



• FOOT SANCTUARY •

..... SIP. SOAK. SOOTHE. ....

Before the City of Roanoke existed, before the village of Big Lick grew, this place where the Roanoke River flows was a wetland. Salt and minerals carried in the soil and water attracted animals and native people for the nourishment and benefits they provided. At the Salt Foot Sanctuary, our mineral soaks pay homage to this history, providing travelers and modern natives with the benefits of Blue Ridge Mountain salts, herbs and minerals from around the world, and essential oils. Sit back, choose a relaxing, refreshing soak from our menu of delightful recipes, sip a soothing beverage, and enjoy a pampering foot soak and massage. You'll want to come back again and again.

• THE SOAKS – \$36 •

The Tudor Revival Soak  
The Hotel Roanoke Signature Soak



Lavender and lemongrass essential oils star in this calming, uplifting formula. These herbs are known for easing stress and anxiety, promoting restful sleep and soothing your skin. Blended with kaolin clay, mineral rich Dead Sea salt, local Blue Ridge Mountain salt, and sprinkled with fragrant dried lavender flowers; this soak is pure relaxation.

The Tingler Soak



Rejuvenate your spirit and cleanse your body with peppermint and tea tree essential oils in this invigorating soak. The peppermint helps boost your energy while tea tree is known as an anti-bacterial powerhouse. Epsom salt and local Blue Ridge Mountain salt join with bentonite clay in this refreshing infusion, swirled with sweet-smelling dried peppermint leaves.

The Land of Milk and Honey Soak



Oatmeal and milk powders make this soak a natural moisturizer while honey adds anti-inflammatory and anti-bacterial benefits. Grounded with kaolin clay, mineral rich Dead Sea salt, local Blue Ridge Mountain salt, and scented with oatmeal, milk and honey oil; the end result is soft and radiant.

Don't Worry, Be Hoppy Soak



Barley and hops essential oils infuse this soak with anti-inflammatory and detoxifying goodness, while providing skin hydration and relieving muscle tension and pain. Epsom salt, local Blue Ridge Mountain salt, barley powder and bentonite clay balance this renewing, relaxing soak, enhanced with the aroma of crushed hops flowers. You might be tempted, but don't drink it!

• THE MASSAGE – \$35 •

Enhance your experience by adding a 20-minute massage during your soak for an even greater sense of soothing well-being:

Foot and lower leg

Hand and lower arm

Head, neck and shoulders

