



# TIDEPOOLS

## SPA ETIQUETTE

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From intensely restorative to deeply rejuvenating, all of our carefully crafted treatments are inspired by the natural beauty of our surroundings. Our services incorporate therapeutic herbal remedies along with potent botanical blends. We invite our guests to settle in, replenish and recharge. Stay for an hour, or linger for the day.

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## THINGS TO KNOW

**Reservations:** To reserve a treatment call 503.483.3000 or email [Tidepools@Headlandslodge.com](mailto:Tidepools@Headlandslodge.com); a credit card will hold your appointment.

**Check in:** Please arrive at least 20 minutes prior to your treatment time to prepare for your service; a robe, sandals, and personal locker will be provided upon your arrival. Should you arrive late your time may be shortened to accommodate the next guest.

**Cancellations policy:** If you need to cancel or reschedule a spa appointment please allow 12 hours advance notice. Appointments cancelled without sufficient notice or no-shows will be charged the full value of the reserved services.

**Hours:** Open daily from 10am - 6:30pm.

**Available:** Spa treatments are available to Headlands guests, cottage owners and local visitors.

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## YOUR EXPERIENCE

We want all of our guests to have a relaxing getaway, if you have special requests, injuries or other concerns please let your therapists and estheticians know to customize your experience.

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**Reservations:** Please call us at 503.483.3000 or email us at [Tidepools@HeadlandsLodge.com](mailto:Tidepools@HeadlandsLodge.com) to schedule your spa treatments; a credit card will hold your appointment. Walk-ins are welcome but we cannot guarantee availability.

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