



THE SPA  
AT  
SALISH LODGE

800.272.5474  
Reservations@SalishLodge.com

Open daily. All appointments  
require advance reservations,  
including sauna, steam room, and  
soaking pools.

## 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!  
50 min. \$160 | 80 min. \$250

**TRANQUILITY** This is a great massage 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

**AROMASOUL ELEMENTS** A unique massage offering a profound sense of grounding while taking you on a sensory journey. It begins with a personalized selection from our unique collection of aromatherapy oil blends. Explore four distinct worlds: the exotic Orient, the vibrant Mediterranean, the life knowledge of India, or the mesmerizing world of Arabian desert tribes.  
50 min. \$175 | 80 min. \$265

**RESTORATIVE REST** Good sleep enables your body and brain to repair, restore, and reenergize.

Sleep massage combines soothing techniques to promote a more restful, peaceful night. Your therapist will guide you through deep breathwork while using lavender aromatherapy. Enjoy reflexology, scalp massage, and long, gentle massage strokes. *Book the last appointment of the night and receive a mini lavender eucalyptus pillow spray and chamomile tea.*  
50 min. \$180 | 80 min. \$270

**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

**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.  
50 min. \$190 | 80 min. \$290

**CANNABLISS MASSAGE** \*Products contain less than 0.3% THC per federal legal regulations. 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.  
50 min. \$205 | 80 min. \$295



## MASSAGE TREATMENTS FOR 2

**FIRESIDE COUPLES MASSAGE** Relax together in our premier Fireside Couples Suite with personalized Tranquility 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 personalized Tranquility Massages. Our skilled practitioners will work to help 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 signature Milk & Honey 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 & 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

## SPECIALIZED MASSAGE TREATMENTS

**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

**ASHIATSU** 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

**THAI** A skilled practitioner, trained in this ancient massage technique, will gently guide you through stretches and use pressure points along energy meridians to release stress and muscle tension. Thai massage is done without oils. Please wear comfortable clothing.

50 min. \$180 | 80 min. \$280

# BODY TREATMENTS

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**ORGANIC GLOW DRY EXFOLIATION** Dry brushing with a Supracor™ mitt 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 glaze to re-hydrate, repair, and soothe dry skin. We love pairing this service with a Salish Signature Massage to truly escape and unwind!

50 min. \$160

**DAMN FINE COFFEE SCRUB** Awaken your senses with a sumptuous blend of fresh Campfire Coffee grounds and chocolate body scrub. This

caffeinated combination helps remove excess water, tightening and smoothing the appearance of cellulite dimpling while gently sloughing away dead skin cells. A luxurious shea butter base and natural antioxidants combat free radicals leaving skin plump and revitalized. A warmed shower rinse allows the oils to penetrate the skin & relax the mind. The experience is finished with a full body application of hydrating massage lotion infused with wild cherry bark and essential oils.

50 min. \$160

**SEASONAL BODY SCRUB** Delight in this soothing full body scrub with rotating ingredients fresh for the season. Experience the benefits soothing oils and deep hydration from all products and ingredients hand picked, tested and loved by our spa team. You will leave treatment rejuvenated, renewed and glowing!

50 min. \$160

**MILK & HONEY BODY SCRUB** Absorb all the natural antioxidants and hydrating benefits of honey while removing dead skin with a mild natural exfoliation. Delicious comfort is what you'll experience from this deeply nourishing blend of raw honey, natural sea salts and organic alfalfa root. A naturally effective treatment for skin that is dry or sensitive, this full body exfoliation is followed by a soothing application of sweet cream body milk infused with a blend of natural oils to deeply hydrate and soften the skin.

50 min. \$160

**CANNABLISS 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

**STONE CROP SIGNATURE BODY TREATMENT** This treatment uses award-winning Éminence products so skin is polished, hydrated and exfoliated, 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



# FACIALS

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**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

**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

**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

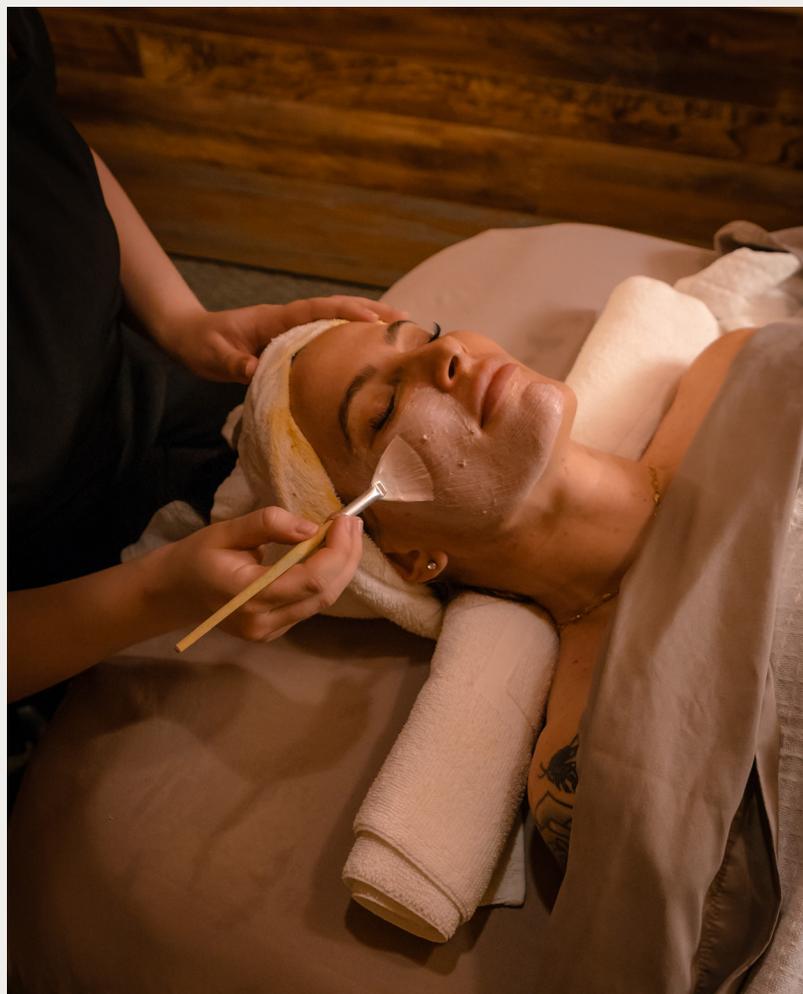
**FROM THE ARCTIC** This ultimate illuminating facial layers three uniquely formulated products that work in harmony as an advanced resurfacing treatment. Target blemishes, uneven skin tone, and fine lines to reveal a new level of luminous skin. Suitable for all skin types, the deep exfoliation combined 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

**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

## FACIAL SERVICE ENHANCEMENTS

**FACE PEEL** Organic, customized peel \$20

**FIRMING EYE TREATMENT** Target puffiness, fine lines and darkness \$20

**HYDRATING HAND TREATMENT** Paraffin hand dip and Eminence Mangosteen hand cream \$15

# FROM THE RED CARPET

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**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 | \$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.

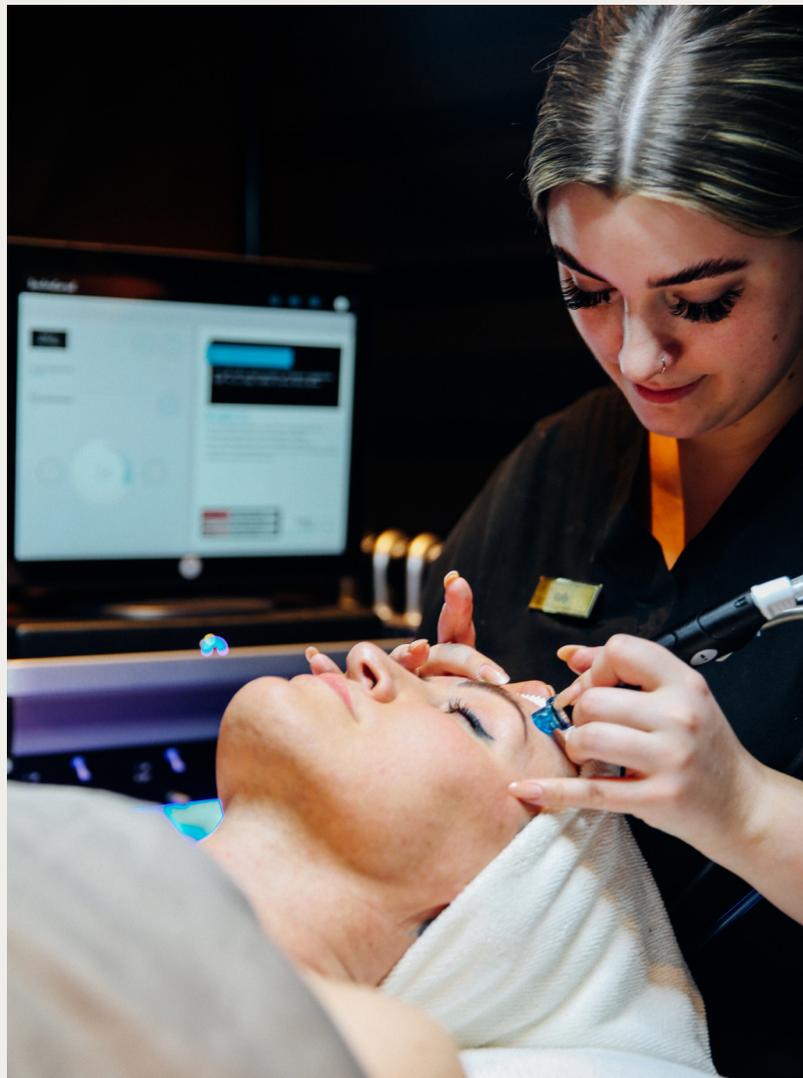
50 min. \$195

## HYDRAFACIAL SERVICE UPGRADES

**LIP PERK** Deeply exfoliate, hydrate and plump your lips! Includes a 30-day supply of treatment to take home. \$45

**EYE PERK** Smooth, Brighten and deeply hydrate the delicate eye area with this targeted eye treatment! Includes a 30-day supply of treatment to take home. \$45

**NECK & DÉCOLLETÉ** Proven to reduce the wrinkled appearance of the neck and promotes firmness and deep hydration. \$75



# SPA PACKAGES & SPECIALS

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**CASCADE RITUAL FOR 1** Your luxurious escape begins with a signature Milk & Honey 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

**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.*

**HYDRAFACIAL PACKAGE\*** Purchase a series of 6 HydraFacial's and receive a discount of 20% off the total package price.

**INTRODUCTORY HYDRAFACIAL SPECIAL\*** 20% off your first HydraFacial at the Lodge.

**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 a treatment selection. 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.*

*\*Offers cannot be combined with any other special promotions or discounts.*

