



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

Intermezzo

Express botanical facial for the on-the-go individual. Just 25 minutes out of your day for a flash beauty facial that will restore your skin's glow. A perfect treatment before an event or outing to brighten your skin.

25 Minutes | \$85

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 Minutes | \$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 Minutes | \$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 Minutes | \$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 Minutes | \$165



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 minutes | \$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 minutes | \$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, Ginger and Lime, Vanilla L'Orange, Lemongrass or Tahitian Tropics.

50 minutes - \$115 | 80 minutes - \$225

Green Tea & Northwest Seaweed Salt Glow

This detoxifying treatment will invigorate your body and soul as we begin with an Ancient Secrets Glacial Purifying Cleanser, buff the dead skin cells away, and allow all of the natural minerals and oils to penetrate into the skin. Last, your body will be drenched in our seaweed butter, leaving your skin with a radiant glow.

50 minutes - \$115

Northwest Coffee Exfoliation

Awaken your senses in a whole new way with a sumptuous blend of locally roasted 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. This is followed by a full body covering of essence lotion, shea butter and aloe vera.

You will be rejuvenated, renewed and glowing!

50 minutes - \$125

Detoxifying Wraps

A rich body mask is applied to nourish and hydrate. Enjoy a relaxing scalp massage while the rejuvenating benefits of your wrap encourage detoxification and inner cleansing.

Ginger Root - Stimulating & Detoxifying

Green Tea - Balancing & Detoxifying

50 minutes - \$115



Puget Sound Seaweed Body Firming Wrap

Nourish your body with seaweed found deep in the waters of the Puget Sound containing essential nutrients, pure minerals, and moisturizing agents that will soften the skin and tone the tissue. This full body application of a seaweed body firming mask, a Glacial Revitalizing Mist and a luxurious covering of seaweed body butter will leave your skin feeling decadent.

50 minutes - \$125

Espresso Hydrating Body Wrap

Experience pure luxury with our sumptuous new 3-step spa therapy that restores inner balance while nourishing outer beauty. Our gentle, naturally foaming exfoliate made from organic espresso and vibrant citrus oils, smoothes and softens skin. Next, a cocoon of moisturizing wild orchid extract and powerful antioxidants envelops you from head to toe, renewing your natural defenses. Then, your body is massaged and replenished with a sumptuous crème made with coffee, cocoa and shea butters infused with decadent floral notes of exotic jasmine and organic ylang-ylang. You emerge revived and refreshed, lucid and lyrical.

80 minutes - \$195

Specialized Body Treatments

Sacred Waters

This anti-aging body balancing treatment will detoxify, firm and replenish all the nutrients for the entire body. Using all natural Ancient Secrets products, from head to toe your body will be cleansed with the purest Glacial Cleanser and exfoliated using the natural ingredients of green tea and sea salt. Next your body is lathered in a warm seaweed firming mask and gently wrapped. To complete this sacred treatment you will be revitalized with a Glacial Mist and rehydrated with seaweed body butter.

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

80 minutes | \$195

Snoqualmie Falls Foot Revitalizer

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

50 minutes - \$115



Earth Cocoon

Soothing purification treatment in the hydro-therapy rain room where warm, mineral-rich mud is applied from neck to toe and your body is gently wrapped for detoxification and nutrient absorption.

80 minutes - \$225

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 minutes - \$115

De-Aging Salish Experience

An aromatic mousse exfoliates impurities while replenishing the skin with trace minerals. The experience continues with the De-Aging body mask to deeply nourish and rejuvenate, leaving the skin vivid and bright.

80 minutes - \$225

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
- * Body 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 Facial
- * 50 minute Massage
- * 80 minute Sacred Waters
- * 50 minute Foot Revitalizer

\$500 includes Fruit and Berry Refresher



Massage Treatment Menu

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 minutes - \$115 | 80 minutes - \$225

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 minutes - \$120 | 80 minutes - \$230

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 minutes - \$125 | 80 minutes - \$235

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 minutes - \$125 | 80 minutes - \$235

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 minutes - \$225

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 minutes - \$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 minutes - \$225

Jet-Set Mini Massage

For those seeking relief from the tensions of travel or those taking a quick break between meetings. This 25-minute treatment will have you feeling relaxed and ready to enjoy your day.
25 minutes - \$85

Please also ask us about our individualized healing treatments that we can create exclusively to meet your needs. These do have limited availability and prices will vary for 50 minute treatments.

- * Manual Lymphatic Drainage
 - * Craniosacral
 - * Reiki
 - * Cupping
 - * Myofascial Release
 - * Acutonics (Sound Therapy)
 - * Reflexology
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Treatments for Two

The perfect way to experience togetherness whether in celebration of a special occasion or because you both deserve a relaxing escape. For an additional \$10 per person you can upgrade to our Fireside Room and experience your treatments in front of a romantic fire.

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 Lemongrass Body Elixir, shared shower, and Heated River Rock Massage.
80 minutes - \$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



Duet Massage

Celebrate health and harmony. Share the gift of massage with a loved one or special friend in our unique doubles treatment room. Enjoy your own personal Tranquility Massage, while experiencing a sense of togetherness. For a Duet Massage in our special fireside room, please request the "Fireside Room Massage."
50 minutes - \$125 per person | 80 minutes - \$235 per person

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

** Fireside Room Massage Upgrade | \$10 per person

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-\$115
80 Minute-\$185



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

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THE SALISH SPA - COMPLETE SPA TREATMENT LIST
