlete to the casual enthusiast

The Medicine Springs Golfer Massage is detailed, focused and anatomically specific to your unique physical needs. Let our highly trained Therapists provide deep tissue massage techniques to release chronic patterns of tension, improve circulation, reduce stiffness and pain. Let us help you do what you love even better!

Medicine Springs Mothers-to-be Massage

Enjoy your tension free experience as your Rocking Heart Therapist skillfully uses Swedish massage techniques to relax tense muscles, ease sore spots, improve circulation and mobility, and just make you feel good. Each Prenatal massage is customized to meet the needs of your changing body.

High Desert Signature Face and Scalp Massages

A relaxing facial, scalp and shoulder massage brings the mind and body into balance. Using an ancient technique of small muscle release paired with organic and natural Eminence products, the skillful hands of your therapist will leave you renewed and rejuvenated.

Medicine Springs Men's Face and Scalp Massages

Treat yourself to a relaxing facial and shoulder massage paired with a tension releasing scalp treatment. Feel your muscles relax as your stress melts away. Finish your treatment with a cold beer as you relax in our quite room.

Rocking Heart Deluxe Face and Scalp Massages

Experience the luxury of a Himalayan warm rock facial and shoulder massage paired with personalized essential oil treatment and a warm oil scalp treatment. Relax and enjoy this unique experience as your worries slip away under the hands of your Rocking Heart Therapist.

Children's Massage (age 10-16 with parent present)

Introduce your child to the benefits of a relaxing Swedish massage session. Share this unique experience with them as they wind down feeling pampered and refreshed.

Facial Treatments

High Desert Signature Facial

This nature inspired treatment incorporates the unique method of facial massage, exfoliation and hydration. Your experience includes cleansing and moisturizing of your skin with our organic Eminence products. This method of relaxation and skin hydration leaves you feeling calm, nourished and radiant.

Medicine Springs Facial

Feel the transforming effects on your sensitive skin as it is gently cleaned, toned and moisturized. Warm towel wraps and rejuvenating neck and scalp massage are added benefits of our medicine springs facial.

Rocking Heart Facial

Lie back and relax as your Rocking Heart Esthetician customizes your facial experience to leave your skin instantly refreshed, radiant and smooth. Choose from Age Defying, Renewal or Calming facial products from our Eminence Organic skin care product line. Finish with a relaxing scalp, neck, and shoulder massage to bring the mind and body into balance.

Rocking Heart Signature Facial

Pure contentment, this facial is again customized to your skin needs, choose from Age Defying, Renewal or Calming facial products from our Eminence Organic skin care product line. Your esthetician will expertly add exfoliation and aroma therapy to your ultimate Rocking Heart experience. Finish with a relaxing scalp, neck, and shoulder massage – pure contentment.

Extremities Services

High Desert Signature Foot & Leg Ritual

Sit back in our massaging Pedi-chair and let your ritual begin with an invigorating leg scrub and a detoxifying warm saltwater foot soak. Enjoy customized aromatherapy while your feet and toes are cradled in a warm towel wrap followed by deep moisturizing lotion. Our foot and leg ritual leaves your feet and legs feeling pampered and rejuvenated.

Medicine Springs Foot & Lower Leg Massage

Recover faster so you can play harder by giving your feet and lower legs the treatment they deserve. Lie back and let your therapist improve circulation, decrease pain and reduce fatigue.

Medicine Springs Hand to Shoulder Massage

The perfect combination to relieve stress and tension – loosen those tight neck and shoulder muscles. Lie back and let your therapist improve flexibility, circulation and mood. Go beyond relaxation and reduce fatigue with our hand to shoulder massage.

Rocking Heart Signature Foot & Lower Leg Massage

Experience our circulation promoting leg and foot massage with the added benefit of reflexology. This treatment helps to decrease swelling, remove toxins and alleviate pain. Lie back and feel the warmth of a hot towel wrap to melt your stress away.

Rocking Heart Signature Hand, Arm & Shoulder Massage

Improve upon the perfect combination to relieve stress and tension – loosen those tight neck and shoulder muscles. Add customized aromatherapy and warm towel wraps to your experience. Let the tension of the day melt away as you experience the ultimate hand, arm and shoulder massage.

Nail Services

High Desert Signature Manicure

Treat yourself to our hydrating and relaxing hand and nail experience. This service includes exfoliation, cleansing, and hydration of your nails and hands. Finish with final buff, polish and nail shaping.

Medicine Spring Manicure

Sit back and relax, as you experience our hydrating and rejuvenating hand and nail experience - add in the soothing heat of hot towel wraps as time slips by. Finish with a buff and polish to complete your treatment.

Rocking Heart Manicure

Enjoy your time as we pamper your hands and nails. Soak, soften, and hydrate as your Rocking Heart therapist releases tension through reflexology massage techniques. Finish with perfectly shaped, buffed, and polished nails.

Rocking Heart Signature Manicure

The ultimate in relaxation and pampering. Sit back, relax, and enjoy pure contentment as your hands and nails are treated to a gentle scrub, exfoliation, hydration, and a warm paraffin wrap. Reflexology massage techniques will take the tension away as you finish with beautifully shaped, buffed, and painted nails.

Rocking Heart Nail Appliques

Fingernail application

Toenail Application

Both Finger & Toenail

High Desert Signature Pedicure

Treat yourself to our relaxing feet and nail experience. This service includes exfoliation, cleansing, and a hydrating scrub of your feet and lower legs. Soak away the tension of the day in our detoxifying warm foot Himalayan salt soak and finish with final buff, polish and nail shaping.

Medicine Spring Pedicure

Sit back and relax in our massaging Pedi chair, as you experience our rejuvenating foot and nail experience. This service includes exfoliation, cleansing, and a hydrating scrub of your feet and lower legs. Soak away the tension of the day in our detoxifying warm foot soak and finish with a warm towel wrap and a final buff and polish.

Rocking Heart Pedicure

Enjoy your time in our massaging Pedi Chair as we pamper your feet and nails. Soak, soften, and hydrate in our detoxifying foot bath as your Rocking Heart therapist releases tension through reflexology massage techniques. Finish with perfectly shaped, buffed, and polished nails.

Rocking Heart Signature Pedicure

The ultimate in relaxation and pampering. Sit back, relax, and enjoy pure contentment as your feet and nails are treated to a gentle scrub, exfoliation, hydration, and a warm paraffin wrap. Reflexology massage techniques will take the tension away as you finish with beautifully buffed, and painted toe nails.

Deluxe Rocking Heart Signature Mani/Pedi

Our signature combination Mani/Pedi begins with an invigorating scrub and a thorough exfoliation to soften your feet while they soak in our detoxifying warm foot bath. Your Rocking Heart Therapist will pamper your hands and feet, while treating you to reflexology techniques to release tension as you enjoy the ultimate relaxation experience. Wrapped in warm hydrating towels, your fingers and toes will finish with a perfect polish application. And enjoy a glass of champagne.