

Maternity Treatments

Featuring Mama Mio Mama's Touch™

Yummy Tummy

This is an Omega-rich facial for your tummy, because it's your tummy that needs the attention to maximize 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 midweek | \$140 Friday - Sunday

Lighten Up

A mineral-rich hot towel foot compress, 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.

50 Minute - \$120 midweek | \$140 Friday - Sunday

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 midweek | \$140 Friday - Sunday

80 Minute - \$210 midweek | \$230 Friday - Sunday

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 moisturizing 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 - \$195 midweek | \$215 Friday - Sunday

 Treatments marked with SS are Salish Signature treatments that capture the true essence of the Pacific Northwest and offer an authentic Salish experience

Following any 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. For your convenience a 20% gratuity is added to all spa treatments; this can be revised at your discretion. Enjoy the use of our soaking pools, sauna and steam room for two hours before or after your spa treatment.