

THE RUNNER'S RESET

AT SALISH LODGE & SPA



LET US GO THE EXTRA MILE FOR YOU

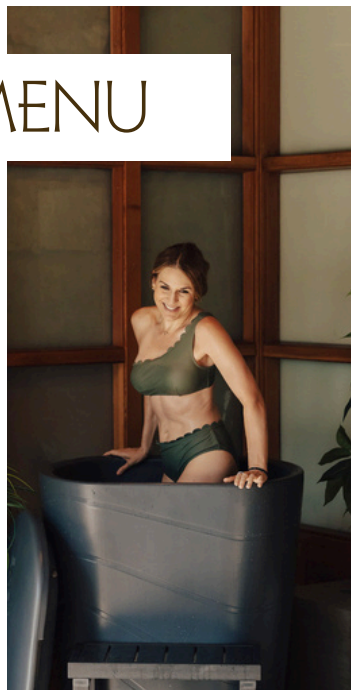
We invite you to experience treatments thoughtfully designed for recovery and renewal.

Our team has curated a dedicated runner's reset menu, from deep tissue massages and nourishing body wraps to lymphatic drainage facials, each tailored to help you recharge and restore.

Call 425-888-2556 to reserve your experience today!

THE SPA
AT
SALISH LODGE

RUNNER'S RESET MENU



Massage

Deep Tissue Recovery Massage

- Focus on calves, quads, glutes, and lower back
 - Complimentary Hot Stones Enhancement
 - Gift with service
- 50-Minute \$185 | 80-Minute \$285

Fire & Ice Massage

- Perfect for tired, sore muscles
 - Acrely Cooling Recovery is applied as a finishing touch
 - Complimentary Hot Stones Enhancement
 - Gift with service
- 50-Minute \$195 | 80-Minute \$295

Body Wrap

"Runner's Reset" CBD

Nourish and Relax Wrap

A modern, soothing option to relieve inflamed tired muscles.

- CBD-infused Moor Mud
- Warm compresses

50-Minute \$210

Skincare

Runner's Recovery Salish

Essential Facial

- Focus on hydration to help restore balance
 - Light lymphatic drainage
 - Complimentary firming eye treatment
 - Gift with service
- 50-Minute \$165 | 80-Minute \$255

In Room Amenity

Runner's Reset Bath Ritual

for Sore Muscles

- Hinoki Magnesium Bath Flakes
- Mini Foot Massager Roller
- Acrely Organic Magnesium Recovery Balm
- Post Workout Recover Gummies
- Acrely Sleep Gummies
- Stretch Recommendation Card by our licensed massage therapist

\$45

Call 425-888-2556 to reserve your experience today!

THE SPA
AT
SALISH LODGE