

ARRIVAL & CHECK-IN

We ask that you arrive 10 minutes prior to the start of your service to get settled and complete any profile information, and to avoid any reduction in the length of your service. Our reception team will greet you and help you navigate directly to your treatment room.

AGE GUIDELINES

The Spa at Cedarbrook is open to guests 18 years and older.

ATTIRE

For your comfort and convenience, we invite hotel guests to wear their guestroom robes and slippers to The Spa.

CANCELLATIONS

We ask that cancellations be made a minimum of 24 hours in advance, or 50% of the service will be charged. Same day cancellations and no-shows will be charged 100% of the service. Please call our team at 206.214.4159 to make changes or cancellations. **Group reservations require 72 hours cancellation notice.*

OUR LOCATION

The Spa at Cedarbrook Lodge is located on the first floor of the main lobby.

GIFT CARDS

Give the gift of relaxation. Gift cards may be purchased through our Guest Service desk in any denomination and used property-wide.

PARKING

Complimentary self-parking is available while at the Spa.

RESERVATIONS:

Appointments can be scheduled during operational hours by calling the spa directly at 206.214.4159. Advanced reservations are recommended for weekends and required for those with hotel and spa packages. A hotel reservation or a major credit card are required to secure your appointment.

**Gift cards may be purchased from our Guest Service desk.*

**All treatments and prices are subject to change without notice.*

Our check-in process has also changed, as we stagger appointments to minimize the number of guests at any given time and allow for physical distancing.

We kindly ask that you arrive 10 minutes prior to your appointment start time. The Spa is for guests 18 and over. At this time, only guests with appointments will be allowed to enter. The Spa is committed to keeping our guests and team members safe. Through our management company, we have implemented the Columbia Clean program, an elevated set of health, hygiene, safety and sanitation standards developed to create a cleaner, safer environment for our guests. Learn more at ColumbiaClean.com.



HOURS

Wednesday - Sunday from 10:00 am - 6:00 pm

18525 36TH AVENUE SOUTH
SEATAC, WASHINGTON 98188
206.214.4159 | CEDARBROOKLODGE.COM

APPOINTMENTS & INFORMATION

206.214.4159

Massage Therapy

We use plant-based massage oils, creams, and essential oils that are organic, non-GMO, and from sustainable sources.

CEDARBROOK SIGNATURE MASSAGE

Our number one requested service. Incorporating various modalities and pressures such as Hot stone, Deep tissue on targeted areas, relaxing Swedish, and a touch of aromatherapy for the perfect integrated massage.

50 Minute \$150

80 Minute \$230

SWEDISH MASSAGE

Considered to be one of the most relaxing forms of massage, Swedish style is perfect for those receiving their first massage and wanting light pressure.

50 Minute \$140

80 Minute \$225

DEEP TISSUE SPORTS MASSAGE

A firm massage that works on the deep layers of muscle and fascia to increase range of motion and improve recovery time. Targeted to release over-used areas.

50 Minute \$160

80 Minute \$235

HEATED RIVER ROCK MASSAGE

Natural volcanic basalt stones are heated and used as an extension of your therapist's hands to ease tension and stress, relieve pain, and promote tranquility.

50 Minute \$160

80 Minute \$235

MOTHER-TO-BE MASSAGE

Organic, nourishing oils, with gentle massage techniques bring relaxation to sore muscles while calming the mind. This maternity treatment eases tension on the back and legs while giving you a supportive overall experience.

50 Minute \$140

MASSAGE ENHANCEMENTS

FOOT REVITALIZER TREATMENT

30 minutes of additional time to incorporate into your massage, specifically targeting the feet and calves. Designed to help increase circulation and provide deep relief for those who hike, travel, or spend their days up on their feet. \$65

ROSEMARY & PEPPERMINT SCALP TREATMENT

Let natural and organic essential oils work in tandem with a relaxing scalp massage to relieve head tension and enliven the hair follicles. This enhancement will be integrated into your service and requires no additional time. \$15

NATURAL DRY BRUSH WITH HOT TOWELS

30 minutes of gentle brushing increases circulation, helping to move lymphatic waste and increase oxygen to the skin while buffing away dead skin cells. \$65

Body Brilliance Treatments

Polished skin is brilliant skin. Healthy, smooth, and soft.

CEDARBROOK BODY POLISH

Delightfully brush away dry skin cells and impurities with a mild brushing, followed by an organic scrub to further buff and hydrate the skin; finished with a full body application of a firming body lotion that locks in moisture and provides a renewed and glowing skin.

50 Minute *\$140*

ÉMINENCE BODY CONTOUR WRAP

This detoxifying and toning treatment is the perfect way to start a cleanse or prepare for a special occasion. Blueberry and soy combine to smooth and contour while an herbal cellulite spot treatments uses deep, penetrating heat to help target troubled areas. Finish with Eminence coconut firming body lotion which uses stem cell technology to firm the skin.

50 Minute \$150

Facial Treatments

We proudly feature Organic Éminence spa products, brimming with potent herbs and flowers that work deep within the skin for beautiful results. Éminence is a worldwide leader in environmental initiatives and plants a tree for every item purchased through our spa.

EUROPEAN PLANT-BASED FACIAL

Suitable for all skin types from acne-prone to rosacea. This facial includes needed extractions, steam, masks and a soothing hand and arm massage. Discover a smoother skin tone and a more refined complexion the organic way.

50 Minute \$140

ANTI-AGING RESTORATIVE FACIAL

This facial includes a potent enzymatic peel selected just for your skin type. The focus being on refining skin texture, firming and restoring elasticity, providing radiance, while minimizing fine lines and wrinkles. A great option to prepare for a special occasion.

**Not recommended for very sensitive skin types.*

50 Minute \$160

GENTLEMAN'S CUSTOMIZED FACIAL

Specifically formulated to meet the needs and challenges of a man's skin. This deep pore cleansing facial leaves you refreshed and polished, while it improves tone and clarity.

50 Minute \$140

PURIFYING BACK FACIAL

Just what you need to tend to that hard to reach area. Offers many of the traditional techniques used in facials and incorporates deep cleansing, extractions, and purifying masks.

50 Minute \$140

SEASONAL ORGANIC CUSTOM FACIAL

Delight your senses and treat your skin with the Seasonal Organic Custom Facial, which features the finest fruits, vegetables and herbs of the season to deliver an incredibly potent, active treatment. Fresh organic ingredients are combined to make curated facials that deliver specialized results, ensuring that the best of the season is offered in each treatment.

50 Minute \$140

FACIAL ENHANCEMENTS

WRINKLE-ELIMINATING PEPTIDE EYE TREATMENT

\$20 upgrade

PEPTIDE LIP-PLUMPING & HYDRATING TREATMENT

\$20 upgrade

PEEL PASS FOR SKIN CLARIFICATION

\$20 upgrade

Hand & Foot Spa

Our lovely hand and foot spa is here to help you with your natural nail or gel polish selection.

ORGANIC MANICURES AND PEDICURES

Relax with a therapeutic floral foot soak, herbal exfoliation, massage, cuticle heel work, nail shaping, and your choice of SpaRitual nail polish.

50 Minute Manicure \$55

50 Minute Pedicure \$70

100 Minute Manicure and Pedicure \$115

GEL MANICURE AND PEDICURE

Long lasting, glossy, and chip resistant. These polishes are cured under a UV light and create a hardened and more durable finish. Includes removal of previous gels.

65 Minute Gel Polish Manicure (includes gel removal) \$70

75 Minute Gel Polish Pedicure (includes gel removal) \$85

130 Minute Gel Polish Manicure and Pedicure \$150

15 Minute Gel Polish Removal Fingers or Toes \$15

GENTLEMAN'S SPORTS MANICURE AND PEDICURE

50 Minute Manicure \$50

Minute Pedicure \$65