



Rocking Heart Spa



SILVIES
SIMPLY AMAZING SINCE 1883



Rocking Heart Spa

Frontier Oregon's newest spa can be found at The Retreat, Links and Spa at Silvie's Valley Ranch. We invite you to try our wide array of personalized treatments and services that include full body massages for singles and couples, facials, manicures, and pedicures. The Rocking Heart Spa captivates the spirit of the Oregon high desert with its Native American inspired ambiance, signature services, natural products, and pure luxury.



Let Nature Nurture Your Soul

Our guests wind down to the sound of an indoor waterfall before their treatments—or maybe afterwards too! Lounge on our sun deck, take a dip in the lap pool, warm up in our Finnish dry sauna, and relax in our hot tubs, along with your own special treatment.

Discover the essence of true serenity at Rocking Heart Spa.



Facilities Designed For You to Love & Enjoy

Arrive early and stay late to truly enjoy your time at the spa (maybe all day), which includes locker rooms, private shower rooms, Finnish dry saunas, gender-specific hot tubs or the outdoor prairie schooner-sized coed hot tub.

Full access to the locker rooms, pool, or exercise equipment can be arranged almost anytime— even outside of normal hours.

You will want to pay special attention to the Oregon Sun Stone jewelry and special skincare selections in the lobby.





Fitness Center

If the four golf courses or 50 miles of hiking trails didn't give you enough of a workout then step into the fitness center at Silvies. The spa's fitness center offers state-of-the-art training and exercise equipment; including treadmills, elliptical crossover trainers, strength equipment, and dumbbells.

Plus, there is a big sun deck with comfy lounge chairs and a prairie schooner- sized hot tub to relax in (when you just don't need anymore exercise). Large windows welcome in lots of natural light and provide a great view of the ranch, while you get your sweat on.

Overnight guests have access to the fitness center during all spa hours, free of charge, and other times can be arranged for you.

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Lap Pool

The Rocking Heart Spa features a half-Olympic sized lap pool for guests to use anytime. The pool is kept at a nice warm 84 degrees to ensure you are able to enjoy a swim at any time of the year. A fluid escape into water therapy will ease your muscles and clear your mind. On warm sunny days, the sliding glass doors open to lounge chairs on the sun deck—a comfortable place to read and unwind from a day of golf or horseback riding, take in the pure sagebrush and pine-scented air, have a glass of champagne...



Climbing Wall

Challenge your friends to see who can reach the top first! Located inside the Rocking Heart Spa is our indoor rock climbing wall. The indoor wall allows for year-round fun for beginners or experts of any age at Silvies. With four defined climbing routes with varying difficulty, plus many others you will define yourself. All experience levels are welcome, and everybody—even first timers—have a good time.

All climbers are fitted into a special climbing harness after safety instruction by a Ranger. Your harness will then be attached to a state-of-the-art auto-belay pulley system, so if you should lose your grip, you will be delivered softly down to the padded mat.

Locker Rooms

Secure your belongings in the spa locker rooms, then let your worries drift away while you slip into sublime relaxation. You will be provided with a luxurious robe and sandals. Enjoy the hot tub or sauna in the locker room, or head out to relax by the waterfall to wait for your special treatment to begin.



Saunas

Enjoy the cedar to open the pores and flush out the body's toxins and impurities. The sauna soothes and relaxes tired muscles, helps maintain clear, healthy skin, increases metabolic rate, and improves circulation.

In the sauna are wooden ladles to splash water, infused with eucalyptus oil, over the hot stones to add steam to the wonderful experience.



Treatments & Amenities

Our luxurious treatment rooms and beautiful spaces help you reconnect with yourself (and your inner self) through serene surroundings and therapeutic treatments. The spa menu captures the essence of the best of Frontier Oregon, presenting treatments and products that use special blends of natural elements and herbs inspired by Native Americans in the natural high desert environment.



At Silvies, we focus on being Earth-friendly and that translates into the enjoyment of the spa as well. We use all natural and organic products in a variety of the treatments. Each product is mindfully chosen to ensure the best results for our guests, with minimal impact to our planet.

Whether you are getting a massage, facial, or pedicure—each of our skilled therapists will tailor the treatment to your specific needs.





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