



## 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.

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### 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

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### 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

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### 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

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

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*All treatments and prices are subject to change without notice.*