

L I T T L E P E A R L S

of life

JUNE 15, 2018

THE SPA – AT CEDARBROOK LODGE



With my wedding planning coming to a close and only 1 month away from the big day, I needed to take a little getaway to clear my head and finalize some last minute details. Living in the city can cause a lot of distractions. So when I was contacted by **Cedarbrook Lodge** to do a collaboration highlighting their Spa and developing a custom scrub for my skin I knew it was the perfect remedy for my pre-wedding stress.

I decided to take two of my brides maids with me Gelly and Sabrina to join in and make it a much needed girls spa evening.

I had never been to Cedarbrook Lodge and had not heard much about the property. I have had a few friends that have stayed there before flying out to their honeymoon but that was about it.

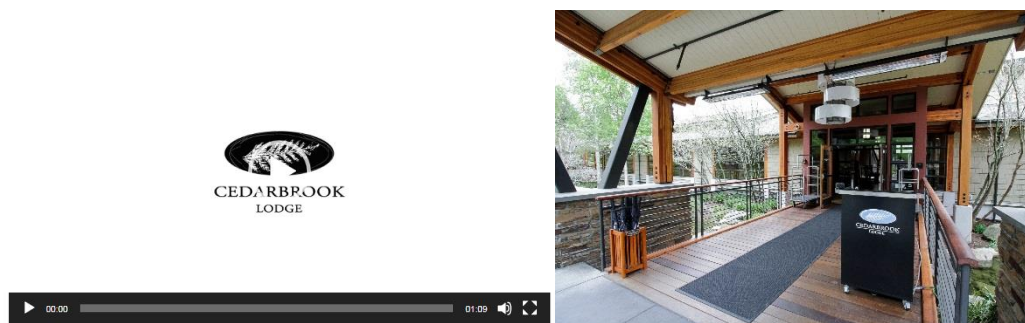


This place is truly a hidden gem. The elegance and secluded nature of the property doesn't match the surrounding neighborhoods. Yet don't let this deter you, once inside the property you are truly cut off from all the noise of everyday life. It's a very unique urban oasis that is hard to find this close to Bellevue and Seattle.

With the property being only 5 mins from the airport it's an absolutely perfect overnight stop before an early flight or grabbing a quick bite from their award winning restaurant on a layover.

We arrived early afternoon and used the very convenient Valet service. Upon entering the Lodge, we were instantly greeted by the very friendly front desk, since we were a little early one of the managers David gave us a tour of the grounds and a master suite. You really are cut off from the outside world when you stay here. The building plays ode to Northwest architecture and really compliments the surrounding gardens and agriculture.

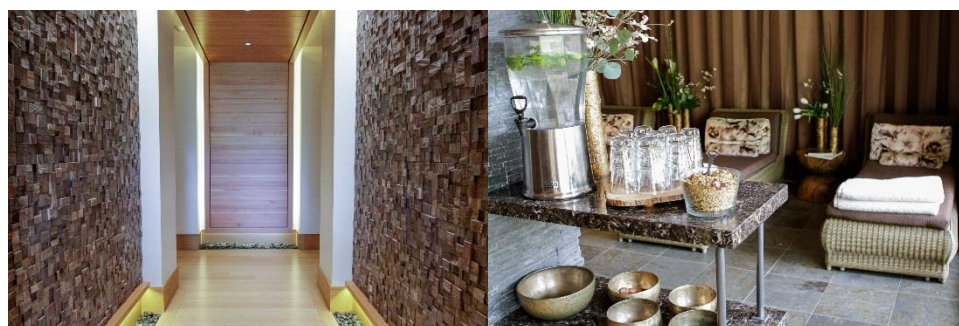
The property is centered around a reflection pool and outdoor patio, that is serviced by the Copperleaf restaurant. Ill go into more detail about the food (which was incredible later in the post).



It was finally time to start our treatments at The Spa. We were greeted by Jen the manager of the Spa. If you stop by def chat with her she is amazing, as were all the staff. Jen greeted us with a delicious rose / hibiscus water and lead us to our lockers to drop off our clothing and change into their robes.

My favorite part of the experience was the tranquil relaxation room that guests of the spa can stay and relax in before or after their treatments. There is a long fireplace and the room is framed by a couch area or a row of single lounge chairs. One of the best features of the Spa is being so close to the Copperleaf restaurant so as soon as your services are complete you can slowly wander over to their dinning services, there is nothing better then a massage and incredible food. (Sounds like heaven 😊)

Once we were ready for our treatments to begin, our estheticians came to greet us and led us back to our individual rooms. My esthetician for my facial was Pepper, I can't recommend her enough.





My first treatment was the Cedarbrook Signature Massage, this was incredible and very different from massages I have experienced before. It is customized to suit every persons individual needs, the massage used different options of modalities, including hot stone enhancement, targeted deep tissue and aromatherapy (I picked lemongrass) to enhance the experience. Like I said different from any other massage I have experienced and I highly recommend it.

Since I know I will get asked below is the individual treatments we had. Also here is a quick link to the spas Menu page.

<http://www.cedarbrooklodge.com/en-us/spa/spa-menu>

Treatment list.

Roxie: Cedarbrook Signature Massage, European Facial

Gelly: Sea Salt Exfoliation, with Rainwater Hydrotherapy

Sabrina: Éminence Body Polish

The SPA Details:

The Spa reception is open daily from: 10 AM to 7 PM

Experience services and treatments as The SPA at Cedarbrook are available daily

From: 9 AM to 9PM

To schedule spa appointment(s), call 206.214.4159.



I teamed up with the team at The SPA to bring my followers a custom scrub called “The EMMA” this treatment will prepare and renew your skin for the upcoming summer season. As the weather changes and becomes dryer, our skin tends to dry out. This is the time it needs the most attention. The scrub is a perfect blend of lavender, rose petals, and hibiscus that will leave your skin glowing! Who doesn’t want that.

They are offering it for a limited time until June 30th! Go see them and tag me letting me know your experience @roxiedrofiak.



Upon finishing of our treatments, we were greeted with some incredible appetizers waiting for us at the Copperleaf restaurant next door. Talk about service!!

The restaurant focuses on farm-to-table regional cuisine for lunch and dinner. The menu is very focused on local ingredients and features dishes prepared from Cedarbrook’s onsite garden.

This place from top to bottom has incredible attention to detail.

The space features custom furniture, and hand blown glass sculptures. The tables are Tuscan, fashioned from old-growth forest.

I have linked their dinner menu below you have to give it a try!

COPPERLEAF DINNER MENU





Overall Cedarbrook Lodge is a hidden Gem in the Seattle resort landscape. I would highly recommend it for a romantic weekend or an evening spa night with the girls! You will not be disappointed from top to bottom this place has class and will give you the white glove treatment no matter your walk of life!!

— Yours Truly

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