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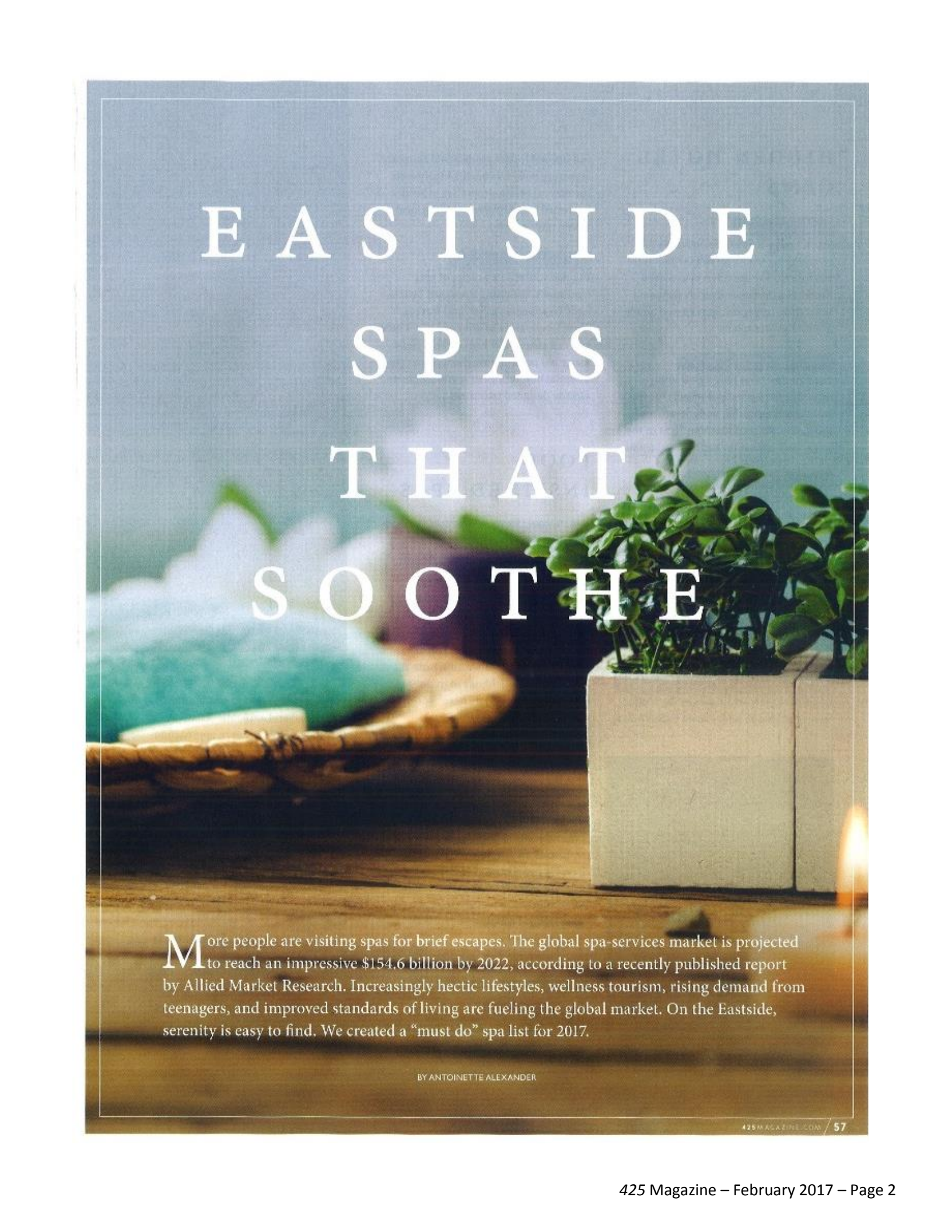
Meet the  
influential women  
who are changing  
the EastSide for  
the better



# UNSTOPPABLE

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Like Microsoft's Kat Holmes,  
who is working to make  
technology accessible for all

A serene spa setting with a green towel, a potted plant, and a lit candle.

# EASTSIDE SPAS THAT SOOTHE

**M**ore people are visiting spas for brief escapes. The global spa-services market is projected to reach an impressive \$154.6 billion by 2022, according to a recently published report by Allied Market Research. Increasingly hectic lifestyles, wellness tourism, rising demand from teenagers, and improved standards of living are fueling the global market. On the Eastside, serenity is easy to find. We created a “must do” spa list for 2017.

BY ANTOINETTE ALEXANDER

## HIDDEN HOTEL GEMS

### Salish Lodge & Spa

Salish Lodge & Spa in Snoqualmie is a breathtaking resort getaway with a full-service spa. The spa offers specialized Pacific Northwest treatments featuring herbs from its organic garden and honey from its on-site apiary.

### Tulalip Resort Casino's T Spa

The Tulalip Tribes hold a profound reverence for nature and respect for the balance among mind, body, heart, and spirit. This sense of harmony lives in the T Spa, where relaxation and renewal reside.

### Truce Spa at Westin Bellevue

The belief is that healing starts from within, and every service is intended to be inspiring, yet tranquil, combined with ancient traditions and luxurious tropical botanicals. As part of the spa experience, guests are invited to light their own personal candle before receiving service. This signifies a "truce," coming to peace with one's self and releasing the world around you.

### The Spa at Willows Lodge in Woodinville

is one of the few select spas in the United States certified to offer Carita facials and a



full line of Decleor plant-based skin care. Signature body treatments incorporate the natural health properties of locally harvested ingredients, including local salt, honey, and lavender.

### Still Spa at the Woodmark

Indulge yourself in a menu of spa treatments, including massages, facials, body treatments, lashes, and waxing. There's even an aromatherapy bar, where you can create your own custom blend using 100 percent pure therapeutic-grade essential oils, or immerse yourself in an already designed treatment.

## FOOD-INSPIRED SPAS

### The Spa at Cedarbrook Lodge

Located on 18 acres with restored wetlands, Cedarbrook Lodge provides the perfect opportunity to unwind and relax in a quiet, luxurious setting. Through a unique alliance with the Lodge's Copperleaf Restaurant, The Spa at Cedarbrook explores the journey from farm-to-table-to-spa with its Taste & Touch series, which uses ingredients in both treatments and dishes.

### Recoop

A modern concept spa and nail salon located in Bellevue, Recoop sets itself apart by its "farm-to-treatment-table" approach to its menu of services. To keep things fun, new, and seasonally relevant, the spa offers seasonal treatments. Several nonseasonal treatments are inspired by food. One of the most popular food-inspired services is the Hello Coffee Goodbye Cellulite Wrap, which uses coffee to smooth the appearance of cellulite.

## NOTEWORTHY SPAS

### Bellevue's Yuan Spa

Located in the heart of downtown Bellevue, Yuan Spa is a pioneer in the



Puget Sound region in combining traditional and authentic Asian healing therapies with a Western approach to health and well-being. The spa offers a menu of treatments and services that are unique to the area, such as hydrotherapy for muscular stimulation, absorption of elements, detoxification, and skin conditioning, and the Five Elements Ritual Series, which is a unique, one-hour experience that includes dry brushing, acupressure, and aromatherapy.

### SkinSpirit

Since opening in 2003, SkinSpirit has been a hot spot for aesthetic skin and body care in the country, with multiple locations in California and Washington. Co-founder and CEO Lynn Heublein's vision for SkinSpirit was to bring together the best of both worlds: cutting-edge products and services provided in a luxurious spa-like setting. Washington has three locations — Redmond,

MIKE NACCAURAY/STYLING SPA