

Activities



Skamania Lodge

Scenic Columbia River Gorge

Golf

SKAMANIA LODGE GOLF CENTER INCLUDES A PAR 70, 18-HOLE COURSE, PUTTING GREEN, CHIPPING GREEN, DRIVING RANGE AND CART ACCESSIBILITY. BOX LUNCHESES ARE AVAILABLE AT GREENSIDE GRILLE.

CONTACT THE GOLF SHOP FOR TEE-TIMES, LESSONS, GOLF SCHOOL, AND TOURNAMENT INFORMATION.

(800) 293-0418

Spa

OUR ON-PROPERTY SPA OFFERS MANY AMENITIES AND SERVICES, SUCH AS PRECOR EXERCISE EQUIPMENT AND WEIGHT STATIONS, INDOOR POOL, INDOOR AND OUTDOOR HOT TUB, DRY SAUNAS, INDOOR HYDROTHERAPY POOLS, OUTDOOR TENNIS, BASKETBALL AND VOLLEYBALL COURTS.

TENNIS RACKET AND COMPLIMENTARY STREET BIKES AVAILABLE, AS WELL AS A CHILDREN'S PLAY AREA.



USPA Facials

45 Minute Facial: \$90

60 Minute Facial: \$125

Hydramax Facial

For dry, devitalized skin lacking in moisture, encourage the skin to retain moisture by harmonizing with essential fatty acids found in camellia oil, evening primrose and avocado delivered below the surface of the skin, revitalizing with chamomile and calendula, moisturizing with damask rose and jasmine.

Regenerative Facial

Ideal to rebuild and repair damaged or prematurely aging skin with anti-oxidants found on olive leaf, ginkgo, ginseng, and green tea, while our potent vitamin C further reduces aging through antioxidant and anti-inflammatory action.

Refining Facial

USPA's botanical fruit acid treatment refines skin, reducing the appearance of fine lines, unevenness, age spots, and roughness, allowing a fresher, more radiant skin to emerge. Our refining mud therapy provides visible results in one professional application.

Purifying Facial

A special combination of healing therapies to reduce impurities and improve skin integrity. Stimulating may change and lime purify while bergamot and vetiver balance. Juniper and sandalwood improve pore function. Burdock has antibacterial properties and promotes sebum regulation. Mud therapy refreshes congested skin.

Desensitizing Facial

Soothe and balance sensitive skin while strengthening cells of the epidermis with chamomile, jojoba, borage, and calendula. Reduce heat and inflammation with comfrey, German chamomile, gotu kola and geranium

Relaxation Massage Treatments

Pamper yourself with total relaxation. Experience our Waterleaf massage, encouraging good health through increasing circulation, detoxification and relaxation. Massage times range from 25 minutes to 80 minutes. Couples Massage based on availability.

	Mon - Thurs	Fri - Sun
25 Minute Massage:	\$80	\$90
50 Minute Massage:	\$95	\$105
80 Minute Massage:	\$130	\$145

Couples, Therapeutic, Reflexology, Pre-natal, and Body Rock Massages are also available

Nail Therapy

Natural Nail Manicure ~ \$48

Classic Spa Pedicure ~ \$59

USPA Ultimate Manicure ~ \$68

Add-ons

Paraffin Hand Treatment: A simply luxurious moisturizing and uplifting hand treatment. Promotes a satin-like skin texture with a unique aromatherapy fragrance. ~ \$15

French Tip ~ Add \$20

Nail Art ~ Add \$2 per nail

Skamania Body Wraps

	Mon - Thurs	Fri - Sun
50 Minute Wraps:	\$115	\$125
Wrap + 25 Minute Massage:	\$150	\$190
Wrap + 50 Minute Massage:	\$180	\$200
Wrap + 80 Minute Massage:	\$210	\$230

Rejuvenating Mud Wrap

Using clay indigenous to Australia brings truly unique detoxifying benefit from the earth. This exquisite clay is a powerful blend of mud with essential oils and rich essential fatty acids. Your body will be covered in velvety warm aromatic clay and gently cocooned in natural cloth. Balance is achieved inside and out. Moisturize or massage with tangerine and rose to complete.

Coffee and Sea Kelp Contour Wrap

This wrap uses coffee and sea kelp, rich in vitamins and anti-oxidants, working in synergy to assist in increasing cellular metabolism and detoxification. Stimulating nanah menthe leaves, vanilla and grapefruit awaken the senses. Ground pumice exfoliates and smoothes, and macadamia nut oil leaves skin soft with no residue. Add a massage for enhanced lymphatic drainage.

Bamboo and Ginseng Body Polish

Renew your skin with our exotic ginseng and ginkgo delivered with stimulating bamboo beads in lavender water. High in anti-oxidants and cell regenerative properties. Revitalize weary skin, increase healthy blood flow, remove impurities and reveal smooth skin. Followed with tangerine and rose.

Herbal Hydration Body Masque

An intensive blend of nine organic herbs designed to soothe the skin and assist in hydration of even the most sensitive skins. The anti-inflammatory properties of calendula, oat bran, licorice root, peppermint leaf and lavender heal irritated skin, while sesame seed enhances miniaturization of the skin. This poultice will gently exfoliate skin, soothing as it infuses the body wrapped in natural muslin. Follow with tangerine and rose or healing immortelle.

Hot Oil Elixir Infusion

A holistic body oil for body and mind. A sensory experience begins your journey. A full body dry brush is followed by a rhythmic body oiling of your essential oil blend infused in healing camellia and jojoba oil. Immortelle soothes the skin and opens you to the subtle healing energies of aromatherapy and the power of touch. Rest wrapped warmly in natural muslin and enjoy the pure relaxation.

Body Ritual Treatment

Embark on a journey for your complete being. Begin with bamboo scrub, followed by a cocoon in our velvety rejuvenating mud wrap followed by a 25 min. massage. A personalized facial awakens your senses on every level to the pure aromas of USPA botanical ingredients. *This is the ultimate treatment combination created for you. Approximately 4 hours. \$ 350.00 (A \$450.00 value)*

Add-ons for massage or wraps ~ \$15.00

Nurturing Organic Thyme Foot scrub -15 min.

Scalp and shoulder massage Aroma Therapy

24-hour cancellation required or service will be billed in full.

19% service charge applies to groups of 5 or more.

2008 Prices - subject to change without notice.

Skamania.com

HIKING

ON PROPERTY HIKING TRAILS – 3 TRAILS AND 4 MILES

HIKING IN THE COLUMBIA GORGE:

PACIFIC CREST TRAIL, WIND MOUNTAIN, DOG MOUNTAIN, HAMILTON MOUNTAIN, FORT CASCADES INTERPRETIVE TRAIL AND MANY, MANY OTHERS!
VISIT THE U.S. FOREST SERVICE INFORMATION CENTER LOCATED IN THE LOBBY FOR DETAILS MAPS AND MORE INFORMATION.

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THEY HAVE 3 DIFFERENT AREA TOURS AVAILABLE
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ASK ABOUT DINNER, BRUNCH OR MURDER MYSTERY
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GUEST PICNICKING ENCOURAGED. DELI AVAILABLE FOR INSIDE DINING.

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MARYHILL MUSEUM OF MODERN ART/STONEHENGE

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GORGE DISCOVERY CENTER

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Brandon's Guide Service

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FISHING SEASON INFORMATION

STURGEON: YEAR ROUND, **SALMON:** APRIL-JUNE & AUG.-OCT.,
STEELHEAD: MAY-FEB., **WALLEYE:** FEB.-SEPT., **SHAD:** MAY-JUNE
**NOTE: YOU MAY KEEP STURGEONS THAT ARE BETWEEN 42"-60" ONLY.

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