



# 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.

## MASSAGE THERAPY

**Headlands Cure** This session begins with a blue eucalyptus inhalation to enhance immunity, followed by acupressure stimulation. Then a vigorous deep-tissue massage with optional abdominal massage incorporating stimulating ginger root and energizing peppermint leaf oil rebalances the adrenal system. Provides an essential body and mind switch-off.  
60 minutes - \$140 | 90 minutes - \$205

**Ginger Stone Renewal** Grounding and warming, this treatment combines a tailored ginger and lemongrass massage with targeted heated basalt stone therapy to ease muscle soreness, relieve inflammation, and restore internal balance.  
60 minutes - \$140 | 90 minutes - \$205

**Tidepools Muscle Recovery** An 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 and rosemary oil with an intensive Arnica Muscle and Joint Gel to target specific areas of muscle tightness and ease chronic tension.  
60 minutes - \$140 | 90 minutes - \$205

**Tidepools Deep Rest** This fluid and restorative Swedish-style massage harnesses the power of lavender blossoms and rosemary, both renowned for their calming and nurturing effects. Extra attention is given to the feet, often the key to deep relaxation.  
60 minutes - \$135 | 90 minutes - \$195

**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. Next a comprehensive massage with sumptuous Sea Fennel Massage Wax, along with Gotu Kola Intense Repair Balm to deeply seal in moisture.  
60 minutes - \$140 | 90 minutes - \$205

**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 - \$135

## 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 pairing of services works synergistically to promote a deep state of relaxation.  
60 minutes - \$135 | 90 minutes - \$195

**Sea Salt Duo** An ideal post-hike remedy. This foot and lower leg treatment starts off with a stimulating sea salt scrub with activated charcoal, lemongrass, and peppermint to enhance circulation, detoxify and soften. Feet and lower legs are then treated to a steamed towel wrap and a detailed massage incorporating a coconut oil balm infused with an herbal blend of holy basil, kaffir lime, and mint. Restorative and grounding.  
60 minutes - \$135

**Lemongrass Mimosa Body Polish** This treatment begins with an uplifting full body exfoliation with micronized walnut shell powder, crushed bamboo and Shea Butter to promote circulation and brighten skin. Warm towels remove the scrub, an application of soothing lavender and lavandin flower oils and a Wild Lime Scalp Treatment completes the experience.  
90 minutes - \$205

**Lavender Shea Butter Body Polish** Calming and nourishing, this skin-softening sugar scrub featuring Oregon-grown lavender and Shea Butter stimulates cellular turnover and produces glowing skin. Warm towels remove the scrub, followed by an application of our deeply moisturizing lotion containing bergamot, clementine, and aloe. A Wild Lime Scalp Treatment completes the experience.  
90 minutes - \$205

## ENHANCEMENTS

**Restorative Wild Lime Scalp Treatment** This calming therapy features our wild lime and avocado seed oil and is designed to release muscle tensions in the neck, shoulders, face and scalp. 30 minutes additional massage or facial time. \$70

**Revitalizing Peppermint Foot Therapy** Our foot and lower leg treatment includes a stimulating peppermint massage and a steaming hot towel cocoon to wake up tired feet and invigorate the whole body. 30 minutes additional massage or facial time. \$70

**RESERVATIONS:** To reserve a treatment call 503.483.3000; a credit card will hold your appointment.

**CHECK IN:** Please arrive at least 5 minutes prior to your treatment time to prepare for your service. Should you arrive late your time may be shortened to accommodate the next guest.

**CANCELLATION POLICY:** As a courtesy to other guests, we kindly ask that cancellations and appointment changes be made 24 hours prior to your scheduled service.