



SPA FACT SHEET

Updated March 2026

Located inside The Lodge at Osprey Meadows, The Spa at Tamarack offers guests a complete relaxation experience with customized treatments designed to restore balance and well-being. Surrounded by mountain views, the spa provides the perfect complement to a day on the slopes, trails, or lake.

Spa Overview

- Located inside The Lodge at Osprey Meadows
- Open daily, hours vary seasonally
- 50 and 80 minute treatments
- Couples and private treatments
- Swedish Massages, Thai Massages, Therapeutic Massages and Prenatal Massages
- Cupping and Hot Stones Therapy
- Facials and Body Scrubs
- Reservations recommended

Amenities and Packages

Private Patio Access – Spa guests enjoy the exclusive outdoor patio with hot tub, lounge seating and firepits. Ideal for pre- or post-treatment relaxation, small gatherings, or private wellness sessions.

Lodge at Osprey Meadows Wellness Amenities Access - Spa guests enjoy day access to the fitness center, hot tub, sauna, locker rooms, and seasonal outdoor pool.

Food & Beverage – Spa guests can order food, wine, and crafted cocktails from The Fern & Feather Bar menu, served directly within the spa or on the patio. Light bites, teas, and mocktails are also available.

Group Packages – The Spa at Tamarack offers customized group bookings for wedding parties, retreats, and corporate gatherings. Flexible packages can include private patio access, catering coordination, and multiple treatment options.

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About Tamarack Resort

Tamarack Resort is America's only ski, golf and lake resort. The independent, all-season destination is situated on 3,600 acres, located 90 miles north of Boise, Idaho. Within its master planned community, Tamarack offers recreation, real estate, vacation rentals, event space and a vibrant alpine-style village. The winter brings 2,800 feet of vertical on 1,610 acres of skiable terrain in addition to Nordic and snowshoe trails. In the summer, the resort is home to golf, mountain biking, ziplining, hiking, rafting, and watersports on Lake Cascade. For more information on recreation, accommodations and real estate, visit tamarackidaho.com.