

President's Club 2024



The Coeur d'Alene Resort
Spa and Salon Menu & Guidelines

ArcBest President's Club 2024

Massage Therapies

50 Min. Swedish Massage – Relax, rebalance, and renew with this classic nourishing massage specially tailored to your specific needs. Your therapist will consult with you to determine your desired light to medium pressure along with any areas of concern.

50 Min. Deep Tissue Massage – Concentrates on the deep layers of muscle and fascia in the body. This is a highly effective treatment to break up old scar tissue, relieve muscle tension, and ease chronic pain. Techniques customized to specific areas of concern to restore and heal overextended muscles.

50 Min. Hot Stone Massage – Experience an entirely new level of relaxation. Hand-carved massage stones with grounding properties help provide penetrating heat to improve sleep and balance the central nervous system. The basalt hot stones melt muscle tension away and the cool stones offer refreshment and healing to specific areas.

50 Min. Comforting Pregnancy Massage – Focused on your personal needs to alleviate tired muscles and soothe the body.

50 Min. Couples Aromatherapy Massage – Relax and reconnect together and receive side-by-side aromatic custom massages in a romantic Couple's suite featuring a cozy fireplace and ambient lighting.

Facials

50 Min. Customized Facial – European-style facials tailored to your skincare needs.

- Deep Cleansing Facial (purifying and restorative)
- Organic Facial (utilizing all-natural products)
- Men's Facial (targeted for men's skincare needs)

Body Treatments

50 Min. Nourishing Spirulina Wrap – Drift away inside a powerful seaweed wrap, nourishing the skin and body while relaxing your muscles. First, a dry brushing technique flushes your lymphatic system and prepares the skin for a warmed spirulina, applied head to toe. Rich in vitamins, minerals, antioxidants and blue-green algae, this natural product stimulates circulation. Next, you are cocooned in comfort for an acupressure facial treatment. After a warm cleansing rinse, finish with a nourishing body cream for a youthful appearance.

50 Min. Detox Moor Mud Wrap – Sooth and rejuvenate tired muscles and dull skin with nature's minerals. Pure organic Moor Mud is legendary for its powerful therapeutic properties. Europeans have used this substance for centuries to bathe, heal, and detoxify the body. Relax for a hydrating acupressure facial treatment. After steeping in mineral rich mud, a cleansing shower prepares you for the finishing aroma cream that hydrates and remineralizes to soothe and protect your skin and ease muscle tension.

Nail Care

Custom Spa Mani-Pedi – An elegant manicure and pedicure providing a luxurious and relaxing experience.

- **Pedicure** – includes a foot soak, scrub, nail care, callus removal, massage, polish, and 10-minutes of customized care focusing on the needs of the guest.
- **Spa Manicure** – includes nail care, hand massage, polish, paraffin treatment, masque and scrub.

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The Coeur d'Alene Spa and Salon

Step into serenity at The Coeur d'Alene Spa. With luxurious amenities, award-winning therapists, and state-of-the-art facilities, The Coeur d'Alene Spa goes unmatched – with lake views at every turn within the spa.

Spa Treatments

Reduce tension with a tranquilizing massage, rejuvenate your skin with a relaxing facial, or nourish your nails with a pedicure or manicure. Escape to the edge of Lake Coeur d'Alene and pamper yourself by selecting from the many different spa experiences offered.

Spa Experience

All spa guests receive:

- Complimentary access to Indoor Pool and Jacuzzis
- Courtesy access to state-of-the-art Fitness Center
- Experience the beauty of the lakeside Meditation Room
- Female-only and male-only locker rooms and private, quiet rooms
- Luxurious Infrared Dry Sauna

Additional Information

Location – Lobby-level of The Coeur-d'Alene Resort behind the Concierge Desk in the Main Lobby.

What to expect – Arrive at least 15 minutes prior to your appointment time to check-in, but feel free to come earlier or stay later to enjoy all complimentary amenities. You will receive a locker to put your belongings into as well as a cozy robe and spa slippers. Swimsuits are required for the pool, hot tub and sauna; other undergarments is personal discretion.

Relaxation options – Full-day access to full-service locker rooms, which include infrared dry saunas, Quiet Rooms, women's lounge, men's lounge and co-ed lounge, and co-ed hot tubs, lap pool, and fitness center.

Food & Beverage – Limited light eats, self-service beverage bar, and alcoholic beverages.

