



# 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 MESSAGE & BODY TREATMENTS

#### Marine Moisture Drench

Enjoy this uniquely nourishing and detoxifying treatment to promote deep meditation and healing in body and soul through the ancestral powers of ethically sourced, organic kelp. After a thorough, full body dry brush (which is yours to take home), to stimulate the circulatory system and deeply exfoliate, a skin quenching, sustainably harvested, Laminaria Digitata kelp leaf wrap is thoughtfully applied, imbuing hydrating sea nutrients and minerals. Let your muscles relax in the warmth of your oceanic cocoon as silky, deeply penetrating shea crème is hypnotically applied to seal in hydration. Depart feeling purified, refreshed, and at one with our beautiful Pacific Ocean. 90 Minute \$300

#### Coastal Awakening Massage

Inspired by the sea and featuring nourishing ocean botanicals, we begin with meditative breathwork and deep connective touch to soothe your nervous system and calm your mind. Clean Ocean aromatherapy promotes feelings of freedom and wellness as you melt into relaxation. Then, a leisurely massage addresses all of your specific areas of muscle tightness and eases chronic tension. Your Massage Therapist will tailor your treatment to your body's needs. The perfect way to set intention and reacquire mind, body, and soul, depart feeling deeply relaxed, centered and ready to experience all the ruggedly gorgeous Oregon Coast has to offer. 120 Minute \$300

#### Reviving Ginger & Hot Stone Massage

The ideal treatment for those feeling adrift in their day-to-day and seeking an authentic reconnection with nature, this grounding massage focuses on realigning your root energies by reconnecting to the earth through contact with natural basalt river stone. Begin your experience with invigorating ginger aromatherapy to promote feelings of clarity, strength, and focus. Then, smooth, hot stones are used as part of a tailored massage to warm muscle tissues and melt away deeply rooted soreness, relieve inflammation, and restore internal balance. 60 Minute \$200 | 90 Minute \$250

### MESSAGE & BODY

#### Muscle Recovery Deep Tissue Massage

This intensive deep-tissue massage is designed to ease chronic tension and muscle pain. Incorporating naturally anti-inflammatory wild arnica and deeply warming capsicum helps release stiffness and provide lasting relief. 60 Minute \$160 | 90 Minute \$230

#### Gentle Waves Swedish Massage

This fluid and restorative massage is paired with lavender oil, creating a profound sense of peace and relaxation. 60 Minute \$160 | 90 Minute \$230

#### Prenatal Massage

Essential and soothing, this massage eases the stressors and strains of pregnancy with special attention paid to pain and tension in the hips and lower back. 60 Minute \$160 | 90 Minute \$230

#### Curative Massage

Our session begins with a blue eucalyptus and mint inhalation to enhance immunity and rebalance the adrenal system, followed by a therapeutic full-body massage. 60 Minute \$160 | 90 Minute \$230

#### Land & Sea Salt Scrub

An invigorating full-body scrub exfoliates and softens your skin. Then, a blissful application of hydrating oil leaves you feeling refreshed and renewed. 90 Minute \$250

#### Head & Soul

This indulgent treatment begins with a decadent wild lime and avocado scalp and neck massage that flows into the shoulders, arms, and hands. A velvety peppermint cream revitalizes the feet and lower legs. 60 Minute \$160

### MESSAGE ENHANCEMENTS

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

#### Vitamin Sea Drops

Immunity-boosting essential oils are drizzled along the spine, promoting clarity and health. \$30

#### Hydrating Kelp Wrap

Organic Kombu kelp leaves are draped across the back and arms to deeply rehydrate dry skin. \$30

#### Infrared Light Therapy

Relieve aching joints suffering from the winter chill and damp with deeply penetrating red light that reduces joint rigidity and inflammation. \$30

#### Champagne of the Sea Relaxing Mud

A compress of self-heating marine mud that effervesces like champagne is applied to especially tight muscles to deeply relax. \$50

### 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

#### Post-Hike Leg Revival

This tingling, cool rescue massage stimulates over-worked muscles and invigorates tired feet. 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.