

Salal & Sea



AT MOUTCHA BAY RESORT

Salal & Sea Spa will help awaken a new realm of relaxation. We practice Thalassotherapy, meaning “the notion of going to the ocean for good health”. Step into the present moment and experience our west coast inspired spa services.

During your treatment you are invited to change into a robe and relax on the private sun deck and enjoy our specialty tea within the spa. Our goal is to ensure guests leave refreshed and inspired.

Massage

RELAXATION MASSAGE

60 MINUTES **\$130** | 75 MINUTES **\$155** | 90 MINUTES **\$180**

Whether you are looking for a full body treatment, or have a specific area of concern, our relaxation massage is specifically tailored based on each unique guest. Treatment includes our signature blend of essential oils, and an option to use regular massage oil, or Seaflora's CBD massage oil.

WILDERNESS FIX

60 MINUTES **\$130** |

A massage specifically targeting arms, hands, and neck, after a day out on the Pacific.

WEST COAST HOT STONE MASSAGE

75 MINUTES **\$165** |

Escape into a true west coast experience, connecting mind and body with a well rounded full body service. Stones collected from the rustic beaches of Vancouver Island & blended essential oils, combined with Seaflora lotion or gel - this treatment will deeply soften the muscles and connective tissues.

Salal & Sea's retail space offers Seaflora Organic Skin & Body Care, as well as customized essential oils and specific Jane Iredale sun defense minerals.

Full Body Treatments

NOURISHING SEAFLORA EXFOLIATION & BODY WRAP

75 MINUTES \$165

For someone who needs additional care for their skin, this treatment will help the body feel lighter and nourished. A detoxifying and re-mineralizing Seaflora sea salt scrub will be applied followed by a nourishing seaweed wrap.

DETOXIFYING SEA KELP EXFOLIATION AND RELAXATION MASSAGE

90 MINUTES \$180 |

This popular service will leave your skin and body feeling refreshed and rejuvenated. The benefits of Seaflora's detoxifying scrub are combined with a soothing massage to stimulate the lymphatic system and soothe the mind. There are several options available for completing the treatment.

RENEWING & REVITALIZING BODY POLISH

60 MINUTES \$120 |

Enjoy a full body sea salt exfoliation with the added benefits of an all natural, nutrient rich lotion or seaweed body gel. Great for that summer, sun-kissed skin.

Salal & Sea's Signature Hand & Foot Care

Hand & foot care include a Seaflora salt scrub and nourishing body lotion application.

CLASSIC MANICURE

45 MINUTES \$65

Within your hand service you can expect nail and cuticle work, plus a hand and arm exfoliation & massage with nourishing seaweed treatment lotion by Seaflora

CLASSIC PEDICURE

60 MINUTES \$85

Let yourself melt into our reclining chair in our unique, Luxury Yurt Spa. Treatment includes nail and foot work using Seaflora's detoxifying salt soak & scrub, and Gehwohl medicated foot lotion to increase relaxation and decrease stagnation.

**INCLUDES REGULAR POLISH, OR UPGRADE TO
UGLY DUCKLING GEL POLISH FOR \$10.**

Hand & Foot Care for Men

Hand & foot care include a Seaflora salt scrub and nourishing body lotion application.

HANDS

30 MINUTES \$55

FEET

45 MINUTES \$75



SEA FLORA



NOOTKA MARINE
ADVENTURES

MOUCHA BAY
RESORT

NEWTON COVE
RESORT

NOOTKA SOUND
RESORT