

The *Spa*   
Coeur d'Alene



*inhale*

Take a journey to a land of big water  
and tall cedars.

A place where water is everywhere –  
calming, powerful, uplifting. It flows, splashes,  
soothes, invigorates and cleanses.

Where Nature's finest Northwest elements mingle.  
Wild, elegant, a treat for all the senses.

Take a deep breath of fragrant cedar.  
Listen to the water's musical murmur.

## WATER & STONE

These primitive and magnificent elements  
shaped our landscape in ancient glacial ways.  
They inhabit our mountains and valleys.

Water flows down from the heights in streams,  
rivers and alpine lakes. Stone presents  
a wild beauty at every turn.

Water and stone combine to create the ultimate  
SPA experience. Our signature therapies come from  
the seasons and moods of the great Northwest.

*We create one-of-a-kind encounters drawn from  
the very essence of nature.*

## ➤ **Oh! SIGNATURE SERVICES**

*Oh!* means *only here*, where you'll find some of our exclusive and exquisite services. Join the invigorating flow of the Silver TAG™ Swiss Showers and enter the soothing embrace of the unending Flow Through Tubs. Whatever your choice, *Oh!* gives a true taste of essential Coeur d'Alene.

### ➤ **FRAGRANT FOREST** (*revitalizing*) (*Oh!*)

Rain gently falls through cedar and spruce forests, balancing body and spirit.

- Pure Essence Shower
- Spruce and Cedar Vitality Bath (*Oh!*)
- Forest Mineral Scrub
- Swedish Massage

### ➤ **CEDAR WATERS** (*relaxing*) (*Oh!*)

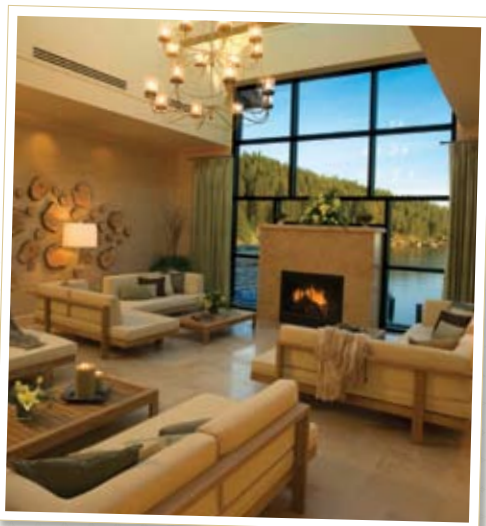
The journey leads through a cedar grove to a peaceful waterfall.

- Pure Essence Shower
- Nourishing Waters Bath
- Waterfalls Massage

### ➤ **LAVENDER MOUNTAIN SPIRIT** (*soothing*) (*Oh!*)

Fields of mountain lavender soothe and create a sense of well-being.

- Lavender Body Exfoliation
- Soothing Mineral Bath
- Swedish Massage



## **COEUR D'ALENE SPA PACKAGES**

### ➤ **BEAUTY BAY** (*Oh!*)

Cast your cares away with this all day retreat and get immersed in an interlude of calm while you indulge in many of our Signature Treatments. Your day includes a Nourishing Bath, Body Exfoliation, Massage, Facial, Hand Treatment, Manicure, Pedicure, Shampoo and Blow-dry, Make-up and Spa Lunch.

### **MICA BAY REJUVENATION**

Our five-hour escape begins with a Forest Mineral Scrub to remove impurities from the skin, followed by a Swedish Massage and a delicious healthy Spa Lunch. Continue with a Spa Treatment Facial and our signature Seasonal Organic Pedicure and Manicure.

### **RELAX AND RENEW**

Enjoy two of our traditional spa therapies, a classic combination designed to provide deep relaxation and refreshing skin therapy. Includes a Swedish Massage and an European Spa Facial.

### **MINERAL MAN**

Designed to provide soothing stress relief and revitalization for the man on the go. Includes a Thermal Mineral Bath, Pure Essence Shower, Jack Black Fitness Facial and a focused Deep Tissue Massage.

### **MOTHER / DAUGHTER RETREAT**

Enjoy something fun, slightly decadent, alone yet together. The relaxing whispers of the spa environment bring a rare moment of bliss. Your day includes Soothing Baths, Wildflower Pedicures, Aroma Manicures, Spa Lunches and your choice of Swedish Massages or European Facials.

### **EXPECTING MOTHER**

Pamper the mother-to-be as her body goes through the dynamic changes of pregnancy. Our unique pillows are used to support her body, ensuring the greatest comfort and relaxation during your massage. Includes a Pregnancy Massage with warm Shea Butter, European Facial, Pregnancy Pedicure and Spa Lunch.

### **EXECUTIVE MEN'S PACKAGE**

Specifically designed men's treatment to soothe achy muscles and create total relaxation. Includes a Men's Body rehab scrub, 50 minute Sports massage, 20 minute foot reflexology, nail tune-up, Ultimate Barber Cut and a refreshing Micro Brew.

## WATER WELLNESS THERAPY

Historically, spas of Europe were founded upon the healing benefits of waters; be it springs, rivers, oceans, or exquisite bathhouses. Water reigned supreme as the source of wellness, relaxation and rejuvenation.

At The Spa Coeur d'Alene, we invite you to immerse your body and soothe your soul in our healing water traditions.

### WATERFALLS MASSAGE

Enjoy a mild, full body massage while under a waterfall, followed by rest in our Lake View Quiet Room. This traditional European Vichy treatment is designed to provide a soothing effect on the nervous system, reduce muscle spasms and produce natural, restful sleep.

### Baths

Recline in our TAG Signature Flow Through Tubs, designed with vital relaxation features such as spring filters, targeted hydro massage jets, as well as unique color therapy. The Flow Through bath experience is like bathing in a pure mountain spring while water cascades over your shoulders; complete serenity is yours to enjoy.

Choose from our unique bathing experiences; each based upon ancient mineral water traditions where the "springs" and the "sea" were the source of health and healing. Your therapist will prepare your bath based upon your personal needs.

### ➤ SPRUCE & CEDAR VITALITY BATH (Oh!)

Idaho is blessed with fragrant Forests of spruce and ancient Cedar groves. Evergreens have been used for centuries for their medicinal value, including soothing nerves, improving circulation, relaxing and antiseptic.

### Spa Shower

#### PURE ESSENCE SHOWER

Experience a one of a kind hot and cold water therapy and the benefits of rejuvenation in our SilverTAG™ Swiss Shower. Enjoy the sensation of immersion as 19 shower heads spray the body with a personalized hydrotherapy program per your needs, be it stress reduction, relaxation, tension release and more.

## BODY TREATMENTS

### Exfoliations

#### ➤ FOREST MINERAL SCRUB (Oh!)

Deeply exfoliating, our fragrant Forest Mineral Scrub with essence of spruce and cedar mineral salts invigorates and smooths the entire body for a refreshing body wellness adventure.

#### MEADOW CHAMOMILE BODY SCRUB

A gentle body scrub recommended for normal to delicate skin types. This scrub uses a finely granulated cream base and chamomile oil to exfoliate and soften the skin.

#### DELICIOUS GINGER & NUTMEG SCRUB

An invigorating body scrub with a truly delicious aroma, infused with warm exotic spices and essential oils to exfoliate, soften and smooth the skin. Ginger and nutmeg stimulate the circulation and gentle exfoliate the skin, while essential oils of orange, mandarin and cinnamon sedate the mind and senses.

#### SEASONAL ORGANIC BODY POLISH

An experience celebrating the change of the seasons featuring a different organic exfoliant treatment to rejuvenate your spirit. Ask your reservation specialist about the seasonal special.



## KUR

Europeans know Kur as the foundation of the traditional Spa wellness experience. Based on the centuries-old tradition of wrapping the body in medicinal mud or remineralizing algae, soaking in healing bath waters and massage therapy, this deluxe treatment has a nourishing and detoxifying effect on the body. A Kur is a series of daily treatments performed over a period of time. Kur, relaxing and rejuvenating, is a natural pleasure.

### MOUNTAIN MOOR MUD KUR

Enjoy the benefits of our remineralizing and detoxifying body mud wrap. Deeply soothing and balancing with a higher PH to refine the skin, this treatment is also beneficial for aching muscles and joints. Luxuriate with a Soothing Bath, Mud Wrap and Hydrating Massage.

### ALPINE LAKE NATURAL SPIRULINA KUR

Using an all-natural Spirulina Algae that is pure lake algae, this wrap imparts essential vitamins, minerals and amino acids to nourish and revitalize the body. Revitalize your body with a Soothing Bath, Spirulina Wrap and Hydrating Massage.

## MASSAGE THERAPY

### ➤ COEUR (HEART) STONE MASSAGE *(Oh!)*

We invite you to experience our Signature Warm Coeur Stone Massage utilizing Rose Quartz. Universally known as the stone of love, this semi-precious stone is traditionally used in gem therapy, enhancing positive energy from the heart and spirit. Continue your journey with your own Rose Quartz heart, a gift from our Coeur to yours.

### ➤ STIX & STONES *(Oh!)*

Designed with the golfer in mind, this treatment utilizes a variety of Sports Massage stretching techniques together with hot basalt and cool marble stones. It specifically targets shoulders, arms, hips and legs to maximize range of motion. To finish your treatment, a Pure Essence Shower. Great before tee time or to soothe tired, achy muscles after a day on the links.

### ➤ NATURAL ELEMENTS EXPERIENCE *(Oh!)*

Enjoy a unique dry body brushing which stimulates lymphatic flow while also gently exfoliating the skin. Next, a traditional hydrotherapy experience in our Pure Essence Shower followed by an Aroma Massage. A complete body balancing therapy.

- HOT STONE MASSAGE

- DEEP TISSUE MASSAGE

- SWEDISH MASSAGE

- PREGNANCY MASSAGE



## COUPLES MASSAGE SUITE

Featuring side-by-side massages and a relaxing fireplace overlooking beautiful lake Coeur d'Alene, we invite you to enjoy complete repose in our Couples Massage Suite.

### ➤ SUITE INDULGENCE *(Oh!)*

Enjoy a sensory experience for couples to include an extended massage, acupressure facial massage, softening hand and foot treatments. As a luxurious finish, relax together with a sole soak by the fire with a bottle of champagne and chocolates.

### COUPLES MASSAGE

Enjoy the benefits together of our aroma massage in our Couples Massage Suite. Designed to enhance the benefits of massage and stress reduction for complete relaxation.

### JUST THE TWO OF US

Be swept away with the ultimate couple's experience. Enjoy side by side aromatherapy massages, refreshing express organic facials and side by side Pedicures while sipping champagne over looking beautiful Lake Coeur d'Alene.

## SPA SKIN CARE

### *Facial Treatments*

We are pleased to offer the ultimate in skin care. Under the trained eye and experienced hands of your aesthetician, you receive individual attention and the finest ingredients available. Our soothing massage of the face, neck and shoulders relaxes the muscles and improves circulation.

### ➤ SPA "SECRETS" REJUVENATION FACIAL *(Oh!)*

Our advanced treatment facial for maturing skin types, "Secrets" counteracts the effects of hormonal aging for a firming, glowing skin therapy. Combined with our intense Eye Contour Treatment for puffiness, dark circles and wrinkles, this is total rejuvenation at its best!

### SPA RESCUE FACIAL

Based upon the new Med-skin care line of Kerstin Florian, this treatment involves a double exfoliation with glycolic acid and pineapple enzyme, and incorporates intensive serums to deliver superior results. Acupressure massage ensures deep relaxation to leave your skin revived and radiant. For all skin types.

### MOUNTAIN WILDFLOWER FACIAL

Enjoy the benefits of Nature, beginning with our wildflower foot bath and cup of huckleberry tea. Experience a Mountain Aromatherapy Facial with an enzyme peel, massage of face, neck and shoulders, customized masque, rejuvenating serum and an energizing mini scalp massage. For all skin types.

### EUROPEAN FACIAL

A luxurious aromatic treatment based on the therapeutic benefits of plant-based extracts. Visible improvement in skin color, texture and tone is yours to enjoy in our personalized Spa Facial. For all skin types.

### SPA TREATMENT FACIAL

Enjoy a private consultation with our Aesthetician and receive one of the following treatments based on your personal skin care needs: hydration, acne, sensitivity, redness, whitening, antioxidant or aromatherapy.

### SEASONAL ORGANIC FACIAL

A facial that changes with the seasons. Great for all skin types, this delicious natural facial from Eminence Organics utilized the highest quality herbs, fruits and vegetables to energize and nourish the skin. Includes an eye and lip treatment.



## TEEN FACIAL

Let our aestheticians design a skin care program for you during this important time of your life. Address problematic or sensitive young skin.

## VITAMIN C EXPRESS FACIAL

Vitamin C and hydration, key anti-aging skin necessities, provide the vital foundation to this treatment. Enjoy citrus bliss benefits!

## *Intensive Skin Therapy*

### MICROEXFOLIATION FACIAL

The Spa Coeur d'Alene offers a unique Spa treatment that helps reduce the early signs of aging. This simple and convenient spa treatment gently removes the topmost layer of skin for soft, smooth, radiant skin health.

### CHEMICAL PEEL

Using salicylic acid, this is a deeper peel to boost cell renewal and improve acneic conditions. Not recommended during summer months due to increased sun sensitivity.

### GLYCOLIC ACID MINI PEEL

Our AHA mini peel is designed to refine surface texture and skin clarity. Beneficial for all skin types, except the most sensitive.



## PEDICURES, MANICURES & FULL SERVICE SALON

### SEASONAL ORGANIC PEDICURE

Our Seasonal Organic Pedicure features our Eminence pure organic line. This pedicure changes with the seasons. A full service pedicure with gentle exfoliation, a foot soak, therapeutic foot massage and polish.

### SEASONAL ORGANIC MANICURE

Our Seasonal Organic Manicure features our Eminence pure organic line. This manicure changes with the seasons. A full service manicure including nail maintenance, hand soak, therapeutic hand massage and polish.

### WILDFLOWER PEDICURE

Our Wildflower Pedicure helps stimulate circulation, as well as revitalize and remineralize tired feet. An exfoliating Turkish scrub, wildflower foot soak and therapeutic foot massage highlight this full service pedicure.

### AROMA MANICURE

Our luxurious manicure is comprised of a reviving hand soak in thermal minerals. This full service manicure includes shaping of the nails, cuticle treatment and a polish or buff.

### PURE VITALITY PEDICURE

Our Pure Vitality Pedicure immediately relieves fatigue and swelling of the feet and legs. Utilizing Sothys Paris formulas. This restorative treatment includes an aromatic remineralizing foot soak followed by a softening leg and foot exfoliation and a relaxing massage of the feet and lower legs.



## TREATMENTS TAILORED FOR MEN

### JACK BLACK FITNESS FACIAL

Designed for men to remedy the problems of daily shaving and environmental exposure. It will visibly improve the condition and appearance of skin by deep cleaning, detoxifying, refining, revitalizing and restoring.

### STIX & STONES

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### MOUNTAIN MOOR MUD KUR

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### MINERAL MAN

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#### - HOT STONE MASSAGE

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### ULTIMATE BARBER CUT AND STYLE

Enjoy a treatment in our PRIVATE Barber room while watching television. This deluxe Cut includes scalp treatment, hot towel treatment and nail tune-up.

### GENTLEMEN'S PEDICURE

This pedicure helps stimulate circulation and revitalize tired feet, this treatment includes an exfoliation, foot soak and therapeutic massage.

### GENTLEMEN'S MANICURE

Especially nourishing for rough dry hands, it softens and heals while also providing the ultimate in hand care.

## SPA INFORMATION

### HOURS OF OPERATION

*Daily:* 8am - 9pm

*Sundays:* 8am - 8pm

*Hours may vary by season.*

### RESERVATIONS

It is strongly recommended that you schedule Spa services at least 48 hours in advance. If you prefer a male or female therapist, please notify us when making your appointment.

Please call (800) 684.0514 to speak with a Spa reservationist.

### CHECK-IN

Please arrive 20 minutes prior to your scheduled appointment at The Spa, which allows time for you to change into Spa robe and slippers, as well as to relax in our facilities prior to your treatment.

### LATE ARRIVALS

Sometimes something prevents a guest from arriving on time. The Spa Coeur d'Alene will do its best to accommodate you within this shorter time frame.

### CANCELLATION POLICY

Should you need to cancel your appointment, please notify us 24 hours in advance. Any cancellations within 8 hours, as well as no shows, will be charged in full.

### SPA ATTIRE

Guests are provided robes and slippers and assigned a personal locker in men's and women's locker rooms prior to Spa appointments.

### CELLULAR PHONES/PAGERS

For your relaxation and that of other guests, we ask that you turn off your cellular phone and pagers when you arrive at The Spa.

### GIFT CERTIFICATES

Gift certificates are available for all treatments and packages.

*We are delighted to create Personalized Spa packages or special group event packages with individual consultation.*

*If you have a history of high or low blood pressure problems, heart conditions or you are pregnant, please consult your physician prior to the use of steam, sauna, whirlpools or any heat therapy.*



Located on the Lobby Level  
Coeur d'Alene Resort

(208) 765.4000 *ext. 5000*  
*In-room guests dial 5000*

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WWW.CDARESORT.COM

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