





*Escape to the mountains for a nature-inspired  
experience at Glade Spring Spa*

Just 80 miles east of Seattle, a luxurious mountain retreat awaits. Nestled in the pine trees, between outdoor soaking pools and streams, the soft Cle Elum sun filters into Glade Spring Spa—rejuvenating mind and body from the outside in.

Featuring several saltwater “springs” with varied temperatures to choose from, including a secluded women’s only soaking pool, relax to the sound of meandering streams while being showered in natural light. Glade Spring Spa embraces the natural Northwest landscape offering peace, privacy, and a close connection to nature for the ultimate escape.

Prepare to be pampered with organic, local products for a true Northwest experience. At Glade Spring Spa, relax and unwind while taking in the natural beauty of the Cascades. Plan your spa getaway for an hour or an entire weekend.

# Winter hours of operation

To book your mountain spa experience,  
contact our Spa Concierge

509.649.6470

Please arrive at least 30 minutes prior to your scheduled service to relax and unwind. In the unfortunate case of cancellation, please contact us at least 24 hours prior to your appointment to avoid a 50% cancellation fee. To make your spa experience as seamless as possible, a 20% gratuity is added at the time of booking. Gratuity is adjustable to your preference at the time of check out.

MONDAY-THURSDAY 10:00AM-6:00PM

FRIDAY 10:00AM-8:00PM

SATURDAY 9:00AM-8:00PM

SUNDAY 9:00AM-6:00PM

Hours subject to change.



destinationearth

Striving to be not only the best spas in the world, but for the world...



# MASSAGE

Glade Spring Spa can customize your massage experience. Please share your wishes with our Spa Concierge and allow us to recommend a therapist and special techniques.

## TRADITIONAL & THERAPEUTIC MASSAGE THERAPIES

Evergreen Mountain Escape 80 minutes

Inspired by Destination Earth, this signature massage is a purely organic experience from head to toe. Essential oils ground and balance while stress and tension melt away. Enjoy warmed herbal booties, facial marma points and a scalp massage to continue your journey into relaxation.

Wellness Journey Massage 50/80 minutes

Integrating a variety of classic massage techniques with medium to firm pressure, our skilled therapists will customize your massage to release muscle tension and thoroughly relax your body and mind. Choose from one of our Wellness solutions: Stress, Muscle Soother or Balance.

Couples Ritual Massage 50/80 minutes

The only thing better than an amazing massage is sharing this experience with a special someone. Couples, loved ones, mothers and daughters, and friends unwind and reconnect in our customized massage for two. Essential oils nourish and renew. Top off your treatment by toasting a glass of sparkling wine together in the sanctuary.

Hot Stone Massage 80 minutes

Deep Tissue Massage 50/80 minutes

Swedish Massage 50/80 minutes

Maternity Massage (recommended for 2nd and 3rd trimester) 50/80 minutes

Youth Massage 50 minutes

Target Massage 25 minutes



# MASSAGE

## HOLISTIC & HEALING MASSAGE THERAPIES

Service enhancements not available. Not recommended during pregnancy.

### Kundalini Back Massage

80 minutes

Enjoy this deeply soothing back treatment designed to increase energy and spiritual enlightenment by awakening energy at the base of the spine. Using a combination of essential oils, ancient massage techniques and chakra healing, this treatment creates a relaxed and balanced nervous system.

### Manipura Full Body Massage

80 minutes

This treatment begins with a Himalayan salt scrub to purify, detox and stimulate the lymphatic system and cleanse the body's energy. This helps to release toxins and frees you from fatigue. The vital body massage that follows creates a positive flow of energy, which restores balance, and leaves your mind, body and spirit sparkling. A specialized abdominal sequence is performed using warmed poultices to increase vital energy. Service is performed in our vital rain shower room.

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# FACIALS

## Oxygen GeneO+ Facial

25/50/80 minutes

This Glade Spring Spa signature treatment is designed to deliver visible results after a single treatment. It combines the latest skincare technology with a power-packed “3 in 1” combination that exfoliates, oxygenates and infuses. This treatment gently removes impurities while infusing oxygen and light acids to create glowing, balanced healthy skin. The 80 minute service includes the hydratone hydrating mask enhancement.

## Powerfacial

50/80 minutes

This advanced cosmeceutical facial focuses on exfoliation and results, using powerful enzymes that increase circulation and reduce the signs of aging. The marriage of highly concentrated serums that expertly target fine lines and wrinkles, combined with a powerful hydrating mask, works to leave your skin fully replenished, firm and glowing. The 80-minute service includes our Medik8 30% chemical peel enhancement. Oxygen exfoliation enhancement not available with this service.

## Omni Facial

50/80 minutes

This aromatic certified organic facial has all the best that nature has to offer. Perfect balance of the purest essential oils, rich botanicals, antioxidants, vitamins, minerals, and live enzymes to nourish and replenish your skin, while mindfully combining the latest science for visible results. The result is deeply moisturized skin that looks and feels softer, smoother, and years younger.

## Custom Facial

25/50/80 minutes

A true custom facial designed for your unique skin, this treatment addresses all skin types: aging, fine lines, wrinkles, acne or oily skin. Rest assured your concerns will be met and treated with expertly chosen ingredients. Let our trained specialists create a facial treatment just for you.

## Nourishing Facial

50/80 minutes

A harmonious integration of herbs, essential oils, and antioxidants enhances the vitality and radiance of your skin. This facial includes cleansing, herbal dermabrasion exfoliation, customized mask and facial massage with rare and precious essential oils to nourish and restore. This is a natural, organic approach to deep nourishment and hydration for the ultimate in skin rejuvenation.



# FACIALS

## **FACIAL ENHANCEMENTS** (Must be done in conjunction with facial)

Add on Oxygen Exfoliation

Add on Medik8 30% Peel

This is an effective but not aggressive chemical peel specially formulated for sensitive skin. No downtime with very visible results.

Add on Hydratone Hydrating Mask

If your skin is thirsting for a drink of water, this cool, smooth, hydrating mask is the perfect add-on for you.

## **SERVICE ENHANCEMENTS**

(Must be done in conjunction with 50 or 80 minute massage or facial)

Hand and Foot Ritual

20 minutes

Hands and feet deserve a special treat. This restorative treatment includes a rejuvenating foot exfoliation, hot towel compresses, reflexology massage for both hands and feet, and moist heat therapy for deep relaxation and skin softening.

Hair and Scalp Revitalizer

20 minutes

A nourishing and conditioning treatment, this treatment revitalizes and stimulates hair roots and scalp, leaving hair with a beautiful luster. Relaxing scalp and facial massage will ease your body and mind.

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# BODY RITUALS

## Bio-Rhythm Body Treatment

115 minutes

Traveling can disturb our natural flow of energy, causing an imbalance of positive ions in the body's magnetic energy field. This powerful treatment aims to restore the body's natural biorhythms. An ionizing energy scrub and mud wrap charge and renew the bio-magnetic energy field by emitting healing negative ions, while a head and face marma massage soothes. This treatment ends with a Kundalini back treatment to balance and relax the nervous system and chakras. Service is performed in our Vital Rain Shower Room.

## Honey Rose Bamboo Body Treatment

80/105 minutes

This luxurious experience begins with a gentle bamboo and olive kernel body polish, followed by a warm layer of our own Suncadia honey to hydrate and soften skin. Attention to feet, scalp and face will allow you to drift into total bliss. Enjoy our Vital Rain Shower Room with contrasting temperatures. This ritual is completed with a warmed stone application with precious rose and neroli oil to leave your skin deeply nourished and your whole body revived. \*105 minute service includes extended massage.

## Cleanse and Renew Ritual

80 minutes

Our most complete body purification ritual begins with an invigorating body exfoliation to cleanse and nourish the skin, followed by a detoxifying mud mask. While cocooned, a foot and scalp massage focus on vital energy points to release stress and tension, followed by a refreshing Vichy Shower rinse. A warm essential oil application aids in detoxification, lymph circulation and water retention. Enjoy this extraordinary ritual.

## Detoxifying Slimming Body Wrap

80 minutes

This personalized intense detox cellulite treatment increases metabolism by focusing on reshaping, slimming and sculpting the most troublesome areas. Application of mud rich in essential oils targets circulation leaving your skin soft, smooth and renewed. Performed in our Vichy showers.

## Therapeutic Mud Wrap

80 minutes

For everyone that needs a sense of deep renewal and purification, this anti-aging body wrap firms and tones while stimulating energy flow to create a sense of deep relaxation, comfort and vitality. Performed in our Vichy showers.



# BODY RITUALS

## Tranquility Face and Body Ritual

80 minutes

A precious sensorial journey of delicate textures, aromatic essences and the power of the human touch is combined for a unique experience to deeply relax the body and mind. Nourishing oils moisturize and protect while lasting aromas leave you with a sense of well-being.

## Couples Tranquility Face and Body Ritual

80 minutes

A ritual designed to create peace, calmness and emotional balance. Enjoy our Head to Toe Ritual together in our Duo Retreat Room, allowing time together to reflect and rebalance

## Journey to Wellness Body Scrub

50 minutes

Let us customize your revitalizing treatment with a choice of your wellness solutions for Energy, Detox or Stress. Begin this journey with an exuberating mineral scrub blended with organic herbal extracts and aromatic essential oils; exfoliating and awakening healthier skin. A Vichy shower rinse is followed by a moisture application restoring whole well-being.

## Coconut and Coffee Body Scrub

50 minutes

Awaken your senses and energize your soul! This treatment starts with a full body exfoliation with our coffee coconut body scrub and finishes with a moisture application using a hydrating coffee and coconut body lotion, leaving the skin refreshed and renewed.

## Head, Hand and Foot Rejuvenator

50 minutes

According to natural healing properties, vital reflexes and hands, feet, face and scalp relate to energy meridians and vital organ function. Massage and reflex to these areas will help release energy blockages and resort vitality, leaving you feeling totally rejuvenated.

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## MANICURES & PEDICURES

We use only all natural, organic products. All nail lacquers are free of formaldehyde, DBP and Toluene. Day pass access not included in Princess, Tasty Toes and Buff and Polish services.

### MANICURES

Tranquility Manicure	50 minutes
Wellness Manicure	35 minutes
Coconut & Coffee Manicure	35 minutes
Youth Manicure (7-13 years old)	35 minutes
Buff and Polish Change	20 minutes
Princess Manicure (up to 6 years old)	20 minutes

### PEDICURES

Tranquility Pedicure	65 minutes
Wellness Pedicure	50 minutes
Coconut & Coffee Pedicure	50 minutes
Youth Pedicure (7-13 years old)	35 minutes
Buff and Polish Change	20 minutes
Tasty Toes Pedicure (up to 6 years old)	20 minutes

### ADD-ON

- Dazzel Polish
- French Polish
- Shellac removal



## WAXING

Waxing services do not include day pass access.

### FACE

Lip  
Eyebrow  
Chin  
Brow, Lip, Chin  
Full Face

### BODY

Brazilian  
Bikini  
Lower Leg  
Full Leg  
Full Leg and Bikini  
Underarm  
Half Arm/Full Arm

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## MEN'S SIDE

### Men's Time Out Massage

50/80 minutes

Customized for your personal preferences, our skilled therapists offer this medium to firm pressure massage using effective techniques to melt tension, release stress and restore energy. Take in the full experience with your choice of essential oils including grounding and relaxing cedarwood, refreshing evergreen, or therapeutic sport remedy.

### Ultimate Unwind

80 minutes

Slow down, breathe deep, relax and recharge with this unforgettable head-to-toe experience. Your muscle soothing massage is topped off with a rejuvenating foot scrub, sandalwood face treatment and revitalizing scalp massage for the ultimate renewal.

### True Grit Facial

50/80 minutes

Men appreciate this facial because it features herbal products that are down-to-earth, not flowery or "perfumey." It provides great cleansing and exfoliation along with all the best skin rejuvenation. Plus, it helps clear the head and de-stress, while leaving the skin refreshed.

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