

# THE SPA

AT SALISHAN  
COASTAL LODGE

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# THE SPA

Inspired by Oregon's unique landscape, **The Spa at Salishan Coastal Lodge** specializes in treatments rooted in the same harmony and tranquility we find in nature. Enjoy our extensive range of carefully curated products and services that promote rest, relaxation, and renewal. Discover where nature meets nurture and let our wellness experts help you choose from the most comprehensive spa offerings on the central Oregon Coast.

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# MASSAGES

HIMALAYAN SALT STONE MASSAGE

90 MIN • \$255

This highly relaxing and remineralizing massage uses warm, hand-carved salt stones from the Himalayan Mountains to balance the central nervous system, nourish depleted cells, and leave the body in a deep sense of relaxation. Stimulation of specific meridians is also incorporated to help promote better sleep, reduce inflammation, and create an immediate sense of well-being.

SIGNATURE HOT STONE MASSAGE

90 MIN • \$235

Water-treated stones are meticulously placed on parts of the body to help enhance your sense of well-being. The heated stones allow the muscles to be easily manipulated, assisting the release of toxins and improving circulation. A perfect synergy of hand and stone work for ultimate relaxation.

CBD INFUSION MASSAGE\*

60 MIN • \$215    90 MIN • \$275

This relaxation massage incorporates CBD cream in place of traditional lotions or oils. Enjoy an infusion of pain-relieving ingredients, including arnica, ginger, chamomile, and organically grown, full-spectrum hemp oil. Recommended for those who need aid sleeping, calming the nervous system, or treating pain and inflammation. *\*Please refrain from washing off products for at least two hours for best results.*

ADD A CBD BODY SCRUB

+30 MIN • \$100

Reduce inflammation and leave skin glowing with this aggressive coconut sugar scrub.

COASTAL REMEDY MASSAGE

60 MIN • \$170    90 MIN • \$225

Customized just for you, enjoy a combination of relaxing fluid strokes and targeted therapeutic work. This massage is designed to relieve muscle tension and treat areas of chronic stress while promoting ultimate relaxation. To further enhance your experience, aromatherapy can be incorporated to bring balance to physical and emotional energies.

PRENATAL\* OR POSTNATAL MASSAGE

60 MIN • \$170

A gentle therapeutic massage that nurtures and comforts tired bodies. It helps to alleviate the physical pain from weight gain (lower back pain and sciatica) while also balancing the emotional discomforts of pregnancy. Recommended up to three months postnatal. *\*Prenatal massages are only available during the second and third trimesters.*

## ENHANCEMENTS

TRANQUILLITY™ SOUND BATH

+30 MIN • \$75

Indulge in an aromatic and nourishing bath accompanied by sound therapy in our private tub suite.

PEEL BODY SCRUB

+30 MIN • \$75

A specialized dual-action scrub formulated with citrus and alpha hydroxy acids.

CUPPING THERAPY

+0 MIN • \$55

Loosen and decompress tight muscles while increasing blood flow.

SCALP TREATMENT

+0 MIN • \$25

Improve circulation and calm nerves with our Tranquillity™ blend oil.

*\*Please inform staff when booking if you have any preferences for service providers or special requests. Otherwise, it cannot be guaranteed.  
A 20% gratuity will be added to all services at checkout. Our prices, services, policies, and hours are subject to change.*

# BODY TREATMENTS

TRANQUILLITY™ SLEEP TREATMENT

60 MIN • \$210

This unique full-body service combines Tranquillity™ sound waves and specialized oil with Ayurvedic and Indonesian Sea Malay techniques to create a sense of profound relaxation. Warmed nourishing oils are applied with soft brushes in slow, methodical strokes to help fully ground the body and mind. Special attention is given to the face, scalp, and abdominal areas for a complete sense of well-being. Recommended for those experiencing stress, anxiety, insomnia, or chronic fatigue.

REPLENISHING BODY COCOON

60 MIN • \$190

An excellent remedy to replenish elasticity, regenerate tissue, and restore moisture balance. A sensorial cocoon experience that reduces swelling, improves circulation and bestows soft silky skin. The perfect body treatment for those feeling energy depleted, as an after-sun treatment, or during and after pregnancy.

DETOX & RENEW WRAP

60 MIN • \$190

For anyone in need of a deep sense of renewal. Begin your detoxification with a unique body peel to remove dead skin cells. Continue the elimination of toxins while enveloped in micro-algae mud sourced from Castello di Velona, Montalcino. Includes a full body firming finish using an exquisitely rich body cream to nourish the skin and improve elasticity and tone.

CBD BRILLIANCE SCRUB\*

60 MIN • \$200

Pamper your skin with this mineral-rich resurfacing scrub infused with CBD. Coconut sugar aggressively polishes the skin, while fine Dead Sea salt adds an extra layer of exfoliation and replenishes essential minerals. Complete with a nourishing CBD body cream for added muscle and joint relief. *\*Please refrain from washing off products for at least two hours for best results.*

AROMASOUL VOLCANIC SCRUB

60 MIN • \$170

Pure volcanic rhyolite particles deeply exfoliate to remove dead cells while softening and smoothing rough areas. After the skin is cleansed and glowing, a finishing hydration treatment nourishes the body. This intensive service will leave you feeling completely polished and fully renewed.

## ENHANCEMENTS

TRANQUILLITY™ SOUND BATH

+30 MIN • \$75

Indulge in an aromatic and nourishing bath accompanied by sound therapy in our private tub suite.

PEEL BODY SCRUB

+30 MIN • \$75

A specialized dual-action scrub formulated with citrus and alpha hydroxy acids.

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A client enjoying a Himalayan salt stone massage with warmed mineral-rich stones.

# FACIALS

SIGNATURE HOLISTIC FACIAL

90 MIN • \$250

Rediscover and revitalize your skin with potent age-defying peptides, collagen boosters, hyaluronic acids, and botanical elements. This facial works to stimulate the natural cell regeneration process reducing fine lines and wrinkles. As a result, enjoy firmer, brighter, and redefined skin.

MEND & GLOW FACIAL

75 MIN • \$200

This custom service focuses on your specific skin needs. Begin with a personalized consultation followed by a tailored routine to help repair and support. Includes a deep cleansing, toning, exfoliation, facial massage, and hydrating masque with botanicals for a radiant glow.

ESSENTIAL FACIAL

60 MIN • \$170

A perfect introduction to a healthier skincare routine and peptide technology. Renew your skin with this service designed to cleanse, exfoliate, hydrate, and awaken the senses. Reveal a healthier complexion as active ingredients infuse health and beauty throughout your face, neck, and décolleté.

*Please consult with your doctor if you are currently on any prescribed medications or gels for skin conditions before receiving a facial service.*

## ENHANCEMENTS

TRANQUILLITY™ SOUND BATH

+30 MIN • \$75

Indulge in an aromatic and nourishing bath accompanied by sound therapy in our private tub suite.

CBD HYDRATING THERAPY

+0 MIN • \$55

Restore and heal with our anti-inflammatory CBD facial oil and moisturizer.

EYE & LIP RESCUE

+0 MIN • \$25

Smooth, firm, and brighten these delicate areas while alleviating fatigue.

SCALP TREATMENT

+0 MIN • \$25

Improve circulation and calm nerves with our Tranquillity™ blend oil.

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# MANICURES & PEDICURES

## RESTORATIVE MANICURE

60 MIN • \$85

A specialized treatment designed to return your hands’ natural glow. This service starts with a softening cleanse for the hands followed by gentle cuticle care and nail maintenance. Afterwards, enjoy a uniquely replenishing mask and nourishing moisturizer for the hands, wrists, and forearms. Includes your choice of polish or a buff and shine for a natural look.

## CBD MANICURE

60 MIN • \$100

Targeted pain relief for tired and sore hands infused into a spa manicure. Ginger, arnica, and CBD work together to alleviate inflammation and increase circulation in these often overworked areas of the body. A soothing CBD cleanse paired with a CBD muscle and joint cream will leave your hands, wrists, and forearms feeling well-rested. Includes your choice of polish or a buff and shine for a natural look. Recommended for arthritis and carpal tunnel syndrome.

## FORTIFYING PEDICURE

60 MIN • \$85

Begin with a purifying soak that helps to soften and cleanse the feet. Then receive essential cuticle, nail, and callus care complete with a brief skin analysis. Followed by a gentle exfoliation to remove dead skin cells, an invigorating mask that reduces swelling relieving tired legs, and rich moisturizer for an immediate sense of renewal. Includes your choice of polish or a buff and shine for a natural look.

## CBD WARMING PEDICURE

60 MIN • \$100

Improve circulation while soothing pain and inflammation. This specialty service builds upon our standard pedicure by incorporating a nourishing CBD foot soak and warming cream made with cinnamon, clove, and cedarwood. Stimulate the senses with this ultra hydrating and therapeutic treatment. Includes your choice of polish or a buff and shine for a natural look. Recommended for arthritis, neuropathy, and plantar fasciitis.

*Standard nail polish will take 1-2 hours to dry completely, while the top layer takes only a few minutes. For this reason, polishes cannot be guaranteed for those enjoying the spa amenities after their service(s).*

# ENHANCEMENTS

## BIO SEAWEED GEL

+15 MIN • \$20

Extend the life of your polish with this unique gel that lasts up to 14 days.

## GEL REMOVAL

+30 MIN • \$15

Soak off the polish of the past and prime for something new.  
*\*Please note that acrylic and dip removals are not offered at the spa.*

*\*Please inform staff when booking if you have any preferences for service providers or special requests. Otherwise, it cannot be guaranteed.  
A 20% gratuity will be added to all services at checkout. Our prices, services, policies, and hours are subject to change.*





A stunning view of the Siletz Bay from the infinity edge hot tub on a sunny afternoon.



# SALON SERVICES

## HAIR CUTS & STYLING

DESIGNER HAIRCUT	\$65
BARBER PRECISION	\$50
WASH AND STYLE	\$60
FORMAL STYLE	\$110

## HAIR COLOR

ONE-PROCESS COLOR	\$110
TWO-PROCESS COLOR	\$195
PARTIAL HIGH OR LOW LIGHTS	\$145
FULL HIGH OR LOW LIGHTS	\$195

*If you are a new client, please let us know about your hair length and type at the time of booking.*

## BRIDAL HAIR

BRIDAL HAIR TRIAL	\$160	BRIDAL HAIR*	\$190
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*\*A bridal consultation or trial run-through is required prior to the day of your event.*

## WAXING\*

EYEBROW DESIGN	\$45	UNDERARMS	\$50
FACE (WITHOUT EYEBROWS)	\$65	BIKINI LINE	\$70
LIP OR CHIN	\$30	BRAZILIAN	\$145

*\*Not recommended for those who are pregnant or guests using Retin-A, Accutane, or Renova.  
Please refrain from caffeine three hours before service and use of heated amenities after waxing services.  
Cleansed skin before services will achieve the best results.*

# PRIVATE CLASSES

COUPLES MASSAGE CLASS

120 MIN • \$325

Discover how massage therapy can be used to support a significant other, friends, and family. Learn basic anatomy, physiology, and other fundamentals that will help you better understand how our bodies work. Each of you will spend 45 minutes on the table as your partner massages you through guided instruction and develops new skills. All classes include a 20-minute take-home routine for future relaxation. Private class includes use of the spa amenities.

COUPLES/SOLO YOGA CLASS

60 MIN • \$150   90 MIN • \$200

Reconnect with your mind and body through Hatha yoga. This practice incorporates slow and deliberate poses that improve your strength and flexibility while at the same time focusing on relaxation and mindfulness. Our private sessions move at your pace and are open to all experience levels. Yoga mats and blocks are provided for you, or you are welcome to bring your own. Please remember to wear comfortable clothing. Private class includes use of the spa amenities.

## GROUP CLASSES

If you would like to schedule a larger group, please let us know, and we will work to accommodate you. Space is often limited, and we recommend booking several weeks in advance.

### Class Cancellation Policy

*Should you need to cancel or reschedule your session, please notify us at least 24 hours in advance. To protect our staff and business, appointments canceled in less time that cannot be filled will be charged for 100% of the service. Thank you for your understanding.*

# SPA ETIQUETTE & DETAILS

## Appointments

A major credit card is required to hold all reservations and must be provided at the time of booking. For your convenience, a 20% gratuity is added to all spa services at checkout. Additional gratuities are welcome for exceptional service. Inappropriate action or language is cause for termination of treatment.

## Change-Cancellation Policy

Should you need to adjust or cancel your reservation, please notify us at least 24 hours before your scheduled service. Reservations of five or more services require 48 hours notice. To protect our staff and business, appointments canceled in less time may be charged in full.

## Is CBD Safe to Use?

All of our CBD products come from Vital Body Therapeutics, an Oregon-based company. Responsibly sourced CBD is non-toxic, non-addictive, and non-psychoactive. It does not get you “high” but instead works to help maintain homeostasis and alleviate pain in the body through the endocannabinoid system. For more information, please visit the Vital Body Therapeutics website.

## Age Requirements

Minors (guests 13-17) may receive select spa services with the service provider and manager’s approval. All minors will be picked up from the lobby for all services without exception. For the comfort of all spa guests and staff, the use of spa amenities is strictly prohibited for those under 18 years of age.

## Check-in

Please arrive at least 30 minutes prior to your scheduled reservation if you plan on changing into a robe and sandals. As a courtesy to the next guest and our staff, please note that late arrivals will end as previously scheduled without a reduction in price. Early check-ins are welcome up to 1 ½ - 2 hours prior.

## Medical

Please inform us of any medical needs or accommodations that require special attention at the time of booking. Certain treatments have contraindications related to pregnancy and prescription drugs. If you have any concerns, please consult your physician prior to booking. We have the right to refuse service.

## A Quiet & Safe Place

Due to state laws and the spa’s design, food and alcohol are strictly prohibited. Please plan for meals if you are spending several hours in the spa. We ask all guests to be respectful of others by speaking in a “spa voice,” silencing all electronic devices, and drying off as needed to avoid large water spills.

## What to Wear

All guests are provided a locker, robe, and sandals upon entry. Clothing is optional in each of the locker rooms, but a robe or swimsuit is required in the co-ed areas. Guests can dress down to their comfort level for each treatment. All providers are trained in proper draping techniques.


## Products & Refunds

Unused products can be returned for spa credit or exchanged when accompanied by a receipt within 30 days. Adjustments to services or gratuity charges can only be made on the same day due to commissions.

## CONTACT

**Phone:** 541.764.4300 • **Website:** [salishan.com/spa](http://salishan.com/spa) • **Email:** [spa@salishan.com](mailto:spa@salishan.com)





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