



# TIDEPOOLS

SPA TREATMENTS & SERVICES

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.

## MASSAGE THERAPY

**Headlands Cure** Providing an essential body and mind switch off, this treatment combats the symptoms of fatigue caused by our modern 24/7 lifestyle. The session begins with a blue eucalyptus inhalation to enhance immunity, followed by acupressure stimulation. Then the vigorous deep-tissue massage will incorporate stimulating ginger root and energizing peppermint leaf oil to rebalance the adrenal system. 60 minutes - \$140 | 90 minutes - \$195

**Tidepools Recovery** This intensive deep tissue massage was created for athletes, yoga enthusiasts and anyone who spends too many hours at a desk. It incorporates anti-inflammatory wild arnica flower extract and targets specific areas of muscle tightness to ease acute and chronic tension. 60 minutes - \$130 | 90 minutes - \$185

**Tidepools Rest** This fluid and restorative Swedish-style massage harnesses the power of lavender blossoms and rosemary, both renowned for their calming and nurturing effects. Prepare yourself for a serious state of relaxation. 60 minutes - \$130 | 90 minutes - \$185

**Tidepools Renew** Our warming herbal treatment combines a tailored massage with an invigorating blend of lemongrass and ginger root to ease muscle soreness and restore internal balance. 60 minutes - \$130 | 90 minutes - \$185

**Nurtured Mama-to-Be** Essential and soothing, this prenatal massage eases the stresses and strains of pregnancy, with special attention to pain and tension in the hips and lower back. Please note that this treatment can be performed only after the first trimester. 60 minutes - \$130

## BODY TREATMENTS

**Head and Sole** Our hypnotic scalp, neck and shoulder massage with wild lime and avocado seed oil flows seamlessly into a revitalizing peppermint treatment for the feet and lower legs. This duo of services works synergistically to promote a deep state of relaxation. 60 minutes - \$130 | 90 minutes - \$185

**Coastal Moisture Drench** This nourishing and detoxifying treatment begins with a hypnotic layering of warm, mineral-rich seaweed serum infused with aromatic Japanese ume plum extracts to revitalize the skin. This is followed by a comprehensive massage with sumptuous Sea Fennel Massage Wax, along with Gotu Kola Healing Balm to deeply seal in moisture. 60 minutes - \$140 | 90 minutes - \$195

**Replenishing Seaweed Wrap** Hydrate and restore dry skin with light lymphatic body brushing along with a deeply nourishing and nutrient rich seaweed treatment. A moisturizing lotion application follows that includes a potent infusion of aloe vera, bergamot and atlas cedar. 60 minutes - \$140 | 90 minutes - \$195

## FACIAL TREATMENTS

**Tidepools Signature Glow** This luxurious customized facial combines signature sensory elements—such as detoxifying lymphatic brushing, relaxing aromatherapy and massage—with the latest in active skin care. Your treatment includes a personal prescription for skin care, herbal remedies and well-being rituals that will deliver lasting results, long after you return home. 60 minutes - \$140 | 90 minutes - \$195

**Moisture Recovery Facial** The cure for moisture-deprived skin. This hydrating facial incorporates beneficial blends of aloe vera, chamomile extract and rose geranium flower oil to immediately replenish, soothe and calm stressed skin. A nourishing facial massage with Gotu Kola Healing Balm leaves skin radiant and protected from harsh environmental elements. 60 minutes - \$130 | 90 minutes - \$185

**Vitamin Sea Facial** This treatment helps to reverse the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin. This treatment features reinvigorating Marine Mask and clinically-proven Vitamin C15 Wrinkle Repair Serum, which helps firm, brighten and dramatically reduce the appearance of wrinkles. 60 minutes - \$130 | 90 minutes - \$185

## ELEVATE YOUR EXPERIENCE

**Restorative Wild Lime Scalp Treatment** This calm inducing therapy incorporates our wild lime and avocado seed oil and is designed to release muscle tension in the neck, shoulders, face and scalp. 30 minutes additional massage or facial time - \$60

**Revitalizing Peppermint Foot Therapy** An ideal experience post hike or workout—our foot and lower leg treatment includes a stimulating peppermint massage and steaming hot towel cocoon to wake up tired feet and invigorate the whole body. 30 minutes additional massage or facial time - \$60

**Muscle Recovery Treatment** Deepen your massage experience with this intensive treatment for soothing sore muscles and joints. Choose from Arnica Muscle and Joint Gel or Sweet Birch Deep Muscle Rub. Inclusive of massage treatment time - \$15

**Brightening Eye Contour Treatment** Designed to reduce puffiness and the appearance of fine lines and wrinkles. Inclusive of facial treatment time - \$20

**Hydrating Lip Treatment** Deeply moisturizing and designed to leave lips smooth and supple. Inclusive of facial treatment time - \$20

**Matcha Brightening Décolleté Treatment** A luxurious treatment for the chest and neckline featuring a powerful blend of antioxidants layered with Matcha Brightening Décolleté & Hand Cream to help boost skin's radiance and reduce signs of aging. 30 minutes additional facial time - \$40

**Reservations** To reserve a treatment call 503.483.3000; 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.

**Cancellation 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 services.