

# Special Spa Packages

## FOUNTAIN OF YOUTH

4.5 hours • 375

Includes a Swedish massage, Hydroptimale rehydrating facial, Kari-softness body exfoliation, manicure and pedicure.

## RELAX & RENEW

100 minutes • 160

Includes a Swedish massage and a European facial.

## GREAT EXPECTATIONS

(Pregnancy package) 4 hours • 375

Pregnancy massage, Kari-softness body exfoliation, a treatment facial and a pedicure.

## MOTHER-DAUGHTER RETREAT

2.5 hours • 345

While dad plays golf, you can relax and bond with your daughter while enjoying services together including a pedicure, manicure, choice of mini massage or facial and a spa lunch in our meditation room...all for the two of you.

## THE VITALIZER FOR MEN

2.5 hours • 230

A relaxing sports facial and a deep tissue full body massage including a relaxing scalp massage.

## MICA BAY PACKAGE

5 hours • 375

Our five-hour escape from reality. Begin with an Idaho Pine Salt Glow to remove impurities from the skin, followed by a Swedish massage and a delicious, healthy spa lunch. Continue with an Oxydermie Cell Renewal facial with aromatherapy, a manicure and pedicure.

## CASCO BAY PACKAGE

6 hours • 550

Spend the day enjoying six hours of pampering and wellness. Your retreat starts with a hydrotherapy tub treatment followed by a Kari-softness body treatment and a half-hour Swedish massage to revitalize your skin. After your delicious, nutritious spa lunch, you will enjoy a customized facial treatment according to your skin's own needs. Follow with an antiage hand treatment and an eye and neck contouring treatment. Complete your day with hair styling, a manicure and make-up.

Prices do not include gratuity and are subject to change without notice.

Appointments 208/765-2300 Extension 5000  
Outside the Area 800/684-0514



## Signature Spa Treatments

### WILDFLOWER FACIAL

70 minutes • 135

An herbal foot bath and cup of huckleberry tea, followed by a mini hand and foot-softening treatment, an aromatherapy facial with an enzyme peel, massage of face, neck and shoulders, deep-cleansing or hydrating masque, and an energizing mini scalp massage.

### HOT STONE MASSAGE

50 minutes • 110 • 75 minutes • 150

This treatment combines Swedish techniques with smooth heated and cold stones placed on key tension areas of the body. The combination of heat and pressure allows the muscles to warm and let go.

### HEAD-AND-TOE RELAXER

50 minutes • 115 • 75 minutes • 155

Foot massage with reflexology including a scalp, face, neck and shoulder massage.

### MICROEXFOLIATION FACIAL

60 minutes • 165

"The lunch-hour peel." A highly effective and advanced exfoliation treatment; refines the texture of the skin, softens fine lines and pigmentation, and boosts the production of collagen for firmer, more youthful skin.

### GOLFERS WARM-UP MASSAGE

50 minutes • 90 • 75 minutes • 135

A relaxing massage designed to loosen your muscles to help relax and prepare you for a winning round of golf.

Appointments 208/765-2300 Extension 5000  
Outside the Area 800/684-0514

Lobby Level of The Coeur d'Alene Resort • Downtown Coeur d'Alene  
Park Free in the Resort Garage with any Spa Services

## SPA KÜR & PACKAGES

|  |       |
|--|-------|
| Hungarian Thermal Mineral Kür — 90 minutes | \$190 |
| Thalasso Kür — 90 minutes                  | 190   |
| Aromatherapy Kür — 90 minutes              | 190   |
| Krauter Kür — 90 minutes                   | 190   |
| Casco Bay — 6 hours                        | 550   |
| Mica Bay — 5 hours                         | 375   |
| Mother-Daughter Retreat — 2.5 hours        | 345   |
| Great Expectations (pregnancy) — 4 hours   | 375   |
| The Vitalizer for Men — 2.5 hours          | 230   |

## FACIAL TREATMENTS

|  |          |
|--|----------|
| Treatment Facial — 60 minutes  | \$125    |
| European Facial — 50 minutes   | 85       |
| Gentleman's Facial — 50 minutes  | 85       |
| Teen Facial — 60 minutes   | 85       |
| Flash Beauté — 30 minutes  | 70       |
| Glycolic Acid Mini Peel — 30 minutes   | 70       |
| Self-Tanning (Mini Facial) — 30 minutes                                      | 70       |
| Wildflower Facial — 70 minutes   | 135      |
| Oxyliance Facial — 70 minutes  | 130      |
| Lift Defense — 70 minutes  | 130      |
| Beta X — 45 minutes  | 150      |
| Refining Back Treatment — 60 minutes   | 100      |
| Face Microexfoliation — 60 minutes   | 165      |
| Back Microexfoliation — 60 minutes   | 225      |
| Eyelash & Eyebrow Tinting Package — 30 minutes                               | 40       |
| Eyelash Tinting  | 30       |
| Eyebrow Tinting  | 15       |
| Makeup Day or Evening  | 50       |
| Waxing: Lip, Chin, Cheek, Eyebrow, Neck<br>Chest, Underarm, Arm, Leg, Bikini | 15 to 75 |

## COMPLEMENTS TO FACIALS

|  |                       |
|--|-----------------------|
| Antiage Glycolic Hand Treatment        | \$40                  |
| Pure Vitamin C                         | 25                    |
| 0-32 Cell Regeneration & Hydrating     | 25                    |
| Self-Tanning with Facial               | 25                    |
| 20-Minute Foot Reflexology with Facial | 60                    |
| Eye Contouring Treatment               | reg 50, w/facial 30   |
| Hands Microexfoliation                 | reg 75, w/facial 45   |
| Chest Microexfoliation                 | reg 75, w/facial 45   |
| Arms Microexfoliation                  | reg 150, w/facial 100 |

## \* BODY WRAPS — 50 minutes

|  |       |
|--|-------|
| Natural Spirulina                        | \$115 |
| Mountain Quench                          | 90    |
| Herbal Wrap                              | 90    |
| Moor Mud A la Carte                      | 115   |
| Moor Mud w/Swedish Massage — 100 minutes | 185   |

## \* HYDROTHERAPY BATHS 45 Minutes \$80

The therapist will help you choose from the various treatments available.\*\*

## \* BODY EXFOLIATIONS - 45 minutes

|                             |      |
|-----------------------------|------|
| Chamomile Body Scrub        | \$90 |
| Thermal Mineral Body Scrub  | 90   |
| Turkish Body Scrub          | 90   |
| Idaho Pine Salt Glow        | 95   |
| Kari-Softness               | 115  |
| Self Tanning Body Treatment | 115  |

## MASSAGE

|  |           |
|--|-----------|
| Hot Stone Massage — 50 minute/75 minute    | \$110/150 |
| Swedish Massage — 50 minute/75 minute      | 85/130    |
| Deep Tissue Massage — 50 minute/75 minute  | 95/140    |
| Pregnancy Massage — 50 minutes/75 minute   | 85/130    |
| Aromatherapy Massage — 50 minute/75 minute | 90/135    |
| Customized Massage — 50 Minute/75 minute   | 90/135    |
| Head & Toe Relaxer — 50 minute/75 minute   | 115/155   |
| Stress Management Massage- 100 minutes     | 185       |
| In-Room Massage — 50 minutes               | 125       |
| Mini-Massage — 25 minutes                  | 60        |
| Foot Reflexology — 50 minutes              | 110       |
| Foot Reflexology — 20 minutes              | 60        |
| Scalp Massage — 20 minutes                 | 45        |
| Kid's Massage — 25 minutes                 | 60        |
| Sole Soak — 20 minutes                     | 45        |
| Golfer's Massage — 50 minute/75 minute     | 90/135    |

## SALON SERVICES

|                                  |          |
|----------------------------------|----------|
| Aroma Manicure — 45 minutes      | \$40     |
| Polish Change (hands)            | 20       |
| Polish Change (toes)             | 35       |
| Full Set Nails                   | 95       |
| Nail Fills                       | 60       |
| Wildflower Pedicure — 50 minutes | 65       |
| Pregnancy Pedicure — 50 minutes  | 65       |
| Spa Pedi Kür — 75 minutes        | 90       |
| Shampoo & Blow Dry               | 35 & Up  |
| Women's Haircut & Style          | 45 & Up  |
| Men's Haircut & Style            | 30 & Up  |
| Foil Weaves & Highlights         | 75 & Up  |
| Permanent & Semipermanent Colors | 45 & Up  |
| Perm                             | 75 & Up  |
| Wedding, Special Occasion Style  | 45 & Up  |
| Thermal Hair Reconditioning      | 300 & Up |

(pre-consultation is required — service approximately 3 hours)

\* Excellent before a massage \*\* Swimsuit suggested