

Welcome to

Tamarack's oasis of wellness.

Santé Spa – the ultimate

in personal bodywork

and skincare therapy;

a sublime sanctuary dedicated to

soothing your body, restoring your

spirit, and rediscovering your bliss.



SANTÉ SPA

In the Lodge at Osprey Meadows at Tamarack Resort

311 Village Dr.

Tamarack, Idaho 83615

208.325.1570

HAIR CARE

Styling

Special Events Style	starting at \$45.
Bridal Style	starting at \$100.
Shampoo & Blow Dry	starting at \$30.

Cut (includes shampoo & blow dry)

Men	\$30.
Women	starting at \$45.
Children	\$20.

Color (includes style, shampoo & blow dry)

Color	starting at \$85.
Full Highlights	starting at \$110.
Partial Highlights	starting at \$85.

Permanents (includes cut, style, conditioning)

Basic	starting at \$75.
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Miscellaneous

Deep Conditioning Treatment	\$25.
Cellophane	\$25.

FITNESS AND WELLNESS

We're proud to have a team of therapists with backgrounds ranging from doctorates in exercise science to masters in nutrition and physical therapy. All of the following activities can be tailored to meet your needs and time frame. Prices listed are estimates for a basic one-hour session.

Yoga

Single Session	\$85.
Additional Student	\$15.
Series of Six	\$425.
Additional Student	\$65.

Pilates

Single Session	\$85.
Additional Student	\$15.
Series of Six	\$425.
Additional Student	\$65.

Personal Training

Single Session	\$100.
Series of Six	\$500.

Nutrition

Single Session	\$50.
Additional Student	\$10.
Series of Six	\$250.
Additional Student	\$50.

Pre- or Post- Sports Massage Prices vary per therapist and time.

Whether you are biking, hiking, skiing, or golfing, consider the advantages of combining your recreation with pre- and post- therapeutic massage and spa services. An invigorating massage perfectly suited to both precede and conclude a day of all-out fun, this treatment combines gentle and active stretches with kneading and compressions to flush sore joints and muscles. Extra attention is given to tired feet, legs, and hips. Moist, hot towels and a muscle recovery blend of essential oils will soothe even the sorest muscles. Top it off with a hot cup of our lemon-infused detox tea.

POLICIES

Return Policy

Our return policy is for spa credit only. We have chosen to use and carry products of the highest quality to minimize any problems, but we do stand behind what we sell. Upon Santé Staff discretion, we will provide a guarantee of satisfaction with our retail products for up to 30 days from the date of purchase. Please let us know as soon as possible if a product does not meet your expectations, and your therapist will suggest an alternative. We are completely committed to your satisfaction.

Gift Certificates

Available in any denomination and may be used for services or products. For a small fee, we will be happy to deliver gift certificates by mail or overnight service.

Cancellation Policy

Knowing that your time is valuable, our cancellation policy is designed to give you flexibility. Your reservation is secured with a credit card. If the spa is notified 24-hours prior to scheduled service, there is no charge for changes or cancellations. If you cancel with less than 24-hours' notice, you will be charged the full amount regardless of the reason you are cancelling. We appreciate your understanding.

Additional Information

As a courtesy to other guests, we ask that all cell phones be turned off or set to vibrate. Prices and service offerings subject to change without notice.

What to Expect

Guests who schedule multiple treatments will be given a private locker, where they will find plush robes and spa slippers.

Water (sparkling and filtered), herbal teas, nuts and fruit are available.

Generally, undress completely for body treatments and services. Your therapist will keep you draped during all services, exposing only the area that is being worked on.

Share feedback with your therapist concerning your level of comfort and any special needs. It is important to us that you are completely relaxed, comfortable and satisfied.

Our spa shower room is complete with everything you need to get on with your day.

A catered lunch is optional for all services. It is best to call ahead to arrange lunch.

Appointments

Please arrive 15 minutes prior to your scheduled service to fully prepare for your spa experience. All services conclude on time as a courtesy to the following appointments. An effort to schedule add-ons while making your original appointment is appreciated.

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SKIN CARE

Choose one of three facials, and our aestheticians will analyze your skin before selecting an appropriate treatment for you from Santé Spa's unique product line comprised of pure essential oils.

Santé Spa products are adapted for five different skin types, designed to help you relax and rejuvenate as you replenish body and mind while indulging yourself in the luxury of our sanctuary.

Aromatherapy Dual Action Facial (75 minutes) **\$105.**

This Santé Spa multiactive, 100%-natural treatment is tailored to every skin type. At the heart of this treatment is a mask with a truly unique and surprising texture. Linseed, wheat germ, and sunflower along with an antioxidant cocktail of proteins and vitamins provide hydration, decongesting, anti-inflammatory, and healing properties while stimulating and enhancing the action of the products applied during the treatment. Treatment begins with a trigger-point back massage to promote drainage of the lymphatic system and complete relaxation to prepare the body for the full benefits of your facial.

European Facial (60 minutes) **\$95.**

This French classic sets the standard for healthier, younger looking skin.

Aroma Expert Facial (75 minutes) **\$125.**

This Santé Spa intensive treatment provides an expert response to the needs of every skin type. Every Aroma Expert treatment offers a concentrate of highly targeted, active ingredients with powerful properties in an exclusively designed professional mask. Treatment begins with a trigger-point back massage to promote drainage of the lymphatic system and complete relaxation to prepare the body for the full benefits of your facial.

M A S S A G E

Santé Swedish Massage (30 minutes) **\$65.**
(60 minutes) **\$95.**
(90 minutes) **\$135.**

Enjoy our relaxing Swedish massage which incorporates slow, continuous strokes to reduce tension, soothe sore muscles and increase circulation.

Dual Escape (60 minutes) **\$210.**
(90 minutes) **\$290.**

Two therapists and two clients... a perfect romantic escape.

Deep Tissue/Sports Massage
(30 minutes) **\$75.**
(60 minutes) **\$105.**
(90 minutes) **\$145.**
(120 minutes) **\$175.**

A deeper and firmer stimulation of the muscle tissue, this therapeutic technique restores range of motion and relieves muscle soreness. This massage is perfect for active individuals. Please also see Wellness Activities for our Pre- and Post-Sports Massage.

Prenatal Massage
(30 minutes) **\$70.**
(60 minutes) **\$100.**
(90 minutes) **\$140.**

Perfect for the mother-to-be... our prenatal massage certified therapists ensure this is a safe, relaxing, and beneficial experience for you.

Hot Stone Massage (90 minutes) **\$165.**

Originating as an ancient ritual from the South Pacific, this exquisite treatment utilizes smooth, heated river stones and ice-cooled marble stones.

Aromatherapy Massage
(30 minutes) **\$75.**
(60 minutes) **\$105.**
(90 minutes) **\$145.**
(120 minutes) **\$175.**

The powerful effects of essential oils, synergistically combined with a full body massage to elicit relaxation, eliminations of toxins and renewal of energy.

Tandem Massage
(60 minutes Swedish) **\$180.**

Two therapists working in harmony to provide twice the body work in half the time.

Tamarack Village In-Room Massage
Add \$25 to your selected massage
Enjoy any of our massages in the privacy of your own Tamarack home, chalet, or hotel room. Our therapist will bring everything needed to give you a spa-perfect experience.

SPECIALTY SKIN CARE TREATMENTS

Back Facial (40 minutes) **\$80.**

Our super-smoothing back treatment rids skin of impurities and leaves your shoulders and back glowing. Includes a deep-cleansing scrub followed by a relaxing aromatherapy massage.

Microdermabrasion (30 minutes) **\$75.**
Series of 6 **\$425.** Add-on **\$50.**

Utilizes a precise direct blast of fine crystals to deeply clean and refine the skin's surface. Brown spots, fine lines, and even light scarring can be diminished.

SKIN CARE ADD-ONS

Revitalizing Eye Rescue **\$25.**

Firm, tone, and revitalize tired eyes with our unique blend of vitamin therapies and firming botanicals.

Warm Essential Oil Scalp Treatment **\$30.**

B O D Y T R E A T M E N T S

Relax Body Envelopment **\$120.**

Relax with frankincense resin. Rediscover total well-being and utter harmony. Energy flows are balanced and tensions eased away. Enveloped in a nourishing and hydrating papaya and clay cream mask, your skin regains it's soft, fine quality.

Aroma Flow Envelopment **\$125.**

Flow with cypress bark. The Flow Program boosts energy, stimulates microcirculation, and has an all-over invigorating effect. This unique treatment features a friction massage using an Ayurvedic plant-based powder, followed by a stimulating gel to boost circulation and improve energy exchanges.

Aroma Detox Envelopment **\$125.**

Detox with pepper spices. Refine your figure and see significant reduction in dimpled skin with cellulite. This treatment uses the wonderful detoxifying and remineralizing action of a sea-algae wrap to drain away toxins, excess water and fat buildup, leaving a more refined and sculpted appearance.

Aroma Sculpt Body Envelopment **\$130.**

Sculpt with lemongrass. Significantly improve the appearance of your skin and leave it regenerated, firmer and incredibly soft. This perfect anti-aging treatment improves tone and elasticity of your skin for an extremely lifting and toning effect, bringing the "fountain of youth" to your body.

Sculpting Mom-To-Be **\$140.**

A more intensive version of our firming Sculpt Envelopment, perfectly designed for the mom-to-be. Improves elasticity, targets stretch marks, and tones.

Salt Glow **\$80.**

Energize your skin while improving its appearance. Our Salt Glow gives a deep exfoliation and is complemented with an application of hydrating lotion scented with your choice of aromatherapy.

Radiant Glow Sunless Tanning **\$105.**

Go bronze now! Our deliciously scented, hydrating tanner meshes with your body's own pH for a rich golden tan without the damaging effects of UV rays. Begins with a Salt Glow to prepare the body for an even, natural-looking tan.

NAIL SERVICES

Basic Manicure	\$35.	Nail add-ons	
Basic Pedicure	\$50.	French Tips add	\$5.
Signature Manicure	\$45.	Nail jewels/art	\$2.50
Signature Pedicure	\$60.		per nail
Polish Refresh	\$20.	Paraffin Dip	\$10.

HAND AND FOOT THERAPIES

Raw Earth Foot Rescue (45 minutes) **\$65.**

A caring foot therapy for dry, rough, and cracked skin, beginning with a foot soak in fizzing mineral salts enhanced with sandalwood and calendula oils. Your next indulgence is a raw sugar foot scrub to soften, moisturize, and reduce the visible signs of aging. A conditioning volcanic-clay foot masque fortified with a rich blend of hydrating and protective vitamins helps moisturize, condition, and protect the skin against the visible signs of environmental stress.

Mineral Soak for the Hands (40 minutes) **\$50.**

A signature manicure that pampers the hands with nourishing plant oils and a thermal mineral soak. Your service includes a relaxing hand and arm massage with ylang-ylang, Melissa, and lavender essences.

Reflexology (30 minutes) **\$45.**
(60 minutes) **\$85.**

Reflex points in the feet affect all the body's organs and their functions. In this powerful energy treatment, specific pressure is used to stimulate these points to relieve congestion and promote optimal body function.

Hand and Foot Massage (30 minutes) **\$35.**

Chocolate Decadence (45 minutes) **\$65.**
Indulge your senses with this calorie-free treat! A decadent foot treatment that leaves your feet smooth and silky.

WAXING & TINTING

Waxing		Tinting	
Eye Brows	\$25.	Eye Brows	\$25.
Lip Wax	\$25.	Eye Lashes	\$25.
Chin Wax	\$25.		
Under Arm	\$25.		
Legs	\$65.		
Bikini	\$35.		
Back	\$35.		

MAKEUP APPLICATION

Basic	starting at \$40.
Training Applications	\$60.
Bridal (Including Practice)	starting at \$75.