



TIDEPOOLS

SPA & WELLNESS

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.

SIGNATURE FACIAL TREATMENT

Seaside Solutions Bespoke Facial This luxurious, multi-sensory facial is individually crafted with organic marine ingredients to address personal skin needs and promote a uniquely radiant complexion, no matter the skin type. Natural algae extracts and ancient sea botanicals hydrate and restore vital nutrients, vitamins, and minerals. Sink into deep repose as a self-warming mask gently detoxifies and absorbs impurities and pollutants from below the skin's surface, leaving it fresh and calm. A tranquilizing neck, shoulder, and hand massage relieves tight muscle chains to erase stress. Face, jaw, and neck tension slip away while a feeling of peace and well-being flow in like the soothing tide.
90 Minute \$300

FACIAL TREATMENTS

Coastal Clarity Facial This proven facial treatment addresses the major symptoms of acne to help purify and normalize the complexion. First, a mild acid peel is used to soften the the surface of the skin and begin the deep cleansing process. Then, a deep pore extraction serum reduces redness and inflammation to increase the skin's repair response. Finally, a cool, creamy mask absorbs impurities while soothing the skin.
60 Minute \$160 | 90 Minute \$230

Illuminating Age Reversal Facial Fade age spots, sun damage, and melasma while smoothing and plumping wrinkles with this renewing, brightening facial. A shimmering gel for powerful exfoliation gives skin a soft finish in preparation for skin brightening serums and a complexion balancing massage. A potent micro-fiber sheet mask infused with seawater and algae extracts events out pigment production and boosts collagen production for a luminous, glowing, youthful complexion.
60 Minute \$160 | 90 Minute \$230

Ocean Immersion Hydrating Facial Like a dip in the ocean, this treatment is sure to immerse the senses and restore balance. Organic algae is infused throughout this facial to deeply hydrate all skin types. After an exfoliating mist smooths the skin, a detoxifying mask de-pollutes and oxygenates. Then, a rich, silky mask infused with organic nori seaweed flecks drenches the skin with a final dose of humectant for a fresh, dewy finish.
60 Minute \$160 | 90 Minute \$230

Sea Captain's Recovery Facial Designed to counteract the destructive effects of whipping winter wind and harsh indoor heat, this facial renews and oxygenates the skin. A gentle cleansing and exfoliation smooths skin texture in preparation for a targeted anti-blotch serum that reduces redness on the spot. A creamy, pro-biotic, anti-inflammatory facial mask is massaged over the skin for a complexion that is even-keeled and serene. Those with beards enjoy a thorough facial hair massage and softening treatment.
60 Minute \$160 | 90 Minute \$230

FACIAL ENHANCEMENTS

Facial enhancements may be added to any 90-minute treatment.

Eye Perfection Reveal younger looking skin and increase cellular turnover to soften fine lines and wrinkles & even-out skin tone. \$30

Decollate Parfait Nourish and hydrate skin with refining exfoliation and a double dose of skin illuminating vitamin C. +15 Minute \$50

Gua Sha Using a smooth rose quartz or jade stone, skin is gently pushed upward to relax stiff muscles and promote tissue drainage. \$30

Plumping Lip Smoother The perfect instant remedy for dry, chapped lips and ideal to help combat signs of aging around the mouth. \$30

Champagne of the Sea Warming Mud Recline on warm, effervescent mud that addresses dry, dull, and acne-prone skin to slip into deep relaxation. \$30

Infrared Light Therapy Low wavelength red light improves skin's appearance, by reducing wrinkles, scars, redness and acne. \$30

EXTEND YOUR TREATMENT

Wild Lime Scalp Treatment This calming therapy features wild lime and avocado oil and is designed to release muscle tension in the neck, shoulders, face and scalp. 30 Minute \$70

Forearm & Hand Relief Ideal for carpal tunnel sufferers, this treatment features assisted stretching and therapeutic massage to alleviate tension in the wrist and fingers. 30 Minute \$70

Cryo-Soothing & Slimming Leg Wrap Ideal for sufferers of varicose veins and sore muscles, this chilled wrap also helps to reduce the appearance of cellulite and water retention. 30 Minute \$70

Full Body Exfoliating Dry Brush This pre-massage treatment prepares your body for ultimate relaxation by increasing blood circulation, promoting lymph flow, and exfoliating. 30 Minute \$70

Reservations To reserve a treatment call 503.483.3000; a credit card will hold your appointment.

Check In Please arrive at least 15 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 As a courtesy to other guests, we kindly ask that cancellations and appointment changes be made 24 hours prior to your scheduled service.