

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

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### 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

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### 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

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### 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

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### 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

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## Specialized Massage Treatments

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

### 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

### Craniosacral Therapy

Re-balance, renew and heal with craniosacral therapy - a gentle, hands-on method of evaluating and treating the function of the craniosacral system. During this deeply relaxing and soothing treatment, the therapist will feel for the gentler energies and subtle movements of the craniosacral system to evaluate and treat restrictions that cause pain and fatigue. The therapist will assist the natural movement and release of the restriction to help the body self-correct. Dress in loose comfortable clothing for this spa experience.

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

### 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

### 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

### 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

## 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 wood burning 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

### Hidden Terrace Couples Massage

Indulge in a truly intimate couples experience in the privacy of our newly enclosed Hidden Terrace.


Upon arrival, you will be escorted to the terrace high atop Snoqualmie Falls where you will be surrounded by the majestic trees of the Northwest, the sounds of nature and, of course, the roaring falls. Begin the experience with inhalation therapy as you breathe in herbs to calm, uplift, de-stress and detoxify your mind and body, followed by a 50 minute full body massage for two. This captivating journey will connect you with the natural beauty of the lodge's surroundings, restore vital energy and bring complete relaxation and balance to your mind, body and soul.

50 Minute - \$350 for two midweek | \$390 for two Friday - Sunday

*Two week advance notice recommended*

### Recommended Massage Enhancements

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

 *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.*