



THE SPA

AT

SALISH LODGE

6501 Railroad Ave. | Snoqualmie, WA 98065

www.SalishLodge.com/Spa
800.272.5474 | Reservations@SalishLodge.com

MASSAGE TREATMENTS

SALISH SIGNATURE Customized to suit your body's specific needs, your therapist will integrate Swedish, Targeted Deep Tissue techniques & Aromatherapy for the perfect full-body massage! *Consider combining Hot Stones with a CBD Infusion, recommended by our Spa Team as pure magic!*
50 min. \$160 | 80 min. \$250

TRANQUILITY This massage is for those who simply want to relax and restore muscles. The light pressure and fluid strokes will ease away any tension, soothe the tired body, and bring total relaxation to your mind body, and spirit.
50 min. \$160 | 80 min. \$250

MOTHER-TO-BE Prenatal massage is therapeutic bodywork that focuses on the special needs of the mother-to-be. This enhances the function of muscles and joints, improves circulation, general body tone, and relieves fatigue. We use safe, nutrient-rich, organic products for this special side-lying treatment.
50 min. \$170 | 80 min. \$260

DEEP TISSUE Designed for the physically active guest who needs to soothe their sore, tight muscles. Allow the firm pressure of our deep tissue massage to penetrate the tension in your muscles and promote healing and relaxation.
50 min. \$180 | 80 min. \$280

ASHIATSU MASSAGE Ashiatsu Oriental Bar Therapy® origins range from Eastern Asia to the Pacific Rim. The root word "Ashi" means foot, and "Atsu" means pressure, so together they symbolize "foot pressure." This barefoot massage technique utilizes gravity and an overhead bar system for support while delivering a deep, therapeutic massage that stimulates the lymphatic system and creates a structural change in chronic soft tissue damage.
50 min. \$180 | 80 min. \$280

LOMI LOMI A traditional Hawaiian massage, Lomi Lomi offers a moderate pressure massage experience using the hands and forearms to soothe muscles in fluid, rhythmic strokes. Like waves on sand, it is designed to confuse the mind and surrender the body into a deeply relaxed state.
50 min. \$180 | 80 min. \$280

FIRE & ICE MASSAGE Perfect for tired, sore muscles, this massage begins with warm Synergy Stones to soothe, sculpt, and knead achy muscles into a deeper state of relaxation than ever before. As a finishing touch, Sombra Cool Therapy gel is applied. It's a study in contrasts that will leave you feeling at ease all over. *Our Cooling CBD Infusion balm enhancement is a Spa Team favorite!*
50 min. \$190 | 80 min. \$290

MASSAGE TREATMENTS FOR 2

FIRESIDE COUPLES MASSAGE Relax together in our premier Fireside Couples Suite with Salish Signature Massages. Treat yourselves to some soothing time by the warmth of the fire as our skilled practitioners help relieve the stress of everyday life and leave you feeling connected and rejuvenated!
50 min. \$185 per person | 80 min. \$275 per person

CASCADE COUPLES MASSAGE Unwind together in our Cascade Room with Salish Signature Massages. Our skilled practitioners will work to relieve the stress of everyday life and leave you feeling connected and refreshed.
50 min. \$185 per person | 80 min. \$275 per person

CASCADE COUPLES SOAK & MASSAGE This luxurious experience begins with our skin nourishing tub soak in our Cascade room. This lavish bath nourishes and hydrates while you slip into a sense of tranquility before beginning side-by-side Signature Massages. Includes two decadent local truffles and two glasses of our Salish Brüt.
80 min. \$285 per person | 110 min. \$375 per person

FIRESIDE REKINDLE RITUAL This memorable sensory experience takes place in our premier Fireside Couples Suite. It includes a side-by-side full-body milk and honey scrub, followed by a shared shower. A heated stone massage is the perfect ending to this relaxing escape.
80 min. \$305 per person

FIRESIDE ESSENCE OF THE EARTH Indulge in the riches of nature's elements together. Your experience in our premier Fireside Couples Suite includes a side-by-side Hungarian mud wrap, followed by a shared shower and heated stone massage.
80 min. \$305 per person

MASSAGE ENHANCEMENTS

- **SCALP RENEWAL MASSAGE** 15 min. \$55
This high-touch sensorial scalp massage features professional-only product by Aveda to help treat scalp concerns, sooth tension, promote circulation and reduce stress. *Selecting this enhancement will use 15 minutes of allocated treatment time.*
- **FULL BODY DEEP TISSUE** 50 min. \$20 | 80 min. \$30
When light to medium pressure isn't firm enough! Experience powerful, targeted relief of tension and pain.
- **HOT STONE** (Targeted Areas) 50 min. \$20 | 80 min. \$30
Experience benefits like improved quality of sleep, skin revitalization, greater joint flexibility, and lower stress levels. Soothing and warming, we feature the Heat Wave Contoured Synergy Stones.

CANNA'BLISS' TREATMENTS

CANNA'BLISS' MASSAGE Melt away tension with this CBD-infused body massage. The CBD properties of the Hemp plant instantly induce a sense of calm and relaxation while decreasing pain, stress, inflammation and anxiety. Perfect for anyone seeking a blissful escape. **Products contain less than 0.3% THC per federal legal regulations.*
50 min. \$205 | 80 min. \$295

CANNA'BLISS' BODY POLISH Experience the moisturizing and healing benefits of a full-body exfoliation featuring a CBD-infused, organic cranberry, lavender, and sweet orange Sugar Scrub. Afterwards, lock in moisture and deeply hydrate the skin with rose-infused CBD Gold Oil, leaving skin healthy and radiant while soothing inflammation and redness.
50 min. \$205

CANNABLISS TREATMENT ENHANCEMENTS

- **CBD INFUSION** \$45
This sun-grown superfood will melt away stress, aches, pains, inflammation, and anxiety. Experience improved recovery and relief in targeted areas with our concentrated salve, followed by an application of organic, hemp extract-infused gold oil that will leave your skin healthy and radiant. **Contains less than 0.3% THC per federal legal regulations. Available to enhance any treatment on our menu!*
- **CANNABLISS BATH RITUAL** \$45
Enhance your Cascade Soak with our Cannabliss Bath Soak & CBD Wellness shot to take your relaxation to an even deeper state.
- **CAUSE MEDIC CBD WELLNESS SHOT** \$10
Ginger, cayenne, ashwagandha, cordyceps, lions mane & 30mg CBD
Take your experience in-room with our CannaBliss CBD Bath Ritual \$85

BODY TREATMENTS

FOREST RETREAT BODY SCRUB
Experience the deeply hydrating and healing benefits of a full-body exfoliation. Your total body booster begins with an all over invigorating application of your personalized scrub selection listed below, followed by a warm shower to wash & deeply cleanse the skin. Treatment concludes with a soothing application of organic body moisturizer infused with reparative oils leaving your skin healthy, silky smooth & radiant.
Select Your Intention -
Damn Fine Coffee - Campfire Coffee grounds, chocolate, wild cherry bark
Milk & Honey - Natural sea salts, raw honey, alfalfa root
Seasonal Selection - Rotating organic ingredients fresh for the season & hand selected by our Spa Team
50 min. \$160

CannaBliss - Sugar, farm raised CBD, cranberry, sweet orange
50 min. \$205

Spa Team Recommendation is to book a scrub followed by a Rivers Edge Wrap for a powerful restoration to your skin!

RIVERS EDGE WRAP

Restore serenity to body, mind and skin with our personalized body wraps. Each wrap sources organic ingredients to replenish, repair, and restore. Select an intention that best meets your desired replenishment and we'll handle the rest. Your total body booster begins with a gentle brush application of your personalized body wrap, followed by a warm cocoon in a weighted blanket that envelops the body and calms the mind. Following a warm shower to wash & deeply cleanse the skin, we'll end with a nourishing application of body moisturizer and soothing body stones to leave you hydrated, refreshed and toned.

Select Your Intention -

Detox & Clarify - Hungarian herbal mud, sage, paprika

Hydrate & Smooth - Mango & Pineapple Enzymes, Carrot Oil, Glycolic Acid
50 min. \$165

Firm & Brighten - lactic acid, shea butter, soothing peptides

Nourish & Relax - CBD infused Moor Mud, kelp extract, clay
50 min. \$210

ORGANIC GLOW DRY EXFOLIATION Dry brushing with a Supractor™ mitt deeply exfoliates your entire body of dead skin cells, while stimulating the lymph system and releasing the toxins that produce cellulite. Following the invigorating head-to-toe exfoliation, receive a luxurious all-over application of our seasonal body butter and ultra-hydrating body oil. Improves skin tone and texture.
50 min. \$160

HONEY HAND & FOOT REVITALIZER This treatment will pamper your hands and feet. Melt away stress with a softening and soothing hot towel compress followed by a luxurious hand and foot exfoliation using a blend of raw honey, natural sea salts, and organic alfalfa root. Then enjoy a targeted massage with our honey heel glaze to re-hydrate, repair, and soothe dry skin. We love pairing this service with a Salish Signature Massage to truly escape and unwind!
Combining this with a CBD Infusion Enhancement is our Spa Team's favorite way to perform this service!
50 min. \$160

STONE CROP SIGNATURE BODY TREATMENT This treatment uses award-winning Eminence products to polish, hydrated and exfoliate using the Stone Crop Revitalizing Body Scrub. The scrub lathers into a creamy foam and is infused with soothing stone crop and antioxidant-rich lemon peel to brighten and smooth. You're gently cocooned in a restorative gel body wrap that firms, hydrates, and boosts skin rejuvenation. Finally, luxurious Stone Crop Body Contouring Cream is applied to naturally smooth and firm the skin, reducing the appearance of cellulite.
80 min. \$280

FROM THE RED CARPET

SALISH SIGNATURE HYDRAFACIAL The HydraFacial treatment is the newest advancement in non-laser skin resurfacing. Device combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously resulting in clearer, more beautiful skin. This improves the appearance of fine lines, wrinkles, congested and enlarged pores, oily or acne-prone skin, hyperpigmentation and brown spots while also addressing your specific skin concerns with a booster serum. This treatment concludes with LED light therapy to further reduce the visible signs of aging.
50 min. \$295

SALISH PREMIER HYDRAFACIAL The ultimate facial in our series. It includes all of the above HydraFacial benefits but begins with a detoxification process including lymphatic drainage. This treatment also includes a personalized booster that can address your specific skin concerns. Conclude your amazing skin revitalization treatment with LED light therapy and collagen supporting peptide sheet mask to help banish the signs of aging.
80 min. \$395

SALISH ESSENTIAL HYDRAFACIAL Experience the immediate results of the HydraFacial device with this express clinical facial. This treatment improves the appearance of fine lines, wrinkles, congested and enlarged pores, oily or acne-prone skin, hyperpigmentation and brown spots.
30 min. \$195 or \$175 when added on to any facial

HYDRAFACIAL BACK TREATMENT This unique back treatment incorporates all the skin refreshing benefits of the HydraFacial to give you glowing skin all around.

50 min. \$195

HYDRAFACIAL ENHANCEMENTS

- **LIP PERK \$45**
Deeply exfoliate, hydrate and plump your lips! Includes a 30-day supply of treatment to take home.
- **EYE PERK \$45**
Smooth, Brighten and deeply hydrate the delicate eye area with this targeted eye treatment! Includes a 30-day supply of treatment to take home.
- **NECK & DÉCOLLETÉ \$75**
Proven to reduce the wrinkled appearance of the neck and promotes firmness and deep hydration.

FACIALS

SALISH ESSENTIAL FACIAL This organic treatment addresses a variety of skin concerns such as premature aging and wrinkling, sun damage, acne, tone, radiance, and loss of vitality. Customized to suit your specific needs, let the active ingredients impart health and beauty to your skin.
50 min. \$160 | 80 min. \$250

SKIN DETOX FACIAL Featuring the Kombucha Microbiome Collection, packed with tea extracts and microbiome-friendly ingredients that deliver illuminating and detoxifying benefits without disrupting the skin's natural microbiome. Lymphatic drainage is incorporated into this facial with light pressure facial massage to improve circulation, detoxify, tone and firm the skin.
50 min. \$245 | 80 min. \$330

FROM THE FOREST Reconnect with nature and experience the restorative powers of snow mushroom, birch water and reishi mushroom. Promote a deep sense of well-being, soothe inflammation, de-stress the skin from environmental stressors and fight signs of aging.
50 min. \$180 | 80 min. \$265

FROM THE ARCTIC This ultimate illuminating facial layers three uniquely formulated products that work in harmony as an advanced resurfacing treatment. Target blemishes, uneven skin tone, and fine lines to reveal a new level of luminous skin. Suitable for all skin types, the deep exfoliation combined with a botanical peptide infusion will leave you with a youthful glow.
50 min. \$205 | 80 min. \$295

FROM THE SOUND FACIAL Reveal refreshed and toned skin. Our premium anti-aging facial features Eminence Marine Flower Peptide complex to boost the collagen in your complexion and reverse the hands of time with retinol alternatives all sourced from the sea.
50 min. \$240 | 80 min. \$325

FROM THE GARDEN FACIAL Features rotating seasonal organic ingredients and our powerful tri-enzyme honey peel. Formulated with a specialized blend of pumpkin enzymes, raw honey and natural alpha hydroxy acids to perfectly resurface, fight hyperpigmentation, hydrate and smooth skin. Papaya extracts whisk away dead cells and infuse skin with powerful antioxidants that nourish, protect and brighten the complexion.
50 min. \$240 | 80 min. \$325

CLINICAL LUXURY FACIAL The luxurious clinical facial is customizable to fit your skin's specific needs such as pigmentation, breakouts, fine lines and wrinkles, or dehydration and will leave your skin noticeably firmer, brighter and smoother. Featuring clinical skincare loaded with collagen boosting peptides and potent hydrators, see instant results in just one treatment and significant visible changes within a series of treatments.
50 min. \$275 | 80 min. \$360

GENTLEMAN'S ESSENTIAL FACIAL Tailored to a man's specific skincare needs, this facial deals with issues commonly faced by men, such as sensitivity, dullness, ingrown hairs, roughness, and razor burn, while promoting total relaxation.
50 min. \$160

PURIFYING BACK FACIAL Deeply cleanse and reveal your beautiful back with this luxurious organic treatment. The back is cleansed, exfoliated, and toned to remove surface impurities and to prepare the often neglected, hard-to-reach area to gain all the benefits of this treatment. You will leave feeling soft and revitalized.
50 min. \$160

FACIAL ENHANCEMENTS

- **FACE PEEL \$30**
Organic, customized peel.
- **FIRMING EYE TREATMENT \$30**
Target puffiness, fine lines and darkness.
- **HYDRATING HAND TREATMENT \$25**
Paraffin hand dip and Eminence Mangosteen hand cream.
- **LED LIGHT THERAPY \$50**
Promotes collagen production, fights signs of aging, and treats redness and breakouts with 20 minutes of Light Stim LED technology. *Only available with 80 minute facials.

SPA SPECIALS & PACKAGES

CASCADE RITUAL FOR 1 Your luxurious escape begins with our skin nourishing tub soak in our Cascade room. This lavish bath nourishes and hydrates while you slip into a sense of tranquility. It's followed by our Salish Signature Massage, customized to suit your body's needs. Your therapist will integrate aromatherapy, as well as Swedish and targeted deep tissue techniques, for the perfect full-body massage. Conclude your day of relaxation with a holistic, organic facial, supporting your mind-body and soul interconnection. Includes local truffles and a glass of our Salish Brüt or Rosé.
30 min. Milk & Honey Soak, 50 min. Signature Massage, and 50 min. Holistic Facial \$415

ENHANCED CASCADE RITUAL FOR 1 Extend your massage time for the utmost relaxation! Includes local truffles, a glass of our Salish Brüt or Rosé, and a plush Salish Spa Robe to take home with you.
30 min. Milk & Honey Soak + 80 min. Signature Massage + 50 min. Holistic Facial \$600

Enhance your ritual with our Cannabliss Bath Soak & CBD Wellness shot to take your relaxation to an even deeper state.

SALISH SANCTUARY PACKAGE* Choose three or more treatments from our menu for a day of ultimate relaxation and receive 10% off. Your package includes a complimentary beverage of choice from our SpaCktail menu. *Soaking Pool Reservation may be discounted 10% as built into the package but is not considered one of the treatment selections. Discount valid only if all three services are booked for one person.*

RISE & RELAX SPECIAL* Book any 50-min. treatment and receive \$40 off!
Offer valid for new bookings Monday through Thursday 8:00 am - 9:00 am appointments only. Not available on holidays.

BOTOX & BUBBLES Join us on the last Tuesday and Wednesday of every month for our Botox & Bubbles events! Professionally Administered by Michelle M. Lydston, DMSc, PA-C for just \$12 per unit. Take advantage of complimentary shared access to our luxurious Soaking Pools, skincare samples, and of course, bubbles! Plus, enjoy \$40 off spa treatments! Please note, Botox & Bubbles is offered exclusively to guests in The Spa. A reservation for a spa treatment is required in order to participate.

*Open daily. All appointments require advance reservations, including Sauna, Steam Room, and Soaking Pool access. *Pools are age 18+, swimsuits required.*