



The Spa Insider

SPA PROFILE: THE

SPA AT

SEMIAHMOO



Semiahmoo Resort and Spa.

Located on the pristine shores of Semiahmoo Bay and Drayton Harbor, [Semiahmoo Resort](#) is located just 45 minutes south of Vancouver, British Columbia and 90 minutes north of Seattle, Washington. With an abundance of outdoor activities such as beachcombing, paddle boarding, kayaking, bird-watching, and so much more, you'll never find yourself looking for something to do.

For guests seeking a more relaxing escape, [The Spa at Semiahmoo](#) offers a robust menu of wellness treatments featuring organic skin care products. We caught up with Semiahmoo Resort's Spa Director Suzanne Melby to learn more:



Relaxing by the spa's fireplace.

Why You'll Love It: Guests love the location right on the water, where you can see bald eagles, sea lions, and whales. They also enjoy the wide variety of services and activities. We are more than a spa—we also provide fitness and wellness activities.

Key Features: The spa features eight treatment rooms, a hair and makeup salon, locker facility with steam and sauna, indoor and outdoor pool, hot tub, gym, and fitness activities including yoga, TRX, line dancing, and indoor and outdoor pickle ball.

Insider's Tip: Guests are encouraged to use the entire facility and sign up for fitness classes.

Bonus: A complimentary glass of champagne, apple cider, or Stella is included with couples treatments.

Spa Snacks: Fruit and herb-infused seasonal water, tea, dried fruit, and nuts.

Unique Treatment: Body Wraps like the Detox and Renew (1.5 hours) provide a scrub along with an algae application and wrap, followed by a shower and moisture application.

Insider's Favorite: The Pacific Northwest Scrub is made with organic sugar and fair trade hand-ground coffee bean. The treatment includes hydrating honeysuckle and grapefruit oil after the scrub. It's relaxing and incredibly uplifting.



The Spa at Semiahmoo features Eminence Organic Skin Care..

Featured Products: Comfort Zone, Davines, Eminence Organic Skin Care, Little Barn Apothecary, and Sacred Nature.

For more information, visit the resort's [website](#) and follow them on Instagram: [@semiahmooresort](#)

[Images courtesy of Semiahmoo Resort]



Semiahmoo Resort

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