Escape

Journey into The Coeur d'Alene Resort Spa, where you find yourself drawn by the soothing sounds of flowing water.

Pause and inhale as the beauty of tall cedars and a cascading waterfall surround you.

Feel the weight of the world disappear in this wild and elegant space.

Relax and realign with us in comfort and luxury.

Here, wellness is inevitable.

Reserve your Spa journey now | 855 615 4837

Indulge

To get the most from your spa visit, arrive early, relax and take it all in. Enjoy our European-inspired pool, fitness center and hot tub complimentary with your spa service. Unwind in our quiet room with a hot cup of tea before indulging your senses in one of the world’s most romantic spas.

Our spa offers lakeside treatment suites and a complete menu of therapies to suit every need. Whatever you choose, you will find a place of serenity and wellness on your journey.
We welcome you to experience the very best of The Coeur d'Alene Resort Spa, where our Signature Therapies are inspired by the incredible natural beauty that surrounds Lake Coeur d'Alene.

**RAIN FUSION - Allow 1 ½ hrs**
This world-renowned service begins as you receive a sedating scalp massage that deeply nourishes your hair. Stay relaxed while we polish your skin to perfection with an organic exfoliation, leaving you feeling soft and supple. Feel your stress melt away as water cascades over your body during a warming hands-on Waterfall Massage. You’ll discover why Rain Fusion, which was custom-crafted at The Coeur d’Alene Resort Spa, brings people from all over the world to experience the magic. Includes Scalp Massage, Organic Exfoliation and Waterfall Massage.

**BLISSFUL CEDAR WATERS - Allow 1½ hrs**
Let our Northwest waters carry you away as you experience three luxurious treatments. This therapy is perfect if you have a hard time relaxing because Hydrotherapy is very sedating to the nervous system. Includes a Natural Elements Shower, Aroma Mineral Bath and a relaxing hands-on Waterfall Massage.

**FRAGRANT FOREST - Allow 3 hrs**
Reveal your best with our rejuvenating Spruce & Cedar Exfoliation, followed by a Pure Essence Hydrotherapy Shower and our Aroma Mineral Bath. After soaking, enjoy a warm Bamboo Fusion Massage and sedating Scalp Ritual. Every part of this journey carries the scent of deep calming woods, leaving you refreshed and renewed. Includes Spruce and Cedar Exfoliation, Natural Elements Shower, Mineral Bath, Bamboo Fusion Massage and Scalp Massage.

**LAVENDER MOUNTAIN SPIRIT - Allow 2½ hrs**
Purple fronds of lavender blow gently in the breeze on Northwest mountaintops. Experience pure ease with a truly softening exfoliation permeated with lavender, then float your worries away in our overflow tub. A Custom Massage follows with lavender-infused lotion that is sure to relax you from head to toe. Includes a Lavender Body Exfoliation, Aroma Mineral Bath and Custom Massage.

**SOOTHING EARTH AND STONE - Allow 2½ hrs**
Experience the benefits of some of nature’s finest elements – a Moor Mud detoxifying and muscle recovery wrap. Relax and absorb Earth’s nourishing and healing minerals and let the feeling of warmed basalt stones soothe your tension away. Includes Sage Scrub, Choice of Wrap, Mineral Soak and a Stone Massage.
RELAX AND RENEW - Allow 2½ hrs
Experience R&R for the weary traveler or seasoned spa client. This journey is a complete package for maintaining wellness. Let the warm water and custom massage melt your muscles while our European Facial replenishes your skin. Includes an Aroma Mineral Bath, Custom Massage and European Facial.

LIFT YOUR SPIRIT - Allow 3½ hrs
Quiet your mind and quell your stress, while you rejuvenate body, mind and spirit. This hydrating and soothing treatment is extremely nourishing to your skin and body. Includes a Waterfall Massage, Spirulina Wrap and Seasonal Organic Facial.

MOTHER DAUGHTER RETREAT - Allow 4½ hrs
Alone yet together, the relaxing whispers of the spa environment bring a rare moment of bliss. Includes Soothing Baths, Custom Massages, Northwest Pedicures and Manicures and finished with lunch at The Spa.

NORTHWEST DREAM - Allow 6 hrs
This full-day journey allows you to fully escape and start anew. With a full measure of essential treatments to ease your mind and body and renew your spirit, it’s a life-changing experience. The Northwest Dream includes a Natural Elements Shower, Chamomile Body Exfoliation, Custom Massage, Treatment Facial, Northwest Manicure and Pedicure and a Spa Lunch.

ESSENTIAL HEALING FOR THE MOTHER-TO-BE - Allow 4 hrs
You deserve this comforting journey for your transitioning time. Let us soothe the tension from your body so you can rest easy at night. Enhance your pregnancy glow with products drawn from nature and allow us to take care of the essentials. Includes Pregnancy Massage, Eminence Organic Facial, Northwest Pedicure and Spa Lunch.

BEAUTY BAY BELLA LUX - Allow 4½ hrs
This package is perfect for a formal event or any special day. You’ll walk out of the Spa looking picture-perfect and feeling fabulous. Includes Hair Shampoo and Style, Airbrush Makeup, Shellac Manicure and Northwest Pedicure.
Immerse yourself in ultimate water healing. The benefits of hydrotherapy have been appreciated for thousands of years. Today, hydrotherapy is still one of the best methods for treating ailments and bringing a deep sense of peace and relaxation.

**AROMA MINERAL BATH - 15 - 20 min**
Escape into total relaxation with this deeply nourishing and detoxifying soak. Enjoy the serenity of an endless cascade of water as it streams over your shoulders and spills out beyond your toes. This bath features massaging pipeless jets and triple-filtered mineral water that is sure to please. Personalize your bath with color therapy, minerals and a selection of aromatherapies to help you achieve pure bliss and well-being. Medicinal bathing is based on ancient water traditions where mineral springs were the source of health and healing.

**WATERFALL MASSAGE - 45 min**
Enjoy a blissful, hands-on, full body massage while under a gentle waterfall. This traditional European Vichy treatment is designed to provide a soothing effect on the nervous system, reduce muscle spasms and produce natural restful sleep.

**NATURAL ELEMENTS SHOWER - 10 - 15 min**
Experience our Silver-Tag Swiss shower, one of only a handful in the world. With 19 separate showerheads that spray, stream and massage you, this powerful treatment revitalizes your senses and brings a renewed sense of well-being. Using a touch screen computer, you can select a custom setting to warm your muscles before a massage, or cool down after a great treatment. Or try our slimming setting for a night out on the town. Enjoy total immersion in this unique rejuvenating water therapy experience.
45 min for all exfoliations
Experience your skin in a perfect state. Relax while we drape you in comfort and gently polish off the dead skin cells on the surface of your body. A loofah scrub, lathered in a luxurious bath gel, is then used to cleanse your body. Next, we stream warm water over you to rinse away remaining product, pat you dry and nourish your skin with a warmed lotion or dry body oil. Ready for anything, your skin is left feeling heavenly with a lustrous glow and velvety softness. Regular exfoliations are the perfect prevention to premature aging by encouraging cell renewal.

★★★ SIGNATURE FOREST MINERAL SCRUB
Immerse your senses as we guide you on an aromatic journey. Experience a deeply exfoliating salt scrub with trace minerals, warm organic body oil and the essence of spruce and cedar. With a newfound softness and a luminous glow, you will enjoy the benefits for days.

★ GINGER AND BAMBOO SCRUB
Be blissfully relaxed as this active exfoliant retextures, smooths, and brightens the appearance of your skin tone. Stimulating bamboo and fruit enzymes polish, while rich moisturizers hydrate and protect your skin.

★★ SEASONAL ORGANIC EMINENCE SCRUB
Be swept away as we refine your silhouette with our seasonal organic body polish from Eminence. These mouth-watering blends are a medium to mild grade exfoliate utilizing natural sugar cane to melt away dryness. Uncover your gorgeous skin as you are polished to sweet perfection, leaving you feeling and looking radiant.

★ CHAMOMILE SCRUB
Relax while we gently soothe and soften your mature or sensitive skin. This luxurious French pumice scrub from Kerstin Florian contains gentle buffing grains that sweep away dull surface cells and renew the skin. Leave softened and calm.

Experience rejuvenation at its finest and enjoy each wrap’s unique benefit. Steeping in a therapeutic wrap promotes circulation and brings fundamental benefits to your nervous and immune system. Awaken your skin and body, utilizing these treatments to complete your journey to health and healing.

NOURISHING SPIRULINA WRAP - 50 min
Drift away while you experience this powerful seaweed wrap that nourishes skin and body while relaxing your muscles. First, a dry brushing technique flushes your lymphatic system and prepares the skin for the warmed Spirulina that we apply head to toe. Rich in vitamins, minerals, antioxidants and blue-green algae, this natural product stimulates circulation. Next, you are cocooned in comfort for an acupressure facial treatment. After a warm cleansing rinse, you finish with an application of a nourishing body cream for a youthful appearance.

MOUNTAIN MOOR MUD WRAP - 50 min
Soothe and rejuvenate tired muscles and dull skin with the power of nature’s minerals. Pure organic Moor Mud is legendary for its powerful therapeutic properties. Europeans have used this substance for centuries to bathe, heal, and detoxify the body. Relax as we perform a hydrating acupressure facial treatment. After steeping in mineral-rich mud, a cleansing shower prepares you for our finishing aroma cream. This decadent cream is hydrating and remineralizing to soothe and protect your skin and ease muscle tension.

KUR EXPERIENCE - Allow 2½ hrs
One of our more popular treatments combining a Mineral Bath, Moor Mud Body Wrap and finishing with a 50 minute Hydrating Massage.
Treatments for Ages and Stages

COEUR D’ALENE FOUNTAIN OF YOUTH - Allow 4½ hrs
We invite the young-at-heart to relax in a Waterfall Massage and experience a facial treatment to counteract the efforts of Father Time. Rejuvenate using hydrotherapy and Earth’s healing elements. Includes a relaxing hands-on Waterfall Massage, Rejuvenating Secrets Facial, Pedicure or Manicure and Spa Lunch.

RIGHT OF PASSAGE
We welcome sending your young adult or teen for a Spa experience that will leave them feeling especially good-looking, confident and healthy.

GIRL - Allow 3½ hrs
Includes a Youth Massage, Teen Facial, Hairstyle and Makeup Lesson.

GUY - Allow 2½ hrs
Includes a Youth Massage, Teen Facial, and Ultimate Barber Cut in our private barber room with hairstyle suggestions.

VITA MAN - Allow 2 hrs
Enliven your entire body with this treatment – the perfect precursor to competition. Experience this winning treatment after a day out on the fairways, or for any man who loves to work hard and play hard. You will leave completely refreshed and renewed. Includes a Natural Elements Shower or Mineral Water Soak and 75-minute Stone/Sports Fusion Massage.

THE IRON MAN - Allow 3½ hrs
Wellness at its best! This amazing package is ideal after a big race or if it has been awhile since your last massage. The treatments soothe deep muscle aches and joint pains while detoxifying and replenishing your body. You’ll return to your day feeling magnificently amazing. Includes Moor Mud Wrap, Mineral Water Soak and 75-minute Stone/Sports Fusion Massage.

GENTLEMAN’S ESCAPE - Allow 5½ hrs
Seize the day and relax while we treat you to pure perfection. Be ready for a night out or prepare for a big day on the job. This is the perfect start to any season or special occasion, leaving you looking and feeling like a million bucks. Includes a Therapeutic Aroma-Scrub, Natural Elements Shower or Mineral Soak, Custom Massage, Power Lunch, Deep Cleansing Treatment Facial and an Ultimate Barber Cut with a beer.
We invite you both to share a relaxing and romantic experience together in our featured Couple’s Suite. You’ll receive side-by-side treatments by the glow of a warm fire while overlooking beautiful Lake Coeur d’Alene.

**SUITE INDULGENCE - Allow 2 hrs**
Our Signature Service, this package includes an extended Couple’s Massage on our hydro-top tables, with a relaxing foot rub, hand-softening treatment and acupressure face massage. Reconnect with a romantic fireside foot soak overlooking the lake while you indulge in champagne and chocolates together. This package is truly romantic.

**COUPLES AROMATHERAPY MASSAGE - 50/75/100 minutes**
Melt into our hydro-top tables as you receive side-by-side Aromatic Massages. Our romantic Couple’s Suite features a beautiful fireplace and a spectacular lake view, where you can relax and reconnect as you receive your massages together.

Reawaken your spirit as you relax and unwind in professional hands. The Coeur d’Alene Resort Spa is proud to offer world-class therapists who are highly sought after. Many clients tell us it was their best massage ever. We strive to make your experience just as enjoyable and healing.

**CUSTOM SWEDISH MASSAGE - 50/75/100 min**
Relax with a custom massage designed to meet your specific needs. Using medium pressure, we create the best massage for you.

**HOT STONE MASSAGE - 50/75/100 min**
Experience a whole new level of relaxation. Warm oil is drizzled over you as we melt muscle tension away, massaging with heated basalt stones. Therapeutic heat from the stones is released into the muscle for a completely relaxing experience. Cool stones offer refreshment and healing to specific areas. Many people find a hot stone massage leaves them feeling better than a traditional massage without heat. Relax, and feel tension and stiffness melt away.

**SIGNATURE COEUR STONE MASSAGE - 100 min**
This deeply relaxing, sensational Hot Stone Massage utilizes the benefits of “Gem Therapy.” The heat of the stones take the body into a state of meditation. The specific stone placement along the spine of the body creates an environment that will ground the energy fields and help heal from within. We use our signature Rose Quartz gem, along with other gems which quell anger, clear negativity and enhance positive energy from the heart and spirit. Continue your wellness journey with your own Rose Quartz heart, our gift to you.
BAMBOO FUSION MASSAGE - 50/75/100 min
Using warm smooth bamboo sticks integrated into this massage, we can use light or deep pressure to release muscle tension. The warmth and broad pressure brings relaxation in a shorter time as it quickly penetrates to relax your muscles.

COMFORTING PREGNANCY MASSAGE - 50/75 min
Reverse gravity and melt into this massage as you are bolstered into total comfort. Using warmed organic oil, your therapist will be adapting traditional techniques to create the perfect massage. Pregnancy is one of the most beneficial times to receive massage. Let us care for you during this special journey.

SOOTHE YOUR SOUL FOOT THERAPY - 50 min
This treatment is sure to delight. A healing lotion is applied to your hands, which are then tucked into warmed mitts. Giving your feet much deserved attention, we apply hot steamed towels and a rich foot balm from Germany to give you a great foot and lower leg massage. You will walk out of this treatment feeling a little lighter in your step.

DEEP TISSUE MASSAGE - 50/75/100 min
This massage concentrates on the deep layers of muscle and fascia in the body. It’s a highly effective treatment to break up old scar tissue, relieve muscle tension and ease chronic pain, allowing old injuries to begin healing. Using a firmer pressure and guidance from you, we can achieve the best healing results. We are happy to adjust the pressure for your best results. Please communicate with your therapist anytime you feel that the pressure is too much or not enough.

ASHIATSU MASSAGE - 75/100 min
Ashiatsu Oriental Bar Therapy is a massage that utilizes gravity and balance to give the most luxurious deep pressure the body can receive. The therapist is supported by parallel bars suspended above the table. It is perfect for athletes and bodybuilders who demand deep work, yet it is relaxing and stress relieving to all body types. This treatment is incredibly deep yet gentle, while the slow gliding flow helps unwind the muscle tissue.

STONE SPORTS FUSION MASSAGE - 75 min (Signature Service)
A fusion of a Hot Stone and Sports Massage, this is an ideal treatment for the active or extremely tense person. Heated stones melt muscle tension, while cool marble can reduce pain and inflammation. Next, your therapist will utilize a hands-on approach and a variety of techniques to prevent injury and loss of mobility. This is the perfect treatment both before and after a competition, maximizing the life of your sporting career.

EXPRESS MASSAGE - 25 min
With minimum time and maximum tension-relieving results, we can massage the areas that need it most. This is a great way to alleviate tight neck or shoulder muscles.

YOUTH MASSAGE (AGE 2-12) - 25 min
Children experience growing pains throughout their childhood, and massage is a great way to curb the pain and tension as well as teach healing touch. With children who are so active by nature our Youth Massage is wonderful for any child.
Facial Treatments

SIGNATURE SPA “SECRETS” FACIAL - 90 min
Our luxurious treatment for maturing skin, “Secrets” counteracts the effects of hormonal aging for a firming, glowing skin therapy. Complemented by an intense Eye Contour Treatment to address puffiness, dark circles and fine lines, and a special massage technique from Paris, this facial delivers unprecedented de-stressing and relaxation.

SPA RESCUE FACIAL - 90 min
This amazing facial allows your aesthetician to address Advance repair, Correcting Detox or Brightening. Created around the med-spa Correcting line from Kerstin Florian, this facial includes a mild multi-acid peel and intensive serums to deliver superior results. Acupressure included with the facial massage facilitates better product absorption and deep relaxation of the facial muscles. Skin is renewed and revitalized.

ULTIMATE ORGANIC FACIAL - 90 min
Take the power of nature to the next level. This incredible treatment begins with the Arctic Berry Illuminating Peptide Peel, a multi-acid blend that targets inflammation, hyperpigmentation, and fine lines and wrinkles. Your aesthetician will then customize the remainder of your treatment to address your skin’s individual needs. A deeply relaxing massage will leave you in a state of organic bliss, revealing your best skin ever, naturally.

AGELESS REJUVENATION FACIAL - 75 min
Are you the same age as your skin? This anti-aging treatment is customized to the actual needs of the skin, regardless of the true chronological age of the individual, utilizing active ingredients to restore the skin’s vital components. Special massage techniques from Paris impart deep relaxation, while cosmeceutical-grade ingredients deliver a firmer, glowing result.

SPA CUSTOM ORGANIC FACIAL - 60 min
We are pleased to offer the Eminence Organics line from Hungary to bring you the best in organic skin care. Your aesthetician will choose the appropriate collection of products for your skin to deliver a pure, results-driven treatment. The facial also includes a Voluminous Lip Treatment to soften, smooth and plump your lips naturally. For all skin types.

SPA TREATMENT FACIAL - 60 min
Designed to treat specific skin conditions, such as dehydration, acne, sensitivity and rosacea. Your aesthetician will consult with you to determine which treatment is best suited to your concerns.

EUROPEAN DEEP CLEANING FACIAL - 50 min
A great introduction to skin therapy or as a maintenance treatment, this facial is deep cleansing and relaxing, and leaves the skin balanced and glowing. For all skin types.

MEN’S SKIN THERAPY - 60 min
Addresses the special needs of a man’s skin due to irritation from shaving and environmental exposure. Skin is deeply cleansed and rehydrated, and relaxation is achieved through a massage of the face, neck and shoulders.

TEEN FACIAL - 50 min
Young skin needs special care. This facial addresses sensitivity or acne, and the aesthetician also educates on proper home care.
TRANQUIL SCALP RITUAL - 20 min
Aromatherapy draws you into pure tranquility with our signature Scalp Ritual. A gentle massage relaxes your head and scalp, releasing built-up tension. An optional intensive hair treatment, rich in amino acids, is suggested. This Kerstin Florian treatment deeply nourishes hair restoring moisture, strength and flexibility after the first use. This is a great treatment for tension headaches and dry-damaged hair. Suggestion: If you choose to have the hair treatment you will want to leave time to shower afterwards.

HEALING FOOT TREATMENT - 20 min
Relax while we pamper your tired feet. Warm steamed towels release tension, while a healing massage eases away aches and pain. A rich creamy balm infused with essential oils smoothes and revitalizes your skin, softening the edges. Walk away with a new spring in your step.

PERFECT SKIN DRY BRUSH - 20 min
Enjoy this gentle dry brush exfoliation that is wonderful for flushing the lymphatic system and increasing circulation all while gently removing dry skin. Then experience our Natural Elements Shower to cleanse your skin and start anew. As an added gift, we send you home with your own dry brush so you can continue to benefit from this treatment.

VITAMIN C EXPRESS FACIAL - 25 min
Nourishing vitamin C serum and a deeply hydrating massage deliver two powerful anti-aging components for glowing skin. For all skin types except acne.

ORGANIC ARCTIC BERRY ILLUMINATING PEEL - 30 min
Eminence Organics combines exfoliation with a natural peeling treatment, targeting aging, sensitive, hyperpigmentation, rosacea and acne skins. Powerful anti-aging forces finish off your new look perfectly. Improve the appearance of fine lines by 40% • Increase collagen production by 30% • Decrease wrinkle depth by 26%

GLYCOLIC MINI PEEL - 30 min
A blend of four acids targets the skin on multiple levels to deliver a complete, but gentle exfoliation. Skin is left brighter and more luminous. For all skin types, except most sensitive.

MICROEXFOLIATION
Utilizing diamond-tipped wands, this treatment will smooth the surface of the skin without any residual irritation. Skin is left radiant and bright. Not recommended for acne or rosacea skin conditions.

EYE CONTOUR TREATMENT
Unique porcelain spoons are chilled and used to drain and address puffiness and darks circles. A relaxing eye massage with vitamin and Hyaluronic enriched eye cream is followed by a cooled gel mask for instant firming and lifting. This treatment can be done on its own or as an add-on to your facial. This refreshing and anti-aging eye treatment is perfect for everyone.
The Coeur d'Alene Resort Salon is a full service facility offering the latest techniques, products and services for both men and women. Our trained technicians are all certified to provide the highest quality service in a calming and relaxing environment.

SERVICES INCLUDE:
- Haircut, Color, & Design
- Bridal & Event Hair
- Make-up
- Lash Extensions
- Spray Tanning
- Manicures & Pedicures
- Waxing

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.

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 relax in our facilities prior to your treatment.

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 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.
Open 7 days a week, 8am - 8pm

855.615.4837  ·  CDARESORT.COM