

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

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 - \$140 midweek | \$160 Friday - Sunday

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 - \$150 midweek | \$170 Friday - Sunday

80 Minute - \$205 midweek | \$225 Friday - Sunday

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 - \$165 midweek | \$185 Friday - Sunday

80 Minute - \$225 midweek | \$245 Friday - Sunday

Gentlemen's Essential Facial

Tailored to men's specific skincare needs and promotes total relaxation.

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

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

Facial Enhancements

Wrinkle Eliminating Stem Cell Eye Treatment | \$20

Peptide Lip Plumping and Hydrating Treatment | \$20

Ultimate Enhancement Package (includes both eye and lip treatments) | \$35

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 - \$125 per person midweek | \$145 per person Friday-Sunday

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

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 - \$120 per person midweek | \$140 per person Friday-Sunday

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 - \$120 per person midweek | \$140 per person Friday-Sunday

Northwest Coffee Exfoliation

Awaken your senses in a whole new way with a sumptuous blend of ground Coffee Arabica and Dead Sea Salt essential oils. 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. Finish with a full body covering of Coffee Blossom Shea butter. You will be rejuvenated, renewed and glowing!

50 minute - \$125 per person midweek | \$145 per person Friday-Sunday

Honey from Heaven for the Hands and Feet

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

Snoqualmie Falls Foot Revitalizer

This treat for the feet includes a refreshing hot towel compress and rejuvenating sugar exfoliation, followed by an ultra-hydrating paraffin dip and vital-energy-point foot and lower leg massage.

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

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

Northwest Seaweed Salt Glow

This detoxifying treatment will invigorate your body and soul as we buff away the dead skin cells with a seaweed infused salt scrub that allows the natural minerals and oils to penetrate into the skin.

Your body will be drenched in body butter leaving your skin with a radiant glow.

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

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 and a luxurious covering of body butter will leave your skin feeling decadent.

50 Minute - \$125 midweek | \$145 Friday - Sunday

Sacred Waters

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 sacred 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 - \$195 per person midweek | \$215 per person Friday-Sunday

Massage Treatments

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 - \$120 midweek | \$140 Friday - Sunday
80 Minute - \$210 midweek | \$230 Friday - Sunday

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 Minute - \$125 midweek | \$145 Friday - Sunday
80 Minute - \$220 midweek | \$240 Friday - Sunday

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 - \$130 midweek | \$150 Friday - Sunday
80 Minute - \$220 midweek | \$245 Friday - Sunday

Wildflower Hill Lavender Massage

Bask in the heavenly smell of lavender with filtered grapeseed oil. Together, the aroma and oil absorb easily through the skin and permeate the senses for a tranquil experience paired with a body massage.

50 Minute - \$125 midweek | \$145 Friday - Sunday

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 - \$130 midweek | \$150 Friday - Sunday
80 Minute - \$220 midweek | \$245 Friday - Sunday

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 - \$130 midweek | \$150 Friday - Sunday

80 Minute - \$220 midweek | \$245 Friday - Sunday

Cupping

This specialty bodywork treatment uses suction and negative pressure to remove toxins, lift connective tissue and bring blood flow and tone to muscles and skin. Ten minutes of cupping is considered just as beneficial as a one-hour deep tissue massage with prolonged results.

50 Minute - \$130 midweek | \$150 Friday - Sunday

80 Minute - \$220 midweek | \$245 Friday - Sunday

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 - \$130 midweek | \$150 Friday - Sunday

80 Minute - \$220 midweek | \$245 Friday - Sunday

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 - \$130 midweek | \$150 Friday - Sunday

80 Minute - \$220 midweek | \$245 Friday - Sunday

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.

Fireside Massage

Relax together in our fireside couples treatment room 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 - \$140 per person midweek | \$160 per person Friday - Sunday

80 Minute - \$240 per person midweek | \$260 per person Friday - Sunday

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

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

Rosemary Mint Exfoliation, shared shower, and Heated River Rock Massage.

80 Minute - \$250 per person midweek | \$270 per person Friday - Sunday

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 Clay Wrap, shared shower and Heated River Rock Massage.

80 Minute - \$250 per person midweek | \$270 per person Friday - Sunday

Recommended Massage Enhancements

Aromatherapy \$5 | Heated River Rock Upgrade \$10 | Fitness Massage Upgrade \$10

Maternity Treatments

Mother To Be Massage

A side lying massage using safe nutrient rich organic products and our pre-natal techniques to relax those specific lower back muscles that are carrying that beautiful bump. Soothing organic massage oil with calming essential oils of Roman Chamomile, geranium, and lavender, Ervaviva Pregnancy Massage Oil assists in bringing relaxation to both tired minds and sore muscles. An uplifting and highly beneficial part of pre-natal care.

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

Organic Pre-Natal Body Polish

Relax, Refresh, and Revive from head to toe. This treatment begins with a rejuvenating body exfoliation using Ervaviva products followed by a luxuriously rich butter that caresses the skin, leaving it soft, smooth and well nourished.

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

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

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

Spa Packages

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 treatments, all in one package. Journey to the mountain and the mind.

This selection includes:

Heated River Rock Massage

Eminence Essential Facial

Salish Signature Body Scrub

Nourishing Mud Wrap

Snoqualmie Falls Foot Revitalizer

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.

\$550 midweek | \$650 Friday - Sunday

Includes a Berry Smoothie

Personalized Salish Sanctuary

Eminence Essential Facial

Tranquility Massage

Organic Glow Dry Exfoliation

Snoqualmie Falls Foot Revitalizer

Salish Signature Body Scrub

Mineralizing Mud Wrap

Heated River Rock Massage

Seaweed Body Firming Wrap

Choice of three 50 minute treatments

\$336 midweek | \$396 Friday - Sunday

Choice of four 50 minute treatments

\$444 midweek | \$524 Friday - Sunday

All include a Berry Smoothie

Northwest Mountain Man

Foot Revitalizer

Tranquility Massage

Gentlemen's Essential Facial

\$336 midweek | \$396 Friday - Sunday

Includes Mint Limeade

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.



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



Look for the Salish bee to guide you to menu items that feature honey from our own hives