



Yo-jo-kan is located the edge of beautiful down town La Jolla. Smell of Pacific ocean, sounds of ocean wave, bring you freshness.

Yo-jo means balancing body that keep healthy and treat the body to recuperate from disconditions.

We approach from this aspect to enhance people's holistic health.

Our services include therapeutic massage, and Spa, herbal treatment with organic products. You can enjoy foot bath at the each treatment and relax at our small library with herb tea after treatment.



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*Tuesday to Thursday
10:00am to 7:00pm
Friday and Saturday
11:00 to 8:00*

養生館

~Yo-jo-kan~

*Massage Ttherapy
&
Spa, Herbal Treatment
For Healing*

Therapeutic Massage

-Blend Session-

Most sessions are suggested to blend two or three modalities listed below for individual conditions or needs but also you can choose simply one modality.

60min...\$ 90, 90min...\$130,

Circulatory Massage

This Swedish massage increases circulation of blood and lymph flow that facilitates body metabolism. Also stimulating body systems allows to release hormones that allow the body to nourish and relax.

Oil or lotion is applied on the skin.

Hawaiian Lomi-lomi

Lomi-lomi is body-mind-spirit healing through physical manipulation. Aloha touch is loving touch..It is gentle but also going deep to circulate body fluids through muscle and organ which allows muscle and emotional tension release. That brings you deep relaxation.

Oil or lotion is applied on the skin.

Deep Tissue Sculpting

This deep work uses series of compressions and flow through strokes that increase relax and open up the muscles and connective tissues. Excellent for align the body structure, chronic pain and muscle tension.

No oil or lotion is applied.

Neuromuscular Therapy

This work is release trigger points in irritated tissues by concentrated pressures in order to help break up pain circle.

Often combined with circulate massage to settle the nervous system and increase circulate system.

Oil is applied for circulate massage.

Sensory Repatterning

This unique massage, Sensory repatterning explores the natural movement of the individual. Slow motion, undulation, Passive movement feel like flowing in the water. These techniques provide very meditative, relax and reminds your body's potential movement.

No oil or lotion is applied.

Thai Traditional Massage

Thai traditional massage is worked on the floor. Passive Yoga stretches and rocking compressions are applied along energy line called "Sen" with palms, fingers and feet. The rhythmic strokes bring you deep relaxation. Excellent for tight muscles, chronic pain and energize.

No oil or lotion is applied.

Jin Shin acutoch

This ancient Japanese healing art activates the vital life energy" Qi" by holding two points on the body along the energy anatomy that awakens the body's own healing powers and bring back in balance. Excellent for mental health, weaken body and energize.

No oil or lotion is applied.

Pregnancy Massage

Pregnancy massage provides support mother's and fetus's health. Reliefs muscle cramps, spasms and myofasial pain, enhance the pliability of the skin and understructure. Excellent for reduce emotional stress and swelling.

Oil is applied depends on the intention of the session.



Spa Treatment

Hot Stone

60min...\$95

Hot stone provides great healing to the body. It reduces tension faster, increase detoxification and provide soothing and nurturing.

Salt Grow

45min...\$80

Salt grow is excellent for waking up the skin. It provides cleansing, toning, exfoliation to the body and hydration.

Aroma wrap

45min...\$80

Aroma wrap helps healing and Hydration. Provide rejuvenate the body, tighten and tone the skin, eliminate toxins.

*Combination with salt grow and aroma wrap

90min...\$150

Thai Herbal Compress

60min...\$95

A steamed herbal poultice is applied on the body. It reduces aches and pain, and is involved relaxation and energize.

Special Treatment

Swedish cleanse

120min...\$180

Combination with circulatory massage, aroma wrap and salt grow, bring deep hydration and detoxification.

Hawaiian Paradise

120min...\$180

Hot stone and Hawaiian lomi-lomi massage enhance body blood flow, reduce tension and bring deep relaxation and balance energy.

Taste of Thailand

120min...\$180

Thai massage and Thai herbal compression combination bring great chronic tension relief and energy of power..