

## massage and treatment pricing

### massage

Cambium Signature Forest Air Massage 60m \$190 | 90m \$280 | 120m \$350

Uniquely Customized Massage 60m \$180 | 90m \$260 | 120m \$325

Himalayan Salt Stone 60m \$180 | 90m \$260 | 120m \$325

Special Enhancement - added during your massage session \$25 each

Hot Towel Face | Dry Brushing | Scalp Treatment | CBD | Hot Stones

### rev up, reboot, tune in

Express Chair Massage	20m \$50
Cambium Signature Apres Foot & Leg Treatment	60m \$150
Normatec Leg Compression	20m \$35   30m \$50
Halo IR Sauna	30m \$45   45m \$60
Paraffin Foot	\$25
Paraffin Hand	\$25
Sole & Sound Footwork	60m \$155
Sound Lounge Session	20m \$35   45m \$50
Classes (see separate schedule)	\$35

### facials

Mountain Escape Facial 60m \$150 | 90m \$200

Lip Love Enhancement \$65

Exfoliating Enhancements 20m \$65

Dermaplane | Microdermabrasion

### cancellation policies

Treatments can be canceled by calling up to 48 hours of appointment time with no fee.

No-shows and cancellations within 48 hours of appointment time will be charged 100% of the cost of treatment. Rescheduling within 24 hours of appointment time will result in a \$55 fee.

Reservations are held with a credit card which may incur a pending preauthorization charge. This will be reversed at the time of treatment and may take 2-7 business days to be reflected on your account.

✉ 10,000 Schweitzer Mountain Rd. 📍 64 Great Escape Lane Sandpoint, Idaho 83864



# CAMB IUM

Spa at Schweitzer

Cambium Spa is a gathering place that offers unique recovery services and spa treatments in a vibrant, communal atmosphere.

Whether it's for an immersive wellness experience, an express treatment, or a day of relaxation, Cambium is designed to meet the needs of every guest or resident in the community.

#### by definition

Cambium is a layer within a plant or tree that encourages new growth.

#### by design

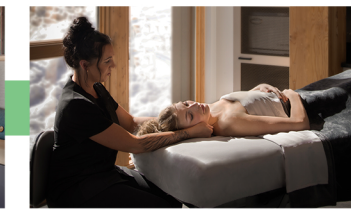
Cambium Spa offers unique services & wellness treatments that encourage restoration, nourishment & growth.

rev up

reboot

tune in

(208)255-3074 | cambiumspa@schweitzer.com | schweitzer.com



## massage

### Cambium Signature Forest Air Massage

This relaxing and refreshing massage blends native forest essential oils, bringing you the health benefits of forest air while releasing deep stress and nervous tension, and stimulating your immune system. This experience also includes hot towel wraps, scalp massage, and Himalayan salt stones.

### Uniquely Customized Massage

Cambium's customized massage allows your therapist to spend time targeting your specific needs. Your session will be tailored to the experience you're looking for whether it be a light touch or deep tissue. Therapists may use a variety of techniques such as deep tissue, myofascial release techniques, neuromuscular techniques or Thai massage.

### Himalayan Salt Stone

Soothe away stress and tension, and promote an increased sense of well-being. Heated salt stones are used to apply pressure using Swedish massage techniques, allow the minerals from the salt to absorb into the skin to soothe the body and mind and restore equilibrium. Its grounding properties help to improve sleep and balance the central nervous system.

## facials

### Mountain Escape Facial

Rejuvenate your Beautiful Skin with a facial tailored to support your current skin care needs. Relax and unwind with a tranquil neck and scalp massage while your skin is rehydrated, nourished, and restored to a healthy, luminous glow. Facial includes double cleanse, exfoliation, mask, toner, serums, moisturizer, and sun protection.

### Lip Love Enhancement

Nourish and treat your lips with potent antioxidants, phytonutrients, and naturally plumping ingredients. Gently exfoliate, hydrate, and seal with a protective balm.

### Exfoliating Enhancements **Non-Invasive. Immediate Results. No Downtime.**

**Dermaplane:** Using a sterile surgical grade razor. Removes top layer of dead skin cells, debris, and peach-fuzz. Reveals smoother, revitalized skin.

**Microdermabrasion:** Cleanse congested pores with fine crystal particles or diamond tips, with gentle suction. Remove dead skin cells, dry damaged skin and impurities that dull skin. Improves skin tone and texture, revealing a brighter and smoother complexion.

## rev up

A holistic approach to maximizing mind & body connection for optimum performance.

### Express Chair Massage

For those who need targeted treatment, allow our therapists to work on that troublesome area for 20 minutes so that you can enjoy the rest of your day on the mountain.

## reboot

Unique therapies & services to help you reconnect after a day on the mountain.

### Cambium Signature Apres Lower Leg and Foot Treatment

Begin with a foot bath to soak your hard worked feet in aromatic oils. Complete with a scrub and light massage to rejuvenate your feet. Finish the treatment with a session in our Normatec compression pants to increase circulation and feel ready for another day.

### Normatec Leg Compression

Compressed air to massage your legs, mobilize fluid and speed up recovery, helping you recover faster between ski days or bike days. Each session involves a pre-inflate cycle, during which the connected attachments are molded to your exact body shape.

### Halo IR Sauna Session

A synergistic combination of infrared sauna and dry salt therapy. Dry salt therapy benefits respiratory, skin, and recovery. The combination salt, infrared, and sauna engages all 5 senses for a truly transformative experience while allowing your muscles to recover quicker.

### Paraffin Foot and/or Hand Treatment

Mountain life takes a hard toll on our skin. Paraffin has healing properties to return the moisture stolen away from dry mountain air while also providing heat therapy to ease stiffness.

## tune in

Turn yourself inward with a treatment that helps restore mind and body.

### Sole & Sound Footwork

Begin with a foot bath to soak your hard worked feet in epsom salts and receive a light foot scrub. Then move into our sound lounge chair where you'll immerse yourself in a whole body experience with healing vibrations, ambient audio, and a foot treatment.

### Sound Lounge Session

Sound Therapy soothes your busy mind and relaxes your entire body using sound frequencies and vibrations. Enjoy the benefits of healing vibrations while adding soothing audio played through headphones.

