



Skin Care Treatment Menu

Marrying pure botanicals with the latest active ingredients, Salish facials are customized to your skin type with tailored exfoliation, serums, masks and repairing moisturizers.

Yon-Ka® Services

Essential Beauty Break

A well-deserved pause to give your skin its vitamins, restore your energy and help you quickly rediscover a restful look in a dynamic atmosphere rich with the scents of citrus and garrigue.

50 Minute | \$115

Le Grand Classique

A deep pore cleansing, restoring and relaxing facial. For clean skin and a radiant complexion, this treatment includes an active micro-peel to give you a deeper exfoliation.

80 Minute | \$205

Hydralessence Facial

A long lasting, deep hydrating facial. Moisturized with seaweed, fruit extracts and bathed in a light aromatic mist, your skin becomes supple, soft and beautiful. Wrinkles and lines become smoothed. Also includes a hand and arm massage as well as two hydrating masks.

50 Minute | \$145

Optimizer Facial

With the effects of lifting and firming, the Optimizer facial acts as a “personal trainer” for the skin with hibiscus and white lupine peptides to help the skin defend itself against damaging elements of everyday life. Results are visibly younger looking, firmer, smoother skin, and a redefined facial contour. Great for after weight loss or for any skin lacking resiliency or elasticity.

Restores a bright and radiant complexion.

50 Minute | \$165

80 Minute | \$205

Éclat Cocoon

An unsurpassed hydrating and relaxing facial using hot stones. Enjoy this warm, soothing facial as the hot stones and precious aromatic oils light up your complexion leaving your face feeling smooth and replenished. Complete the relaxation with two masks including one personalized to your skin type and the new intensely hydrating [Yonka® Masque No 1](#). If you're looking for “plumped-up,” glowing skin, this is the perfect facial for you.

50 Minute | \$155



Recommended Facial Enhancements

Ampoules \$20 | Eye Treatment \$30 | Lip Treatment \$30

Eyebrow and Lash Tinting

A great way to accentuate your beautiful eyes, create more contrast in your skin tone and hair color, or to just create a more dramatic effect. Eyebrow and Lash Tinting is simply coloring the lashes and brows to match a new hair color or to darken light hair that blends in with your skin tone. Your eyes will thank you. Add to any facial or body treatment.

Eyebrows \$15 | Eyelash \$20 | Both \$30

Gentlemen's Facial

Tailored to men's specific skin-care needs and promoting total relaxation.

50 Minute | \$115

Gentlemen's Back Facial

Purifying, balancing and correcting. This treatment is designed to remove impurities with a deep pore cleanse, exfoliation, and a hydrating mask. Your professional practitioner will use all natural Yon-Ka® products customized according to the specific needs of your skin. This treatment will have you feeling like a new man.

50 Minute | \$115

Our luxurious treatments incorporate all natural Yon-Ka® products that provide a complete healing and nurturing experience.

Following any Salish spa treatment, it is recommended that guests drink as much water as possible to aid in the elimination of toxins.

All treatments and prices are subject to change without notice.



Body Therapy Treatment Menu

Purifying Exfoliations

Salish Signature Rosemary and Mint Body Scrub

Indulge yourself with the aromas of the Northwest while experiencing a refreshing body exfoliation. This relaxing treatment begins with a Shea butter salt scrub blended with essential oils of rosemary and mint to gently buff away dry, lifeless skin then finished with a melt-on-your body, rosemary mint Shea butter rub. Also available as Milk and Honey, Vanilla L'Orange, Lemongrass or Tahitian Tropics.

50 Minute - \$115 | 80 Minute - \$185

Northwest Seaweed Salt Glow

This detoxifying treatment will invigorate your body and soul as we begin with a purifying cleanser, buff away the dead skin cells with Wild Rockweed Exfoliant and allow the natural minerals and oils to penetrate into the skin. Your body will be drenched in our Wild Sea Kelp Body Lotion leaving your skin with a radiant glow..

50 Minute - \$115

Northwest Organic Coffee Exfoliation

Awaken your senses in a whole new way with a sumptuous blend of Ethiopian Fair Trade ground coffee and Dead Sea Salt. The combination gently sloughs away dead skin cells while enlivening your senses and invigorating your body. A warmed shower rinse allows the oils to come alive, releasing stress and tension. Finish with a full body covering of Shea butter.

You will be rejuvenated, renewed and glowing!

50 Minute - \$125

Puget Sound Organic Alaria Body Wrap

Nourish your body with olive brown seaweed found deep in the waters containing essential nutrients, pure minerals, and moisturizing agents that will soften the skin and tone the tissue. This full body layering application of nourishing Alaria Body Firming Wrap, Therapeutic Firming Seaweed Gel, and a luxurious covering of Wild Sea Kelp Body Lotion will leave your skin feeling decadent.

50 Minute - \$125



Specialized Body Treatments

Sacred Waters

This head to toe in seaweed body balancing treatment will detoxify, firm and replenish nutrients for the entire body. Using all natural organic seaweed products your body will be cleansed and exfoliated. To jump start the detoxifying process, live pieces of seaweed will be placed on your spine to release the toxins and absorb the nutrients of natural seaweed.

Next your body is lathered in a warm Therapeutic Seaweed Firming Gel and gently wrapped. To complete this sacred treatment you will be revitalized and rehydrated with Wild Sea Kelp Body Lotion.

This experience will calm your mind, rejuvenate the body, and stimulate the skin.

Take home your live seaweed for future treatments.

80 Minute - \$195

Snoqualmie Falls Foot Revitalizer

This treat for the feet includes a foot soak, salt and oil exfoliation, paraffin dip and vital-energy-point foot and lower leg massage.

50 Minute - \$115

Detoxifying Seaweed Back Treatment

A soothing, detoxifying and healing back treatment that replenishes skin with vital nutrients and vitamins as we detoxify your back and shoulders with Body Wash, exfoliation and nourishing body wrap. To kick start the detoxification process, we will place a wild seaweed chamois onto the spine to force the toxics out while taking in the nutrients of seaweed.

50 Minute - \$125

Detoxifying Organic Seaweed Leg and Foot Treatment

This relaxing treatment begins with a warm seaweed soak, gentle exfoliation, and a massage from the soles to the calves with our Therapeutic Seaweed Firming Gel. Enjoy the effects of natural seaweed as your legs are wrapped with nourishing Alaria and pieces of organic seaweed placed on the soles of the feet to detoxify.

Finish with a covering of Wild Sea Kelp Lotion that will leave your feet hydrated and rejuvenated.

This includes wild seaweed to take home.

50 Minute - \$120

Rain Drop Therapy

Allow your body to experience the amazing effects of Rain Drop Therapy. A combination of aromatherapy essential oils that are dispensed like rain drops along the spine and gently dispersed to stimulate nerves using massage techniques that will bring balance to your body from head to toe.

You will look at your day in a whole new way.

50 Minute - \$115



Straight From The Hive

Spa treatments using honey from our own hives!

Honey from Heaven for the Hands and Feet

This revitalizing treatment for the hands and feet will pamper you with the richness of honey and lemon.

Melt away stress with a softening foot soak, accompanied by nourishing honey drizzled straight from our hives to soothe your skin. A luxurious hand and foot exfoliation follows, using a blend of sugar, honey, and pure essential oil of lemon, lemon verbena and orange. Sit back and relax while your tired hands and feet receive a wonderful massage with our unique whipped Shea butter, the ultimate moisturizer, to re-hydrate and soothe dry skin, leaving you with healthy hands and feet.

50 Minute - \$115

Honey and Oatmeal Body Scrub

Absorb all the natural antioxidants and humectant benefits of honey while removing dead skin with a mild, natural exfoliation. Delicious comfort is what you'll feel as this deeply nourishing mix of warmed, natural oatmeal and pure honey straight from the hive moisturizes your skin. A naturally effective treatment for skin that is dry or sensitive, the scrub includes a full body exfoliation followed by a body covering of milk and honey butter that will melt into your skin to achieve rich, luxurious results.

50 Minute - \$115

Cascade Escape - The Ultimate Salish Spa Experience

Want to treat someone special to an unforgettable spa experience? Or, with so many enticing choices, can't decide on a set of treatments that is right for you? We suggest an escape of pure relaxation including five of our signature treatments, all in one package. Journey to the mountain and the mind. This selection includes: * Snoqualmie Falls Foot Revitalizer * Essential Salish Facial * Rosemary Mint Exfoliation * Earth Cocoon * Heated River Rock Massage Please allow approximately five hours, or make it a full day of escape and spend time between treatments soaking in the pools, enjoying the steam room and the dry sauna, or just relaxing. We will also be happy to order lunch for you

\$545 includes a Berry Smoothie



Other packages to tempt you...

The Roaring Falls

- * 50 Minute Essential Beauty Break Facial
- * 50 Minute Tranquility Massage
- * 80 Minute Sacred Waters
- * 50 Minute Foot Revitalizer

\$500 includes Fruit and Berry Refresher

Salish Sanctuary

- 50 minute Essential Beauty Break Facial
- 50 minute Rosemary Mint Exfoliation
- 50 minute Foot Revitalizer

\$335 (includes Fresh Fruit Juice)

Northwest Mountain Man

- 50 minute Gentlemen's Facial
- 50 minute Detoxifying Seaweed Back Facial
- 50 minute Tranquility Massage

\$335 (includes Mint Limeade)

Renew You

- 80 Minute Alpha-Vital Facial
- Alpha Hand Peel
- Eyelash Tint

80 Minute - \$215



Massage Treatments

Tranquility Massage

This is a great massage for those simply wanting to relax and restore. It will ease away tension and soothe the tired body and bring total relaxation to your mind and spirit.

50 Minute - \$115 | 80 Minute - \$210

Therapeutic Massage

The most popular massage for stress relief and restoring balance to your body and soul. When you want a little more work than relaxation, but not too much pressure.

This is the perfect choice for you.
50 Minute - \$120 | 80 Minute - \$215

Fitness Massage

Designed for the physically active client who needs to soothe those sore muscles. Allowing the firm pressure of our signature deep tissue massage to penetrate the tension in your muscles and promote healing and relaxation.

50 Minute - \$125 | 80 Minute - \$220

Salish Signature Heated River Rock Massage

Smooth stones and rich oils penetrate fatigued muscles. The practitioner guides heated river stones over large muscle groups with smooth, sweeping strokes. Heat and pressure ease muscle tension and promote relaxation.

50 Minute - \$125 | 80 Minute - \$220

Four Hands - One Heart Massage

Two practitioners work in unison to address individual needs. This rhythmical massage enhances the immune system and elicits a transformed state of being.

50 Minute - \$225

Specialty Massage Treatments

Introductory Thai Massage

Introduce yourself to a new way of relaxation and healing. A skilled practitioner, trained in Thailand on the ancient massage technique, will gently guide you through beginning stretches and use pressure points along energy meridians to release stress and muscle tension. Thai massage is done without oils, on a floor mat. Please wear comfortable clothing.

50 Minute - \$115

Ancient Thai Massage

Allow your body to be stretched and muscles lengthened. Guided pressure is used to facilitate increased circulation and expanded range of motion. Thai massage is done without oils on a floor mat. Please wear comfortable clothing.

80 Minute - \$225



Craniosacral Therapy

Re-balance, renew and heal with craniosacral therapy – a gentle, hands-on method of evaluating and treating the function of the craniosacral system. During this deeply relaxing and soothing massage, the therapist will feel for the gentler energies and subtle movements of the craniosacral system to evaluate and treat restrictions that cause pain and fatigue. The therapist will assist the natural movement and release of the restriction to help the body self-correct. Dress in loose, comfortable clothing for this spa experience.

50 Minute - \$120

Cupping Massage

This specialty bodywork treatment uses suction and negative pressure to remove toxins, smooth cellulite, lift connective tissue and bring blood flow and tone to muscles and skin. Ten minutes of cupping is considered just as beneficial as a one hour deep tissue massage with prolonged results.

50 Minute - \$130

Or add cupping to any massage for an upgrade fee of \$20

Treatments for Two

The perfect way to experience togetherness whether in celebration of a special occasion or because you both deserve a relaxing escape.

Rekindle Ritual

A memorable experience for a couple's heart, mind and soul takes place in our premier fireside couples treatment room with side-by-side massage tables. Your sensory journey begins with a Rosemary Mint Exfoliation, shared shower, and Heated River Rock Massage.

80 Minute - \$245 per person

Essence of the Earth

Indulge in the riches of nature's elements. Your togetherness experience in our premier fireside couples treatment room includes a side-by-side Earth Cocoon, shared shower and Heated River Rock Massage.

80 minutes - \$245 per person

Fireside Massage

Relax together in our fireside couples treatment room with personalized Tranquility Massages. Journey together with the warmth of the wood burning fire in sheer relaxation as our skilled practitioners help relieve the stress of everyday life and leave you feeling relaxed and refreshed.

Tranquility Massages 50 Minute - \$135 per person | 80 Minute - \$230 per person

* Heated River Rock Massage or Fitness Massage Upgrade | \$10 per person

Recommended Massage Enhancements

Aromatherapy \$5 | Cupping \$20 | Heated River Rock Upgrade \$10 | Fitness Massage Upgrade \$10



Mama Mio Mama's Touch™

Maternity Spa Treatments

Making happy mamas and babies at The Salish!

Finally a line of maternity treatments and products to use throughout your entire pregnancy.

Yummy Tummy

This is an Omega-rich facial for your tummy, because it's your tummy that needs the attention to maximise skin strength, health and elasticity. Combined with the luxury of an upper back, neck and head massage to ensure it is a full-on stress banishing treat.

50 Minute - \$120

Lighten Up

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring affects of carrying an extra load.

They don't call it a maternity marathon for nothing.

25 Minute - \$55

50 Minute - \$105

Mellow Mama

A completely relaxing full body massage using our safe but effective pre-natal techniques and our award-winning Omega-rich oils to relax those specific lower back muscles that are carrying that beautiful bump.

50 Minute - \$120

80 Minute - \$195

4th Trimester Healing Hour

Your baby is here and you are in need of a little rejuvenation? This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too! This is the perfect present for new mamas.

50 Minute - \$125

Bring your baby with you and enjoy the treatment together.

As you relax with your child on your chest or snuggled beside you, we will massage both of you.

The Smoothie

Rejuvenate your skin and clear your mind in preparation for your pending arrival. The Smoothie will exfoliate your skin oh-so-gently (but effectively) followed by the most moisturising massage to hydrate and elasticise your skin. A luxurious scalp massage will sweep your stress, leaving you with skin to rival your baby's bottom

80 Minute - \$185

Lodge guests are welcome to come to The Spa in robes and slippers from your guestroom. Following any Salish spa treatment, it is recommended that guests drink as much water as possible to aid in the elimination of toxins. All treatments and prices are subject to change without notice. Please provide 48 hours notice before your scheduled treatment time to avoid cancellation charges.



Manicure and Pedicure Salon Services

Salish Signature Manicure and Pedicure

Treat yourself to this relaxing and luxurious Manicure and Pedicure. This blissful pampering of the hands and feet includes an aromatic hand or foot soak, top of the line hand grooming, exfoliation, mask, and a stimulating and moisturizing arm or leg massage, followed by an amazing Paraffin wax treatment.

Polish off your look with the color of your choice.

Manicure 45 Minute | \$50

Pedicure 55 Minute | \$65

Manicure/Pedicure Combo | \$105

“ME Time”... ME! Bath Ice Cream Spa Manicure and Pedicure

Enjoy this scrumptious treat for your hands and feet. Begin this experience with an “ice cream” foot soak, top of the line nail grooming, and a scrumptious sherbet scrub. Then a Vanilla Purity Mask topped off with a deep moisturizing icing. Lastly, sprinkle your nails with the color of your choice. It’s fat free and absolutely fabulous!!!

Choose from Chocolate Strawberry, Tropical Escape, Vanilla Purity, Gotta Have It Pomegranate and more.

Manicure 35 Minute | \$40

Pedicure 45 Minute | \$55

Manicure/Pedicure Combo | \$85

Over The Falls Heated Stone Pedicure

Experience one of the most luxurious pedicures ever created. Begin with a soothing foot soak to soften skin and relieve stress. Then warm, smooth, Basalt stones are massaged into your feet and calves, rubbing away any tension. Next, your feet are thoroughly exfoliated to remove roughness, dryness and dead skin and a deep moisturizer is applied. Conclude this treatment with the color of your choice.

A pedicure experience like no other!

55 Minute | \$75

The Gentlemen’s Manicure and Pedicure

This rejuvenating treatment is created especially for men. Includes exfoliation, nail shaping, cuticle care and buffing, followed by a moisturizing hand or lower leg massage.

He will leave with nails looking and feeling healthy and natural.

Manicure 25 Minute | \$30

Pedicure 45 Minute | \$45

Manicure/Pedicure Combo | \$65

Hand, Foot and Nail Enhancements

French Polish | add \$10

Polish change (hands or feet) | \$20

Paraffin Hand or Foot Treatment | \$20

Each guest will be provided with their own nail kit for each treatment.
