

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. \$165 | 80 min. \$255

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. \$165 | 80 min. \$255

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. \$175 | 80 min. \$265

DIGITAL DETOX MASSAGE Recharge your mind and relax your body with this focused upper body treatment designed to ease tension in the neck, shoulders, and upper back—perfect for those who spend long hours at a desk or on their devices. A warm eye compress soothes tired, strained eyes while targeted massage techniques reduce muscle inflammation and restore balance.

50 min. \$185 | 80 min. \$285

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. \$185 | 80 min. \$285

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, Acrely Cooling Recovery Balm 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. \$195 | 80 min. \$295

SPECIALTY MESSAGES

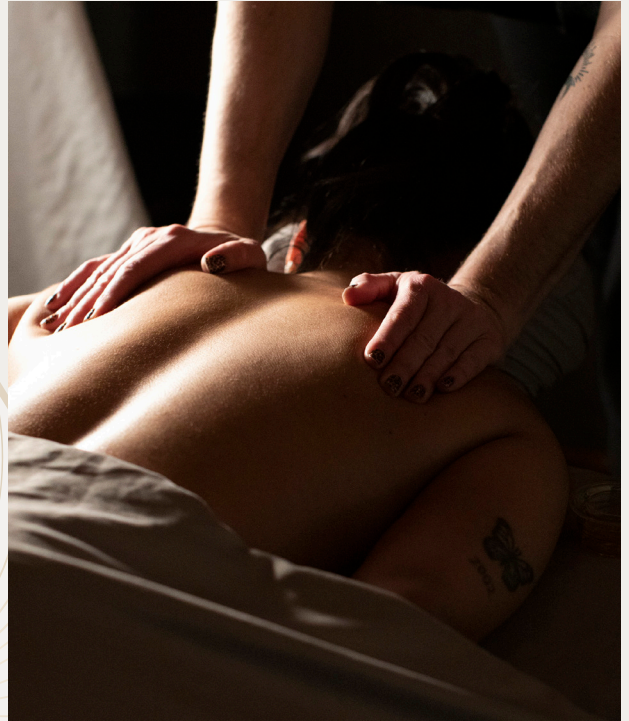
**Limited availability Tuesday - Saturday*

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. \$185 | 80 min. \$285

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. \$185 | 80 min. \$285



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. \$190 per person | 80 min. \$280 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. \$190 per person | 80 min. \$280 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.

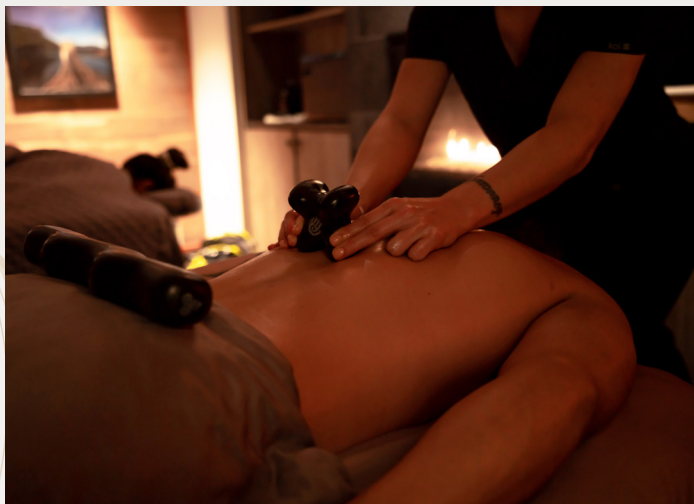
80 min. \$290 per person | 110 min. \$380 per person

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. \$310 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 oxygenating marine mud wrap, followed by a shared shower and heated stone massage.

80 min. \$310 per person



MASSAGE ENHANCEMENTS

- **SCALP RENEWAL MASSAGE** \$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.
- **SPINAL DETOX** \$35
Enjoy deep relaxation and healing benefits from our self-warming marine mud applied along your spine during treatment. Absorb toxins, promote circulation and sooth both muscle tension & nervous system.

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. \$210 | 80 min. \$300

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. \$210



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 SCRUBS

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. \$165

CannaBliss - Sugar, farm raised CBD, cranberry, sweet orange

50 min. \$210

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

RIVERS EDGE WRAPS

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 - Oxygenating Marine Mud, sea minerals, glasswort oil

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 Supracor™ 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. \$165

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. \$165

STONE CROP SIGNATURE BODY TREATMENT This treatment uses award-winning Éminence products to polish, hydrate 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. \$285

HYDRAFACIALS

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. \$300

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.

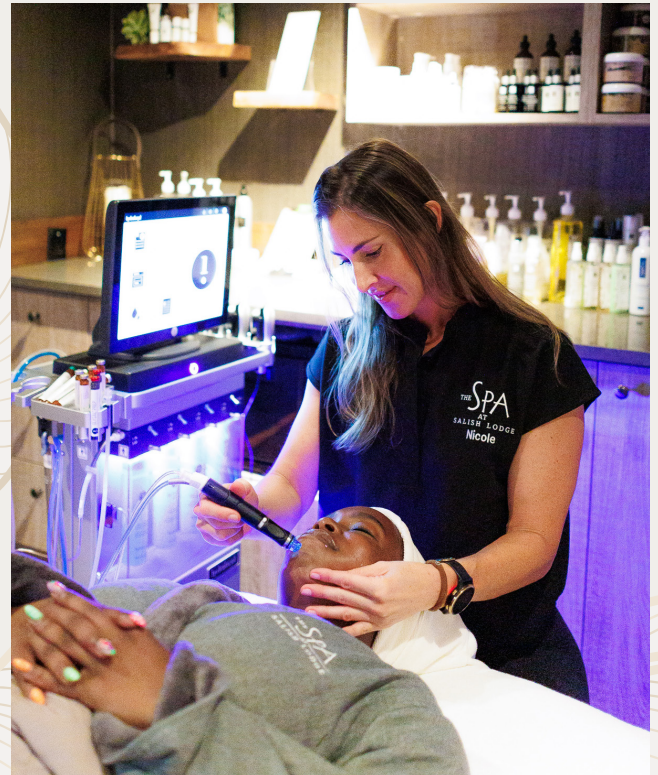
80 min. \$400

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. \$200

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. \$200



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. \$165 | 80 min. \$255

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. \$185 | 80 min. \$270

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. \$210 | 80 min. \$300

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. \$245 | 80 min. \$330

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. \$245 | 80 min. \$330



DIGITAL DETOX FACIAL Reconnect with radiant skin with this clinical facial powered by HydroPeptide. Designed to counteract the visible effects of blue light exposure, photo-aging, and hyperpigmentation, this treatment begins with a soothing lymphatic massage to promote circulation and relaxation. A customized peel refines skin texture and tone, followed by an O2 Active treatment to energize and revitalize your complexion. Indulge in a deeply hydrating moisture infusion sheet mask under our LED light, all while enjoying a calming hand and arm massage. The ultimate reset for digitally stressed skin.
50 min. \$280 | 80 min. \$365

DERMAPLANE RENEWAL FACIAL This results-driven treatment begins with a deep cleanse followed by precise dermaplaning delivering clinical exfoliation using a sterile surgical blade to gently remove dead skin cells & fine facial hairs. A gentle enzyme peel ensures thorough removal of dead skin cells, while a calming, hydrating mask soothes and replenishes. Complete this ritual with moisturizer & sun protection customized to your complexion needs and see improved texture & reduced appearance of fine lines.
50 min. \$280 | 80 min. \$365

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. \$280 | 80 min. \$365

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. \$165

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. \$165

FACIAL ENHANCEMENTS

- **FACE PEEL** \$30
Organic, customized peel.
- **FIRMING EYE TREATMENT** \$20
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.*
- **SPINAL DETOX** \$35
Enjoy deep relaxation and healing benefits from our self-warming marine mud applied along your spine during treatment. Absorb toxins, promote circulation and sooth both muscle tension & nervous system.
- **DERMAPLANING** \$65
A clinical exfoliation using a sterile surgical blade to gently remove dead skin cells & fine facial hair from the complexion. This allows deeper absorption of product, improved texture & reduced appearance of fine lines.

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 \$420

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 \$605

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 Spa'cktail 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 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.*

DIGITAL DETOX SPA PACKAGE Leave your cell phone in your Spa locker & unplug. Recharge the mind and relax the spirit with this specialized massage focusing on upper body, neck and shoulders, meant to release tension & muscle inflammation caused by endless hours of sitting at a desk & being hunched over a cell phone. A warm eye compress will be applied during your treatment to sooth tired eyes & our Spinal Detox service enhancement to promote circulation & sooth the nervous system with oxygenating marine mud. Immediately following your massage, experience our clinical facial designed to fight signs of aging & hyperpigmentation caused by constant blue light exposure. This package includes complimentary access to our shared soaking tub, sauna & steam room & a wellness supplement to help continue your mental clarity beyond the Spa.

50 min. \$495 | 80 min. \$680

BOTOX & BUBBLES Join us on the last Tuesday 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.

SPA AMENITIES Access to the waterfall hot tub, sauna, cold plunge and steam room is available by reservation. You must be an overnight guest or book other spa treatments on the same day to make this reservation.

\$75 for 50 minute reservation for 2 people.

\$25 for each additional guest up to 6 guests.



Scan for more information about our soaking pools.



Open daily. All appointments require advance reservations, including Sauna, Steam Room, and Soaking Pool access.

*Pools are age 18+, swimsuits required.

For your convenience, we offer an optional 20% gratuity on all spa treatments that can be adjusted up or down depending on your service level. 100% of this charge goes to service personnel.