



# TIDEPOOLS

SPA TREATMENTS

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## 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: lethargy, sleep disturbances and chronic aches and pains. The session begins with a Blue Eucalyptus inhalation to enhance immunity, followed by acupressure stimulation. The treatment includes a vigorous deep tissue massage incorporating stimulating ginger root and energizing peppermint leaf oil to rebalance the adrenal system.

60 minutes - \$140 | 90 minutes - \$195

**Tidepools Recovery** 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

**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** 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

**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 our sumptuous Sea Fennel Massage Wax, along with Gotu Kola Healing Balm to deeply seal in moisture.

60 minutes - \$140 | 90 minutes - \$195

**Mama-to-Be** Essential and soothing, this prenatal massage eases the stress 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

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## MASSAGE ENHANCEMENTS

Elevate your Massage Treatment with an additional service, performed during your 60- or 90-minute treatment time.

**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. \$15

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Please call us at 503.483.3000 or email us at [Tidepools@HeadlandsLodge.com](mailto:Tidepools@HeadlandsLodge.com) to schedule your spa treatments; a credit card will hold your appointment. Walk-ins are welcome but we cannot guarantee availability.