

Spa at Squaw Creek, Olympic Valley USA, California, USA

The [Spa at Squaw Creek](#) at the **Resort at Squaw Creek** in **Olympic Valley USA, California** is where magic happens. After an exhilarating day of skiing at [Squaw Valley](#), home of the 1960 Winter Olympics, we decided to indulge in luxurious spa treatments at the Spa at Squaw Creek and were rewarded with total relaxation.

What we immediately noticed upon entering the attractive Spa at Squaw Creek was the light and lovely fragrance that gently perfumed the air, and the professional and courteous service of the staff.



Spa at Squaw Creek

Then there was the diverse treatment menu from which to select, including Massage Treatments of: Swedish Relaxation Massage, Deep Tissue Massage, High Altitude Massage, Olympic Sport Massage, Tahoe Hot Stone, Face and Scalp Massage, Hand and Foot Massage, and Prenatal Massage.

Body Treatments included: Seasonal Salt Glow, Coconut and Honey Sugar Scrub, Firming Seaweed Body Wrap, Purifying Sedona Mud Wrap, Sierra Golden Glow, Royal Coconut Milk and Honey Ritual, Refining Body Melt, and Thermal Tranquility.



Spa Treatment Room

Skin Care Treatments included: Skin Specifics Facial, Naturopathica Age Defense Facial, and Advanced

Created by: Debra C. Argen and Edward F. Nesta

Optimizer Firming Facial. Enhancement Treatments included: Aromatherapy Oil, Ultimate Scalp Treatment, Nourishing Hand Treatment, and Sinus Treatment. Nail Care Treatments included: Spa Manicure, Spa Pedicure, and Paradise Spa Manicure and Pedicure in their specially designed Salon overlooking the mountains, and they also offered Waxing Services.



Spa Salon

After much deliberation on which treatment we wanted to experience, we decided on the Swedish Relaxation Massage to help ease our tired muscles. To begin the Spa experience we enjoyed the tranquility of their comfortable relaxation room called the Sanctuary before our therapists guided us to our treatment rooms. The Sanctuary featured a wall of windows that overlooked the mountains with inviting chaises to cozy up in and read one of the many magazines or enjoy a piece of fresh fruit that graced a large round table. A long rectangular table along another wall offered orange water, bowls of dried fruits and nuts, and a nice assortment of hot Shangri La Organic Teas to enhance the experience.



Spa Sanctuary

The well-appointed spa has 10 treatment rooms equipped with memory foam treatment beds, and slipping under the sheet on the warm bed was heavenly. We started the relaxation process almost immediately as candles created ambient lighting and soft music added to the overall tranquility.



Spa Treatment

Their Swedish Relaxation Massage was 50 minutes of pure pleasure that utilized different strokes and levels of pressure to improve circulation, relieve tension, and create balance. Our therapists, Kim and Sarah, worked their magic on our tired muscles that had felt the stress and strain of a long, but enjoyable first day of the season skiing. They found each knot and tension point that had developed over the course of the day, and carefully worked on each spot so that by the end of the treatment we felt ready to tackle another day of skiing on the slopes.



Outdoor Heated Pool

We followed our massage treatments with a session in the dry sauna, cooled down with the ice tray and a shower, followed that up with a session in the steam room, and then proceeded outdoors to partake of the three hot tubs feeling a bit like "Goldilocks" as we sampled each one while soaking and glancing up at the large snowflakes swirling around us in the winter wonderland of the Resort at Squaw Creek. We continued with a dip in the heated pool, and gazing upon the freshly fallen snow felt the childlike impulse to dash in the snow and make snow angels, which then required another session in the hot tub to warm up.

Created by: Debra C. Argen and Edward F. Nesta



Debra Enjoying the Outdoor Heated Pool

Back inside, we had a quick workout in the bright and airy fitness center equipped with state-of-the-art equipment followed by a relaxation session in the Sanctuary where we enjoyed a cup of hot tea to complete our luxurious Spa experience at the Spa at Squaw Creek.



Fitness Center

The Spa at Squaw Creek is open Sunday through Thursday from 9:00 am until 7:00 pm, and on Friday and Saturday from 9:00 am until 8:00 pm. Hours may vary according to the season. They also have an interesting boutique to help bring the Spa experience home.

The Resort at Squaw Creek is a year-round destination and is conveniently located 42 miles west of the Reno/Tahoe International Airport, 200 miles east of San Francisco, and 100 miles east of Sacramento.

For information on the **Spa at Squaw Creek** or the **Resort at Squaw Creek**, please visit the website: www.SquawCreek.com.



Spa at Squaw Creek
Resort at Squaw Creek
P.O. Box3333
400 Squaw Creek Road
Olympic Valley, California 96146
United States
Toll-Free: +1-800-327-3353 (1-800-3CREEK3)
Telephone: +1-530-583-6300

Created by: Debra C. Argen and Edward F. Nesta

Fax: +1-530-581-5407

Website: www.SquawCreek.com

Facebook: www.Facebook.com/ResortatSquawCreek

Read more about the **Resort at Squaw Creek** in the **Destinations, Hotels and Resorts**, [Restaurants](#), **Chefs' Recipes**, and **Adventures** sections.

© March 2012. Luxury Experience. www.LuxuryExperience.com All rights reserved.