Welcome to the award-winning Spa at Salish Lodge. Escape from the everyday and pamper yourself. Feel the calm come over you as you breathe in the soothing aromas of cedar and eucalyptus.

Enjoy all the healing elements of our spa for two hours before or after your treatment, from our steam room and dry sauna, to a soak in our therapeutic pools. Following your treatment, take a luxurious rainfall shower in the newly renovated Women’s locker room. While you’re here, peruse our boutique retail store to discover new products or stock up on your tried-and-true favorite retail lines like Éminence, the popular organic skin care line we use in our facials. We look forward to pampering you in our gorgeous, natural surroundings which reflect the calm, contemplative environment of the Pacific Northwest.

At The Spa at Salish Lodge, we offer a variety of treatments using Pacific Northwest ingredients, including massage, skin care, and body therapies, all aided by our expert practitioners. It’s no wonder The Spa at Salish Lodge has won numerous awards and honors, including Condé Nast Traveler’s “Top 50 Hotel Spas in the United States.”

We want your visit to The Spa at Salish Lodge to be as relaxing and comfortable as possible. To make the most of your experience, please note the following spa guidelines:

**ARRIVAL AND CHECK IN**
Please arrive 30 minutes in advance of your appointment to check in, change, and relax.

**SPA FACILITIES**
Enjoy access to our soaking pools, sauna, and steam room for two hours before or after your treatment. To maintain a tranquil and harmonious environment, these facilities are silent. All spa guests need to be 18 years and older please.

**ATTIRE**
For your comfort and convenience, we invite hotel guests to wear their guestroom robes and slippers to The Spa. Bathing suits are worn in the sauna, steam room, and pools; men’s and women’s suits are available for purchase if needed.

**CANCELLATIONS**
48 hours notice is required to avoid cancellation charges.

**GRATUITY**
For your convenience, a 20% gratuity is added to all spa treatments. This can be revised at your discretion.

*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.*
SKIN CARE TREATMENTS

The Spa at Salish Lodge proudly features Éminence skin care which harnesses the healing powers that only nature can produce. Éminence’s natural, organic and Biodynamic® products are free of parabens, animal by-products, fragrances and other harsh chemicals, providing potent healing and beautifying properties for your skin.

ÉMINENCE SERVICES

Éminence Essential Facial
Treat yourself to an award-winning, result-driven facial. This organic treatment addresses a variety of skin concerns such as premature aging and wrinkling, sun damage, acne, tone, radiance and loss of vitality. Customized to suit your specific needs, let the active ingredients impart health and beauty to your skin.
50 Minute  |  $150

Organic Oxygenating Facial
Indulge in a rejuvenating organic facial that combines deep exfoliation with the oxygenating benefits of a warm blueberry mask. This facial promotes skin renewal and detoxification, leaving you with a youthful rosy glow.
50 Minute  |  $170

Enhanced Customized Facial
Experience immediate, targeted and long-lasting results from the powerhouse combination of natural organic alternative technology. Specifically designed with your skincare needs in mind, your esthetician will customize this facial to give maximum results.
50 Minute  |  $180
80 Minute  |  $250

The Ultimate Illuminating Facial
Treat yourself to a premium anti-aging facial using luxury botanical ingredients sourced from the Arctic. The Ultimate Illuminating Facial layers three uniquely formulated products that work in harmony as an advanced resurfacing treatment, and targets blemishes, uneven skin and fine lines to reveal a new level of luminosity to your skin. Suitable for all skin types, the deep exfoliation combined with botanical peptide infusion will leave you with a youthful glow.
50 Minute  |  $195
80 Minute  |  $260

Gentlemen’s Essential Facial
Tailored to men’s specific skincare needs and promotes total relaxation.
50 Minute  |  $150

Purifying Back Facial
Deeply cleanse and reveal your beautiful back with this luxurious organic treatment. The back is cleansed and toned to remove surface impurities and to prepare the often-neglected area to gain all the benefits of the treatment. You will leave feeling soft and revitalized.
50 Minute  |  $150

Enhancements
Hydrating Hand Treatment | $15
Wrinkle Eliminating Stem Cell Eye Treatment | $30
Peptide Lip Plumping and Hydrating Treatment | $30
Ultimate Enhancement Package (includes both eye and lip treatments) | $45
BODY THERAPY TREATMENTS

The Herb And Honey Scrub Bar Custom Body Scrub
An experience that pairs our award-winning spa services with herbs from our organic garden and honey from our on-site apiary. Work with a spa mixologist to choose from a variety of herbs, including chamomile, rosemary, lavender, basil, mint and much more. Your chosen herbs will be blended with Salish honey, essential oils, and salt or sugar scrubs to create a custom exfoliation just for you.
50 minute  |  $160

Organic Glow Dry Exfoliation
Gentle dry brushing with a Supracor™ mitt exfoliates your entire body of dead skin cells to reveal your natural glow. Upward brushing towards the heart stimulates circulation and brings blood to the surface, thereby helping to eliminate lymphatic waste in the body while nourishing and oxygenating the skin. Following an invigorating head-to-toe exfoliation, an application of all-natural oils penetrates deep into the skin, enhancing nutrient absorption.
50 minute  |  $160

Honey & 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  |  $150

Rosemary Mint Body Scrub
Delight in this soothing scrub while experiencing a refreshing body exfoliation. This relaxing treatment begins with a salt scrub blended with essential oils of rosemary and mint to gently buff away dry, lifeless skin then finishes with a melt-on-your-body, rosemary mint whipped body cream.
50 minute  |  $150

Cherry & Damn Good Coffee Scrub
Experience Twin Peaks at The Spa and leave fully relaxed and rejuvenated. This cult classic-inspired treatment begins with a full body coffee scrub exfoliation, capturing a unique blend of sea salt, ground coffee beans, and essential oils to refresh tired muscles, awaken the senses, and calm the mind. Finish your experience at the Great Northern Hotel with a locally-sourced, hydrating cherry body oil to leave you feeling soft and smelling sweet. It’s a treatment worthy of Dale Cooper.
50 minute  |  $160

Honey Hands and Feet Revitalizer
This revitalizing treatment for the hands and feet will pamper you with the richness of honey and oatmeal. Melt away stress with a softening and soothing hot towel compress followed by a luxurious foot exfoliation using a blend of sugar, oatmeal and honey straight from our hives. 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  |  $160

Salish Sea
This anti-aging body balancing treatment will detoxify, firm and replenish all the nutrients for the entire body. From head to toe your body will be exfoliated using the natural ingredients of seaweed and sea salt. Next your body is lathered in a warm seaweed firming mask and gently wrapped. To complete this treatment you will be revitalized and rehydrated with body butter. This experience will calm your mind, rejuvenate the body, and stimulate the skin.
80 minute  |  $225
[ comfort zone ]

**Tranquility Pro Sleep Treatment**
This exceptional treatment acts on three different sensorial pathways for profound relaxation and improved sleep, aiding in the recovery from chronic stress. Through our unique combination of calming aromatics, exclusive music composition and Indonesian Sea Malay Rituals, we gently guide the way to achieve a quiet, peaceful, and deep rest.

50 Minute | $165
80 Minute | $265

**Aromasoul Elements Massage**
A unique massage offering a profound sense of grounding and a sensory journey, begins with a personalized selection from our unique collection of aromatherapy oil blends. Explore four distinct worlds; the exotic Orient, the vibrant Mediterranea, the life knowledge of India, or the mesmerizing world of Arabian desert tribes.

50 Minute | $165
80 Minute | $265

**Detox & Renew Body Treatment**
For anyone in need of a deep sense of renewal, begin your detoxification with a unique body peel to remove dead skin cells. Encourage profound elimination of toxins while enveloped in micro-algae sourced from the famous Bagni di Pisa in Tuscany. Complete your experience with a full body firming finish using a rich and exquisite body cream to nourish the skin and improve elasticity and tone.

80 Minute | $265
MASSAGE TREATMENTS

Salish Signature Massage
Customized to suit your body’s needs, your therapist will integrate Swedish, targeted deep tissue techniques and aromatherapy for the perfect full body massage.
50 Minute | $150
80 Minute | $250

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 | $150
80 Minute | $250

Fitness Massage
Designed for the physically active client who needs to soothe those sore muscles. Allowing the firm pressure of our deep tissue massage to penetrate the tension in your muscles and promote healing and relaxation.
50 Minute | $160
80 Minute | $260

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 | $160
80 Minute | $260

SPECIALIZED MASSAGE TREATMENTS
Due to the advanced certification our therapists need for these unique therapies, they have limited availability. Please book in advance.

Ashiatsu
Ashiatsu Oriental Bar Therapy® origins range from Eastern Asia to the Pacific Rim. The root word “Ashi” means foot, and “Atsu” means pressure, so together they symbolize “foot pressure.” This barefoot massage technique utilizes gravity and an overhead bar system for support while delivering a deep, therapeutic massage that stimulates the lymphatic system and creates a structural change in chronic soft tissue damage.
50 Minute | $160
80 Minute | $260

Thai Massage
Introduce yourself to a new way of relaxation and healing. A skilled practitioner, trained in this ancient massage technique, will gently guide you through stretches and use pressure points along energy meridians to release stress and muscle tension. Thai massage is done without oils. Please wear comfortable clothing.
50 Minute | $160
80 Minute | $260

Lomilomi
Developed by Polynesians, lomilomi offers a moderate pressure massage experience using the hands and forearms to soothe muscles in long fluid strokes designed to confuse the mind and surrender the body into a deeply relaxed state.
50 Minute | $160
80 Minute | $260

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 | $170
MASSAGE TREATMENTS FOR TWO
The perfect way to experience togetherness whether in celebration of a special occasion or because you both deserve a relaxing escape. Relax by the fire in our premier fireside couples suite or enjoy a shared soak in our couples cascade room. The following treatments must be booked for two.

FIRESIDE COUPLES SUITE

Fireside Massage
Relax together in our premier fireside couples suite with personalized Tranquility Massages. Journey together with the warmth of the fire in sheer relaxation as our skilled practitioners help relieve the stress of everyday life and leave you feeling relaxed and refreshed.
50 Minute | $175 per person
80 Minute | $275 per person

Rekindle Ritual
A memorable experience for a couple’s heart, mind and soul takes place in our premier fireside couples suite with side-by-side massage tables. Your sensory journey begins with a Rosemary Mint Exfoliation, shared shower, and Heated River Rock Massage.
80 Minute | $280 per person

Essence of the Earth
Indulge in the riches of nature’s elements. Your togetherness experience in our premier fireside couples suite includes a side-by-side Clay Wrap, shared shower and Heated River Rock Massage.
80 Minute | $280 per person

Recommended Massage Enhancements:
Aromatherapy $5 | Heated River Rock Upgrade $10 | Fitness Massage Upgrade $10

COUPLES CASCADE ROOM

Side-by-Side Couples Massage
Relax together in our cascade room with personalized Tranquility Massages. Our skilled practitioners will work to help relieve the stress of everyday life and leave you feeling relaxed and refreshed.
50 minute | $165 per person
80 minute | $260 per person

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

Salish Signature Couples Soak
This luxurious experience begins with our signature Milk & Honey Soak. This lavish bath soak nourishes and hydrates while you slip into a sense of tranquility before beginning side by side signature massages.
80 Minutes | $285 per person
Includes two Salish Honey Truffles

Bathing suits are required

Northwest Couples Ritual
Sip while you dip into this treatment for two, inspired by our beautiful surroundings. Start with a forest blend bubble soak that will invigorate the senses and calm the mind followed by side by side signature massages tailored to ensure ultimate relaxation.
80 Minutes | $285 per person
Includes two glasses of Salish Brut

Bathing suits are required
**Mother To Be Massage**
Organic, nourishing oils, with gentle massage techniques bring relaxation to sore muscles while calming the mind. This maternity treatment eases tension on the back and legs while giving you a supportive overall experience.
50 minute  |  $150

**Organic Pre-Natal Body Polish**
Relax, Refresh, and Revive from head to toe. This treatment begins with a rejuvenating body exfoliation using nourishing products followed by a luxuriously rich butter that caresses the skin, leaving it soft, smooth and well nourished.
50 minute  |  $150

**Mother Nurture Ultimate Pampering**
Rejuvenate your skin and clear your mind in preparation for your pending arrival. This ultimate pampering treatment combines the popular Prenatal Body Polish and Mother To Be Massage. The body polish will exfoliate your skin oh-so-gently (but effectively) followed by a rich butter to hydrate and elasticize your skin. A luxurious scalp and body massage will sweep your stress, leaving you with skin to rival your baby’s bottom.
80 Minute  |  $250

**Happy Feet Treatment**
A hot towel compression on the feet, followed by exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. They don’t call it a maternity marathon for nothing.
50 Minute  |  $150
SPA PACKAGES

Cascade Escape - The Ultimate Salish Spa Experience  |  $675
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 treatments, all in one package. Journey to the mountain and the mind.
This selection includes:
- Salish Signature Massage
- Éminence Essential Facial
- Salish Signature Body Scrub
- Salish Signature Body Wrap
- Honey Hands and Feet Revitalizer
Includes a berry smoothie
Please allow approximately six 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.

Personalized Salish Sanctuary
Choice of three 50-minute treatments  |  $420
Choice of four 50-minute treatments  |  $550
- Éminence Essential Facial
- Tranquility Massage
- Rosemary Mint Body Scrub
- Purifying Back Facial
- Honey Hands and Feet Revitalizer
- Honey & Oatmeal Body Scrub
- Gentleman’s Essential Facial
- Mineralizing Mud Wrap
- Seaweed Body Firming Wrap
All include a Berry Smoothie

Northwest Mountain Man  |  $410
- Honey Hands and Feet Revitalizer
- Tranquility Massage
- Gentleman’s Essential Facial
Includes Mint Limeade