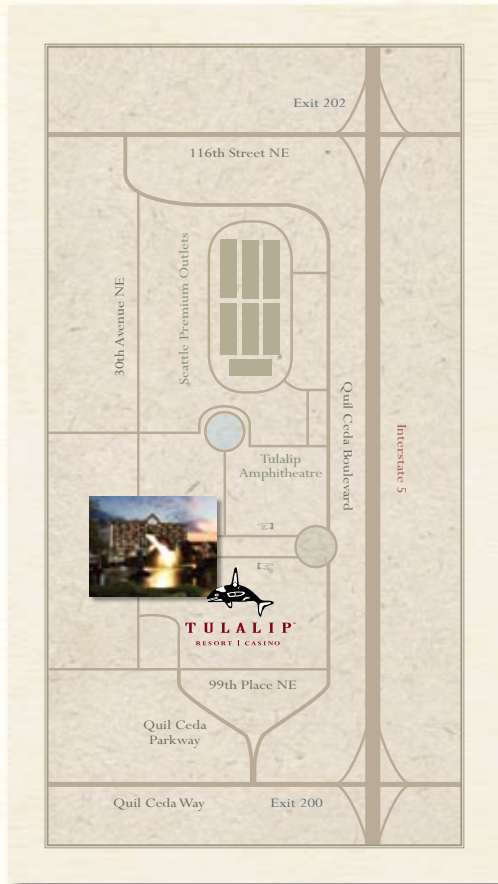


T SPA

*The Place for Ultimate
Relaxation*



T Spa at Tulalip Resort | Casino

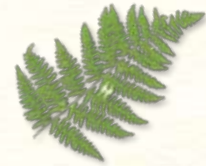
10200 Quil Ceda Boulevard

Tulalip, Washington 98271

888-716-TSPA (8772)

www.tulalipresort.com





**T SPA: A PLACE *of* BEAUTY
and RENEWAL**

Enter T Spa and leave the world behind. Candles provide subdued lighting with dancing flames, while tranquil music and pleasing aromas soothe the senses. Sixteen treatment rooms await you with such services as makeup/facial, manicure/pedicure, massage, steam/sauna and hydrotherapy. Eucalyptus steam rooms, cedar saunas, grotto showers and more all contribute to a feeling of "ahhhh."

T SPA INFORMATION

General Information

- Spa guests must be at least 18 years of age
- Our underage guests must be accompanied by a parent or guardian
- T Spa is a non-smoking facility
- Alcohol is not permitted in T Spa
- To preserve the tranquil environment of T Spa, cellular phone use is only permitted in the reception area.

Hours

- Sunday – Thursday, 9 am – 7 pm
- Friday – Saturday, 9 am – 8 pm

Location

The T Spa is located on the second floor of Tulalip Resort, near the elevators.

Reservations

Reservations may be made by calling 360-716-6350 or toll free 888-716-TSPA (8772) during our business hours. Resort guests may dial extension 6 from their rooms. Our knowledgeable staff will be delighted to suggest the perfect service or package for you. We strongly encourage our guests to make your T Spa appointments when room reservations are made to secure the best possible appointment times. Reservations will be secured with a credit card number.

Cancellation Policy

To avoid charges, please honor our 24-hour advance notice cancellation policy. T Spa packages or group reservations require 48-hours advance cancellation. Late cancellation will be subject to a fee equal to the service or package price. If an appointment is re-scheduled on the day of the service, a \$50.00 fee will be assessed on services of \$50.00 or more. No-shows and same day cancellations will be charged the full amount of the service or package.

Gratuities

An 18% gratuity will be added to all services.

Our Professional Staff

Every team member of T Spa meets Tulalip Resort's rigorous standards for training, experience, excellence and customer service. If you have a preference or request for a specific therapist, please mention it when scheduling your appointment.

Why Hurry?

Please feel free to arrive 30 minutes prior to your scheduled appointment to avoid feeling rushed. While here enjoy the amenities offered in the steam rooms or pool area, or sit and enjoy a cup of tea.

What to Wear

T Spa will provide you with a robe and slippers, and a locker is available for your personal belongings. However, because our services require bare skin and freedom of motion, we request that you refrain from wearing jewelry. We regret that we will not be held responsible for lost or stolen items.

Physical Ailments, Disabilities or Allergies?

Your comfort and well-being are our first concern. Please notify T Spa concierge when booking your treatment about any special needs or medical conditions: Pregnancy, hypertension, injuries, allergies, diabetes or recent surgery.

We recommend pregnant women enjoy T Spa, however, you'll want to avoid services that involve deep pressure and heat such as hot stone or deep tissue massage, hydro-therapy services and aromatherapy. You may want to partake in the "Mother to Be" service after your first trimester, which is specifically designed with your relaxation and comfort in mind.

Products Used in Treatments

Our Spa Boutique has a full array of items and products used during treatments, as well as excellent gift items to purchase.

Gift Cards

A T Spa gift card can make an ideal gift for any occasion. T Spa gift cards may be purchased in any dollar increment over \$25.00 to be used toward products or services of choice.

Spa Parties

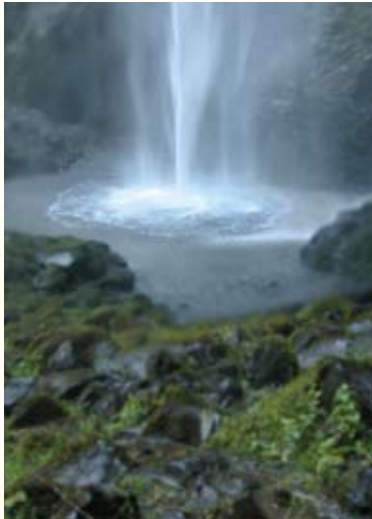
A T Spa party is the perfect way to celebrate a special event with family, friends or colleagues. Make it an event to remember. Call the T Spa front desk for further details on booking your party.

Consultation

We gladly consult on our services and products or help you to choose the program to achieve your personal goals. Simply call the front desk to book a complimentary consultation.

Prices

Prices are subject to change without notice.



T SPA PACKAGES

Lavender Dreams (2.5 hours)

- Well Being Bath Ritual
- Custom Aromatherapy Massage
- Wild Flower Pedicure

Heaven & Earth (2.5 hours)

- Precious Milk Bath Ritual
- T Spa Signature Massage
- T Spa Harmonizing Signature Facial

Essence of the Pacific Northwest (2.5 hours)

- Pacific Northwest Lava Shell Massage
- Soaring Spirit Oxygenating Facial
- Simply Hands Manicure

Air (3 hours)

- Drift Away Body Ritual
- Elemental Balancing Body Ritual
- Lunch

Fire & Water (4.5 hours)

- True Ocean Bath Ritual
- Mission Beach Hot Stone Massage
- Cool, Calm Solace Facial
- Native Stone Ritual for Feet
- Lunch

Canoe Puller (5 hours)

- Re-energize Body Ritual
- Mud Bath Ritual
- Deep Tissue Bolus Massage
- Skin Resonance Vitamin Infusion Facial
- Native Stone Ritual for Feet
- Lunch



Bride in Focus Package (5.5 hours)

- Precious Milk Bath
- Blissful Spice Island Body Ritual
- Cool, Calm Solace Facial
- T Spa Signature Manicure with French Polish
- T Spa Signature Pedicure with French Polish
- Lunch

The Ultimate Bridal Package (3 visits)

Week before the wedding (3 hours)

- Perfect Brow Wax and Tint
- Skin Resonance Vitamin Infusion Facial
- Makeup Application and Consultation

Day before the wedding (4 hours)

- Re-connect Body Treatment
- Well Being Bath Ritual
- T Spa Signature Manicure with French Polish
- T Spa Signature Pedicure with French Polish
- Lunch

Day of wedding (1 hour)

Bridal Makeup Application

Bridesmaid Bridal Package (3.5 hours)

- T Spa Signature Manicure
- T Spa Signature Pedicure
- Makeup application
- Lunch

The Groom-To-Be Package (3.25 hours)

- Gentlemen's Cascade Purifying Facial
- Deep Tissue Therapeutic Massage
- Gentlemen's Manicure
- Gentlemen's Pedicure
- Lunch



THE TULALIP VIP COUPLE'S SUITE

Enjoy our exclusive couple's suite within T Spa. A fireplace, seating area and couple's shower provide an ambiance of ultimate seclusion and the feel of a lavish vacation. Our *Renewal Journey* is exclusive to the Tulalip VIP Suite and has been specifically designed to let you reconnect with each other (6 hours).

The Renewal Journey (6 hours)

Beginning

Walk through the forest to the peak of the mountain and soothe your needy feet in our relaxing mountain pine foot bath ritual.

Mountains

Enjoy our herbal scrub of pine and lavender followed by an earthy mud wrap.

Stream

Drift away with our Body Ritual to restore inner calm, balance the emotions and achieve a sense of well-being. Traditionally known as Shirodara, a gentle stream of warm, herbalized oil is directed to your forehead on the area known as the "third eye." This has profound effects on calming the nervous system and relaxing you from deep within.

Lunch

Enjoy a delicious T Spa lunch in the privacy of your suite.

Sea

Return to the ocean to alleviate accumulated stress through our soaring spirit oxygenation facial to restore vitality, luminosity and radiance.

Beach

Walk on the beach and soak the warm sun rays through our Mission Beach Hot River Stone Massage, guaranteed to melt away muscle stress and to bring you a new level of relaxation.

Earth Renewal

Conclude this exhilarating journey with our Wild Flower Pedicure, where warm floral infusions drench and cleanse your skin in the ultimate hydration.

Available Individually

Mountains (1 hour)

Mountains and Beach (2 hours)

Mountains, Sea and Beach (3 hours)

(Any service on the menu may be performed in the VIP Suite with a charge of \$400 and the price of the service.)

MESSAGE THERAPIES

T Spa Signature Massage

Need a relaxing massage to help drift away to a peaceful state of mind? Our highly-acclaimed, custom Signature Massage combines a variety of massage techniques with classic Swedish movements from gentle to firm pressure with long, relaxing and gliding strokes. Our professional staff of massage therapists will provide the appropriate techniques to address your specific needs (50/80 minutes).

Custom Aromatherapy Massage

Drawing upon ancient arts, this massage applies essential oils to the body for healing, soothing, and regenerating properties. A custom aromatherapy scent is blended just for you based on your state of mind and desired result. This massage relaxes and increases energy while reducing the effects of stress, restoring balance among mind, body and spirit (50/80 minutes).

Deep Tissue Bolus Massage

Lavender flowers and juniper berries are blended with marine salt crystals and tied into a bolus or herb bundle. A heated lavender bolus with anti-inflammatory oils and analgesics is used in an upper body massage focusing on neck, shoulders and back to provide relief (50/80 minutes).

Lunchtime Massage

This is a wonderful midday luxury for those who spend hours in front of a computer screen or who carry stress in their shoulders and upper body. A deep tissue massage on pressure points relieves tension through the neck, shoulders, and back area (30 minutes).

Massage for Two

Double the pleasure, double the experience! Enjoy an indulgent getaway together in our double treatment room. Choose from any massage techniques to best suit your needs. Price determined by service chosen.

Mother-To-Be Massage

Designed specifically for expectant mothers, this special massage nurtures both the mother and the baby. Special care and attention are given to the mother's comfort and stage of the pregnancy. This massage eases back tension, relieves water retention in the legs and provides a great sense of relaxation. This massage is not recommended during the 1st trimester. Please consult your physician to discuss this treatment during the 2nd and 3rd trimesters (50/80 minutes).

Mission Beach Hot Stone Massage

Relax and revive sore muscles that accompany increased physical activity. Warm sage and juniper berry massage oils are combined with hot river rocks to melt away aches and pains to bring you a new level of relaxation (50/80 minutes).

Lava Shell Massage

Unique Philippine tiger clam shells provide a natural, ocean-inspired element. Once heated, these smooth shells are ideal for transmitting the greatest amount of heat, especially to the large muscle groups. This massage uses calming botanical oils infused with South Pacific extracts to relax muscles and rejuvenate the mind (50/80 minutes).

Massage Enhancements

- Paraffin Hand Treatment
- Paraffin Foot Treatment
- Scalp Mud Treatment

BALANCING WATER RITUALS*

Precious Milk Bath Ritual

Rediscover your inner child as you are immersed in the sweet richness of our Milk Bath. You will emerge drenched with moisture, feeling sensuous and smelling wonderfully aromatic (25 minutes).

True Ocean Bath Ritual

Let the sea regenerate you and reveal your beauty. Our thalasso bath crystals with algae are ultra rich in minerals and trace elements to promote healthy body metabolism and a refined figure (25 minutes).

Well Being Bath Ritual

This complete aromatherapy experience aids in relaxation and alleviates poor circulation and jet lag. Ideal to help regain physical, mental and emotional well-being (25 minutes).

Mud Bath Ritual

This revitalizing ancient therapy uses unique micronized moor mud with humic acids to drain the system and eliminates toxic substances. Organic essential oils are blended to help melt away the appearance of cellulite and rejuvenate tired muscles. A wonderful, subtle, earthy scent keeps you grounded with nature (25 minutes).

BODY TREATMENTS

Renew

This invigorating body treatment begins with a full mineral body exfoliation to eliminate dead skin cells and improve blood circulation, followed by a 30-minute, tension-melting neck, shoulder, and back massage (50 minutes).

**Those participating in these bath rituals need to be physically fit to enter and exit tubs.*

Replenish

Our Royal Milk Bath Ritual for intense hydration is followed by an upper body massage using anti-inflammatory oils and analgesics to provide back relief (50 minutes).

Refresh

Wash the tension away with this extraordinary effective body scrub. Sea mineral scrub and essential oils slough off dead, flaky, dull skin layers and improve circulation. An application of our nourishing body butter in long effleurage massage movements leaves you feeling silky smooth (50 minutes).

Re-energize

Invigorate your senses with our organic coffee sugar scrub and give your body a stimulating wake-up call. This delightful treatment begins with gentle exfoliation—using a blend of sugar cane and organic coffee for their hydrating and stimulating properties—followed by a warm Mocha Java Body Wrap known for its active slimming properties (50 minutes).

Rebalance

A warm, detoxifying body wrap is combined with a true marine bath. All designed to improve blood circulation, eliminate toxins and replenish the body with vitamins, minerals and trace elements (50 minutes).

Reconnect

Unwind, rejuvenate and soothe your senses with this luxurious treatment. After a complete exfoliation of the skin with our crushed walnut scrub, we envelop your body with a warm aromatic gel created with an exclusive blend of essential oils to tone the skin and create harmony among mind, body and spirit (50 minutes).

Regain

A revitalizing European therapy, our moor mud mineral-rich body mask is designed with synergetic active ingredients to regain tonicity, firmness of skin and rejuvenate tired muscles. This mud wrap is followed by a “targeted” area body massage with our refining body cream (50 minutes).

SPA RITUALS *of* THE WORLD

Drift Away Body Ritual

This body ritual is an ancient Ayurvedic therapy used to restore inner calm and balance emotions. Begin with a gentle stream of warm herbal oil to the “third eye,” quieting the mind and soothing the senses. This oil is massaged into the hair and scalp to nourish hair roots and condition the scalp. We then work on specific Marma points on your face, hands and feet (75 minutes).

Elemental Balancing Body Ritual

This Ayurvedic herbal ritual is a cleansing and hydrating treatment that encourages the body’s natural balancing process, while replacing essential elements to the skin. A stimulating dry brush massage begins the treatment and is followed with herbal infused oils and a botanical mask to exfoliate, cleanse, detoxify and nourish. Using oils selected for your specific constitution, a light massage will enlighten and hydrate the skin to a supple glow (75 minutes).

Blissful Spice Island Ritual

This is a holistic and symbolic approach to beauty and life with an emphasis on inner peace and well-being. Your ritual starts with a luxurious rose petal footbath. You then receive a blissful body polish with exotic jasmine, turmeric and ginger powder. Next, a body wrap of honey and yogurt gives your skin a moisturizing, healthy glow. Milk bath and head/scalp massage complete this beautiful spa experience (90 minutes).

Vital Relaxation Body Ritual

Harness the serenity and relaxing powers of rituals from around the world. Begin with a sweet and savory body scrub to leave your skin velvety smooth. Then slip into an Egyptian milk bath to melt stress and leave your skin with a shimmering veil. Next, Oriental and Chinese massage methods help you unwind as our qi-balm reduces cellular stress. Finally, your body is enveloped in a replenishing sublime cream and its delicate powder scent (90 minutes).

SKIN CARE SERVICES

T Spa Harmonizing Signature Facial

Silky skin and restored hydration make this facial excellent for skin exposed to the elements and for dry, dehydrated skin. Marine ingredients, vegetal milk and specific massage techniques act in harmony to render your skin revitalized, firm and glowing. A hand and arm massage complement this service (50 minutes).

Discovery Facial

This deep-cleansing treatment is perfect for those who want the beautifying benefits of a facial but just don’t have the time for a full service. Included in this express service is a steaming and light massage (30 minutes).

Hydrapure Customized Facial

This profoundly relaxing and balancing facial uses botanical extracts, essential oils and natural enzymes to transform both skin and spirit. Our expert skin therapists will select products and procedures best suited for your skin (50 minutes).

Age Management Wrinkle Control Facial

This anti-aging facial incorporates time-reversing peptides that promote the production of collagen. Birch bud extract increases energy and oxygen absorption. Hyaluronic acid works to hydrate and diminish the appearance of wrinkles. Skin appears smoother and younger looking with long-lasting effects (50 minutes).

Cool, Calm, Solace Facial

This award-winning treatment works on all signs of sensitivity to decongest fragile, irritated skin. A soothing treatment combines proven calming ingredients with a unique cooling mask to reduce redness and offer immediate comfort (50 minutes).

Skin Resonance Vitamin Infusion Facial

A combination of alpha-hydroxy acids and salicylic acids brings radiance to your skin. Five essential vitamins are transported deep into the skin cell receptor cells to treat and condition all skin types with dramatic, visible results (50 minutes).

Soaring Spirit Oxygenating Facial

This rejuvenating facial alleviates accumulated stress and devitalized skin using an intoxicating blend of herbal and floral essentials to promote deep oxygenation and achieve a proper balance of cellular functions. Restores vitality, luminosity and radiance to all skin conditions (50 minutes).

Environmental Vitamin C Facial

This extraordinary facial treatment is scientifically proven to deliver the most powerful stabilized formulation of pure Vitamin C enriched with anti-oxidants to help repair and prevent free radical damage from environmental exposure. Our Vitamin C Facial reduces pigmentation, helps restore elasticity and firmness, rejuvenates lackluster skin and improves your skin's texture and tone (50 minutes).

Organic Facial

Our Organic Facial is based on years of research to pioneer the latest discoveries in bio-technology. Using skin-friendly ingredients without any irritants, colorant, essential oils, additives or preservatives, this special service guarantees absolute efficiency while protecting, regenerating and repairing skin. This all-natural facial has been designed for all skin types with a focus on performance (50 minutes).

Microdermabrasion Facial

This skin resurfacing procedure achieves healthier, smoother skin after each and every treatment. A jet of micro-corundum crystals is propelled across the skin's surface to remove unwanted dead cells, which are vacuumed off, leaving a fresh, renewed skin tone. Dull or tired-looking complexions appear immediately brighter and revitalized. What's more, this process promotes collagen production and may help in delaying the aging process (50 minutes).

Multi-Layer Photo Facial & Kinelift Therapy

If immediate lifting results are desired, this is the facial. State-of-the-art light therapy and lifting techniques combine with microdermabrasion and skin-appropriate products to create this one-of-a-kind facial (90 minutes).

The Quintessence Cell Regeneration Facial

The ultimate in regenerating treatments, our vitacell cure influences the biological clock. This clinical treatment improves skin elasticity, diminishes fine lines and wrinkles, brightens the complexion, hydrates and changes the mechanical properties of the skin. Results are dramatic, creating healthy, luminescent skin (90 minutes).

SKIN CARE ENHANCEMENTS

May be added to any facial for an additional charge.

Cranberry Peel Off Mask (soothing)

This alginate-based mask is an excellent way to combat oxidative stress. Cranberries help to revitalize tired, dull-looking skin and leave it looking visibly fresh.

Purifying Dead Sea Mask (disinfecting)

Specially designed for skin with a tendency toward impurities, excess sebum and large pores, this clarifying mask has an anti-bacterial effect thanks to the addition of tea tree oil.

Vitamin C Mask (anti-aging)

This anti-oxidant and soft modeling mask protects the skin against the environmental elements. Vitamin C is particularly important to help collagen production and neutralize free radicals.

Pure Collagen Velvet Mask (hydrating)

This fountain-of-youth mask has been designed to smooth away fine lines and wrinkles while boosting in-depth hydration for an immediately radiant complexion with firm, toned skin.

The Eyes Have It (collagen treatment)

A restorative treatment for the delicate eye area based on marine collagen smoothes fine eye lines, hydrates the skin and genuinely tones and refreshes the eye area. A more relaxed and smoother eye area is the result.

Resurrection Lips (smoothing)

A gentle peel and marine-nourishing collagen mask rejuvenates and plumps lips while diminishing fine lines.

Restorative Alpha Beta Hydroxy Acid Peel (all skin types)

Using molecular dispersion technology, these highly engineered vitamins are bonded to proteins to go deep into the skin for an immediate softer, smoother appearance, increased clarity, elimination of acne, improvement in appearance of fine lines and wrinkles, and progressive improvement of UV damage and brown age spots.

Microdermabrasion Add On (one pass with facial)

Freshen your skin instantly with one sweep of our microdermabrasion to refine skin texture and promote skin renewal at a faster rate.

Micro-Currents (lifting)

This is the perfect wake-up call for your face muscles. Our micro-current technology offers an age-defying alternative and improves tonicity and firmness.

Light Therapy (pigmentation, anti-aging)

Specific wavelengths absorbed by the skin provide extraordinary therapeutic and repairing effects.

Paraffin Hand Treatment with Facial

Gentle exfoliation, hand and arm massage and paraffin application to boost moisture.

Paraffin Foot Treatment with Facial

Gentle exfoliation, foot and leg massage and paraffin application to boost moisture.

MAKEUP ARTISTRY

Makeup Application

In the mood for a new look? Let us show you how to update and enhance your daily makeup regimen (30 minutes).

Interactive Makeup Lesson

Become your own makeup artist! Our professional artist will teach you how to use the latest textures, palettes and tools to create a variety of flattering looks based on your bone structure, complexion, skin type and lifestyle (60 minutes).

Bridal Makeup

During this “dress rehearsal” preview appointment, our make-up artist will work with color application and style especially designed for you for your special day. We will then re-create that perfect look on your wedding day (60 minutes each).

The Perfect Brow

Our waxing expert can create a brow arch and brow tint to accentuate and visibly lift your eyes. Available as a stand-alone or with most facials (30 minutes).

Other Services

Eyebrow Tint (15 minutes)

Eyelash Tint (30 minutes)

Eyelash Strip Application (15 minutes)

WAXING SERVICES

Our waxing experts use the most up-to-date, effective and comfortable techniques to keep your skin silky, touchable and hair free. We provide a full range of body waxing services, including facial, upper body, legs and bikini waxing.

We regret that clients using Retina A or Renova, or taking Accutane or antibiotics, may have extremely sensitive skin and should not undergo waxing services.

Waxing Offerings

<i>Eyebrow</i>	<i>Jaw line</i>	<i>Leg, full</i>
<i>Cheek</i>	<i>Underarm</i>	<i>Bikini</i>
<i>Sideburns</i>	<i>Arm, half</i>	<i>Bikini, extended</i>
<i>Lip</i>	<i>Arm, full</i>	<i>Brazilian</i>
<i>Chin</i>	<i>Leg, half</i>	

NAIL CARE SERVICES

Simply Hands

This basic manicure provides meticulous nail grooming, a moisturizing hand and arm massage and single color polish application. Hands have never looked so nice, so quickly. Paraffin and/or French polish may be added for an additional charge (30 minutes).

T Spa Signature Manicure

Let this relaxing manicure rejuvenate your hands through Spa products made of plant essences that are crafted or organic. Our Signature Manicure consists of nail shaping, filing, expert cuticle care, gentle exfoliation and an elegant massage of the hand and arm. A warmed paraffin treatment is used to seal in moisture. Concludes with polish application. French polish optional (50 minutes).



Hand Rescue Manicure

Our most rigorous manicure treatment is intended for hands in need of help. An intense physical exfoliation and alpha-hydroxy acid peel helps cells regenerate while a paraffin treatment deeply hydrates and restores hands to a healthier appearance. A vitamin-infusion massage, cuticle grooming and a polish application complete this treatment. French polish may be added for an additional charge (50 minutes).

Native Stone Ritual for Hands

This Native American-inspired treatment begins with a refreshing geranium soak. Your arms and hands will be treated to a hot oil mask infused with warm ginger and cooling jasmine. This healing hand treatment is enhanced with a warm basalt stone massage. Paraffin treatment and/or French polish may be added for an additional charge (50 minutes).

Wild Flower Manicure

Transform your hands with this luxurious floral infused hand ritual customized to meet your personal needs. Our treatment includes warm floral infusions that drench and cleanse your skin with ultimate hydration. Following an indulgent warm oil massage, paraffin treatment and mask, your hands will emerge soft and renewed. Color application included, French polish optional (50 minutes).

Simply Feet Pedicure

Designed to quickly refresh and groom your feet. Your feet receive an aromatic soaking, exfoliation and moisturizing. Then cuticles are perfectly attended and polish is applied.

Paraffin and/or French polish may be added for an additional charge (45 minutes).

T Spa Signature Pedicure

Begin with a scented footbath of lavender and warm milk protein. An intensive foot and lower leg exfoliation is followed by a massage with our soothing and refreshing foot balm. Feet are then enveloped in a warm paraffin mask. Also included is basic foot care of nail shaping, cuticle attention, smoothing of calluses and polish application, French polish optional (60 minutes).

Foot Rescue Pedicure

Specially designed for extremely active feet, this marine-inspired treatment features a two-step exfoliation process of herbal infused sea salt with a targeted alpha-hydroxy acid peel to smooth calluses and regain healthy skin. A cooling and rejuvenating foot mask, paraffin treatment and a refreshing foot and leg massage follow. A soothing foot balm and polish application complete this service. French polish may be added for an additional charge (60 minutes).

Native Stone Ritual for Feet

This native-inspired foot treatment begins with a geranium infused soak. Your feet and legs will be treated to a hot oil mask with warm ginger and cooling jasmine. This healing ritual is enhanced with a warm basalt stone massage. Paraffin treatment and/or French polish may be added for an additional charge (60 minutes).

Wild Flower Pedicure

Transform your feet with this luxurious floral infused foot ritual customized to meet your personal needs. Our treatment includes warm floral infusions that drench and cleanse your skin with ultimate hydration. Following an indulgent warm oil massage, paraffin treatment and mask, your feet will emerge soft and renewed. Color application included, French polish optional (60 minutes).

Polish Change (hands only, 15 minutes)

Hand Paraffin (15 minutes)

Hand Exfoliation and Paraffin (30 minutes)

Foot Paraffin (add on; 15 minutes)

Foot Exfoliation and Paraffin (30 minutes)

French Polish Application, Fingers (15 minutes)

French Polish Application, Toes (add on; 15 minutes)



GENTLEMEN'S RETREATS

Discovery Facial

This deep-cleansing treatment is perfect for those who want the beautifying benefits of a facial but just don't have the time for a full service. Included in this express service is a steaming and light massage (30 minutes).

Gentlemen's Cascade Purifying Facial

This super deep-cleansing facial works overtime to decongest and defend the skin. Active therapeutic herbal and sea-based products are used to cleanse congested skin, helping to eliminate clogged pores, neutralize impurities and help accelerate skin repair. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against damaging effects of daily pollution, leaving the skin squeaky clean (50 minutes).

Gentlemen's IQ Facial

An intelligent anti-aging facial to boost the skin defense, this high-powered treatment is the ultimate overhaul for male skin. Prescribed to combat the demands of a hectic, modern

lifestyle, this facial protects and minimizes the effects of shaving everyday. Breakthrough technology is used to recharge and energize tired skin by combining active therapeutic Swiss intelligent products with massage techniques to calm irritation and reduce signs of aging (50 minutes).

Deep Tissue Therapeutic Massage

Focusing on relieving specific stress and muscle tension, this deep tissue massage uses a variety of rhythmic and muscle release techniques to increase range of motion on specific muscle groups. Your therapist will work within your pain threshold and can tailor this massage to suit your individual needs (50/80 minutes).

Techno De-stress Massage

Too many hours in front of the computer resulting in sore neck, shoulder or hand muscles? This massage consists of different techniques to relieve tension and reduce stress, creating an overall sense of well-being (50/80 minutes).

Craniosacral

The craniosacral system encompasses the ebb and flow of cerebrospinal fluid. Using light touch, the therapist monitors this motion to determine where restrictions are located. This technique gently encourages optimal fluid movement to nourish all the tissues of the body causing a self-correcting response. The result is a deep sense of calm, well-being and greater self-awareness. Loose, light clothing is recommended for this massage (50 minutes).

Royal King's Bath Ritual

This exclusive treatment begins with a dry brush skin exfoliation, followed by a relaxing candlelit bath filled with warming ginger salt and aromatic essential oils. A neck, shoulder and back massage completes this luxurious and relaxing treatment (50 minutes).

Gentlemen's Manicure

Designed specifically for men, this distinctive manicure includes a warm infused eucalyptus towel cleanse, nail and cuticle grooming, hand and arm massage and nail buffing. It will leave your hands impeccably groomed and refreshed (30 minutes).

Gentlemen's Pedicure

This pedicure takes into account the specific needs of men's foot care. Your feet will benefit from an invigorating eucalyptus foot soak and exfoliation. Nail grooming, followed by a refreshing foot massage and an application of cooling foot balm, concludes this treatment (50 minutes).

Gentlemen's Total Timeout

The perfect combination of Men's IQ Facial, Royal King's Bath and Techno De-stress Massage (2.5 hours).



COME to T SPA!

It's easy to get to Tulalip Resort. We're conveniently located off Interstate 5 just 35 miles north of downtown Seattle. Be sure to take advantage of our complimentary valet parking.

Address

Tulalip Resort
10200 Quil Ceda Blvd.
Tulalip, Washington 98271

*Traveling south on I-5 from
Bellingham/ Vancouver BC*

Take Exit 202 (116th St. NE)
Turn RIGHT on 116th St. NE
Turn LEFT on Quil Ceda Bl.
Turn RIGHT on 30th Ave. NE
Follow to south end of Resort
Turn LEFT into main hotel
entrance

Driving Distances

Seattle – Tulalip: 35 mi
SeaTac Airport – Tulalip: 50 mi
Everett – Tulalip: 10 mi
Bellingham – Tulalip: 50 mi
Vancouver BC – Tulalip: 100 mi

Non-stop Airport

Shuttle

Round trip non-stop shuttle service is offered 11 times a day between Tulalip Resort and Seattle-Tacoma International Airport, via Bellair Charters: www.airporter.com.

T Spa Reservations

Toll free: 888-716-TSPA
(8772)
Local: 360-716-6350

Resort Reservations

Toll free: 866-716-7162
Local: 360-716-7162
www.tulalipresort.com

Driving Directions

*Traveling north on I-5
from Seattle*

Take Exit 200 (Quil Ceda Way)
Turn LEFT on Quil Ceda Way
Turn RIGHT on Quil Ceda Bl./
34th Ave. NE
Turn LEFT on 99th Pl. NE
Turn RIGHT on Quil Ceda
Pkwy. to main hotel entrance

The logo features a large, stylized letter 'T' in a dark blue color. To the right of the vertical stem of the 'T', the word 'Spa' is written in a smaller, elegant, cursive script font.The logo consists of a small, stylized mountain peak icon above the word 'SUMMIT' in a bold, blue, sans-serif font. Below 'SUMMIT' are the words 'HOTELS & RESORTS' in a smaller, blue, sans-serif font, and at the bottom, 'PREFERRED HOTEL GROUP' in an even smaller, blue, sans-serif font.