

Body Therapy Treatment Menu

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 midweek | \$145 Friday - Sunday

Honey and 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 midweek | \$140 Friday - Sunday

Rosemary and 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.

Also available in Coconut or Milk and Honey.

50 Minute - \$120 midweek | \$140 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 midweek | \$145 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 midweek | \$215 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

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:

- * Snoqualmie Falls Foot Revitalizer
- * Éminence Essential Facial
- * Body Exfoliation
- * Purifying Clay Wrap
- * Heated River Rock Massage

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

- * Éminence Essential Facial (50 Minute)
- * Tranquility Massage (50 Minute)
- * Salish Signature Body Scrub (50 Minute)
- * Snoqualmie Falls Foot Revitalizer (50 Minute)
- * Seaweed Body Firming Wrap (50 Minute)
- * Purifying Clay Wrap (50 Minute)
- * Over the Falls Manicure and Pedicure (100 Minute)

Choice of three treatments

\$336 midweek | \$396 Friday - Sunday

Choice of four treatments

\$444 midweek | \$524 Friday - Sunday

All include a Berry Smoothie

Northwest Mountain Man

- * Gentlemen's Essential Facial (50 minute)
- * Foot Revitalizer (50 minute)
- * Tranquility Massage (50 minute)

\$336 midweek

\$396 Friday - Sunday

Includes Mint Limeade



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



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.