

SPA & BEAUTY *today*

SPA PROFILE: THE COVE AT SHORE LODGE



May 24, 2022

The Cove is a nature-inspired spa located at the historic Shore Lodge resort in McCall, Idaho. A scenic two-hour drive from Boise, Idaho, [Shore Lodge](#) is a historic resort that is home to [The Cove](#)—a world-class spa that is inspired by nature and its surroundings. Guests enjoy relaxing amenities such as private hot springs with two heated saltwater immersion pools, along with an indoor pool and steam room.

The treatment menu offers a vast selection of spirited massages, soothing organic facials, and immersive full-body wraps and scrubs to heal and induce a serene state of mind. The property also offers different adventures that vary by season for guests to enjoy ranging from flyfishing and rafting the rapids to horseback riding and hitting the slopes.

We interviewed The Cove's Spa Director, Nicole DeRosa, who shared insider tips and special spa bonuses, unique treatments to try, and more.



The resort and spa feature a rustic and comfortable environment.

Why You'll Love It: Our guests love our Idaho-inspired spa just steps from the main Shore Lodge lobby. Instead of venturing out to local hot springs, we brought the hot springs straight to them with our immersion pools and rustic, comfortable environment. Once in The Cove, you feel like you have truly stepped away from the hustle and bustle.

Insider's Tip: The best way to maximize your time in the spa is to book two treatments, but allow a little time in between for soaking in our pools or enjoying lunch. This will give you the most soaking and relaxation time!



From inside the spa, guests enjoy views of the outdoors and stunning surroundings.

Key Features: Our indoor and outdoor saltwater immersion pools are our guests' favorite amenity. Built with boulder rocks from right here in McCall, they're the perfect escape, resembling a private hot springs exclusively accessible to guests booking treatments at The Cove. Guests can order food and beverage from our resort restaurant or enjoy our steam room as part of our fully stocked locker room.



Guests enjoy access to indoor and outdoor saltwater immersion pools.

Bonus: Every treatment in The Cove is personalized to our guests' specific needs. No two guests at the Cove will have the exact same service as our talented team of therapists create the service just right for your preferences. Upon departure from the Cove, our facial guests will find a personalized basket of home care recommendations, including specific samples selected by their esthetician.



Built with boulder rocks, the pools resemble private hot springs.

Spa Snacks: We offer fruit infused water, an organic tea selection, trail mix and dried fruit along with a full food and beverage menu to choose from with our resort restaurant, [Cutwater on Payette Lake](#).



The pools are great for soaking in before and after services.

Splurge Treatment: For maximum anti-aging benefits, choose our “Rock & A Hard Place” Facial. This 60-minute facial includes our Arctic Berry Peel containing strong antioxidant and age-defying benefits, helping to reduce inflammation and redness, replenishing moisture and restoring the appearance of elasticity. Add the Blueberry Detox Firming Peel on top of that to step up the heat and improve the skin’s texture. Our guests can take home our Arctic Berry Peel & Peptide Illuminating System for at-home care in between visits.



The Cove also offers nail and beauty treatments in the salon.

Unique Treatment: Our “Footprints” reflexology and foot treatment is something special for our guests to check out. Including a foot and leg scrub and masque, scalp massage, and reflexology massage, guests will experience stress reduction, improved mood, and increased circulation and overall relaxation.

Insider’s Favorite: Our “Power Plant Polisher” full body scrub is my go-to for bright, smooth skin. When the seasons change and I’m ready to leave winter behind, nothing feels better than this treatment that incorporates the benefits of both a sugar and salt scrub along with the healing and hydrating properties of stone crop and aloe. This treatment ends with one of my favorite body products, the Stone Crop Body Oil from Eminence Organics.



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Featured Products: We partner with Eminence Organics for our skincare and body treatments, and with Body Bliss for our signature Ponderosa and Lavender body wash, lotion, shampoo and conditioner.

For more information, visit the [website](#) and follow on Instagram: [@shorelodge](#)