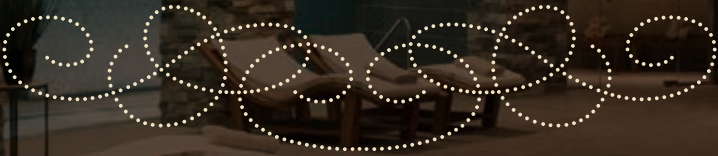




THE SPA



AT THE ELMS

Excelsior Springs derives its name from its natural healing waters.

Since 1888, The Elms has made a name for itself right here in the home of the healing waters. Today, you can immerse yourself at The Elms with a modern take on traditional spa services such as hydrotherapy, massages, facials, salon services, manicures and pedicures.



With over 25,000 square feet of space including our exclusive Grotto, European lap pool, outdoor pool, and hot tubs, The Spa at The Elms is one of the largest spas in the Midwest. Take your relaxing spa experience home with spa and body products available in the spa boutique.

THE GROTTA

The Grotto takes you on a journey of sight, sound and touch to engage your senses and reinvigorate your soul. It's our rejuvenating take on a classic bath experience that provides a soothing environment to sit, relax and experience the therapeutic benefits of hydrotherapy. It's time to come back to The Elms and take the waters once more.

THE GROTTA EXPERIENCE INCLUDES:

Steam shower

Hot tub

Cold plunge shower

Steam sauna

Dry sauna

Self-service exfoliation bar where you can apply our custom blend of sea salts, herbs, and essential oils to exfoliate, soften and smooth skin while increasing circulation

**Grotto passes are based on spa availability. Grotto fee is waived with purchase of spa services.*



As a convenience, an automatic 20% service charge is added to all services which include a 15% gratuity for the service provider(s). This charge is always billed at the guest's discretion.



MASSAGE SERVICES

COUPLES OR INDIVIDUALS

HOT STONE MASSAGE – Smooth basalt stones are heated and incorporated into the massage techniques to deliver penetrating warmth to your muscles. 75 minutes

ELMS THERAPEUTIC MASSAGE – An integration of multiple massage techniques, designed to address specific areas of tightness and tension. Moist heat packs are applied to ease muscle tightness when appropriate. 50, 80, 110 minute sessions

WATERFALL AND STONE MASSAGE – Two of our most popular services, hot stone massage and vichy shower massage, all in one incredible service. Experience the ultimate in relaxation with this unique service. 75 minutes

ELMS RELAXATION MASSAGE – Swedish massage techniques are utilized to increase circulation, reduce stress, and enhance relaxation. 50, 80 minute sessions

REFLEXOLOGY – Massage techniques applied to the hands and feet that correlate to other parts of the body, relieving stress and promoting health. 50 minutes

THE ESSENTIALS MASSAGE – This light to medium rhythmic massage is performed with eight essential oils. The oils address toxins and inflammation within the body—balancing the body, mind and spirit, helping to relax and alleviate emotional stress. 50 minutes

PREGNANCY MASSAGE – Custom techniques and specialty positioning accommodate the changing body of the mother to be and provide the opportunity to relax while being nurtured. 50 minutes. *Please consult your health care provider and provide written medical approval to receive this service. Pregnancy Massage may only be performed in the second or third trimesters.*



FACIALS

BOTANICAL RADIANCE FACIAL – Dry, oily, aging, hyperpigmented, sensitive and acneic skin conditions can all be addressed with this customized facial. After a thorough consultation, your skin therapist will provide the best combination of products, personalized Aveda aromas and techniques for a customized treatment that will move your skin toward balance and reveal its natural beauty. The skin is left plumped, lifted and radiant! The 80 minutes includes a Decollete treatment as well as: face, scalp, hand and foot massage. 50 minutes or 80 minutes

DUAL EXFOLIATION FACIAL TREATMENT – This treatment combines Aveda's naturally derived mechanical and biochemical exfoliation methods into one powerful service that transforms and rejuvenates the skin through the process of dual exfoliation. The treatment delivers immediate, visible results in improved skin texture, clarity and radiance; smoothed appearance of fine lines and wrinkles; and refined pores, revealing fresher, younger-looking skin. In a clinical study, the Dual Exfoliation Peel achieved better results than a combined microdermabrasion/30% glycolic peel treatment in both immediate smoothness and radiance, plus significantly better results in smoothness, radiance and skin tone one week later. Experience the rejuvenating power of plants and minerals to help skin to look and feel its best. 80 minutes

SEASONAL FACIAL – This effective treatment is designed to seduce your senses with the scent of the season and leave your skin feeling replenished and rejuvenated. Ask our reservationist for more information about this seasons facial. Prices vary with treatments.



BODY TREATMENTS

COUPLES OR INDIVIDUALS

SIGNATURE ROSE PETAL SALT SCRUB – An exfoliation treatment that removes dry skin, increases circulation and leaves your skin smooth and soft. Dried rose petals, essentials oils and sea salts are custom blended for this sensory journey. 45 minutes

MUD WRAP – Sedona & French red clay are blended in this anti-oxidant and anti-aging formulation that purges toxins, leaving the skin soft and re-mineralized with a noticeable glow. 75 minutes

SEAWEED WRAP – Seaweed, French green clay and selected marine clays are infused with amino acids, vitamin E, green tea extract, grapefruit extract and kelp resulting in skin cell stimulation and detoxification. 75 minutes

ALOE TEA TREE WRAP – Tea tree and eucalyptus oils are combined with aloe vera gel to soothe and moisturize sun damaged or winter ravaged dry skin. 75 minutes

MOROCCAN DETOXIFICATION RITUAL – This deluxe treatment features a six step process designed to purify, invigorate, detoxify and relax the body. 105 minutes



NATURAL NAIL CARE

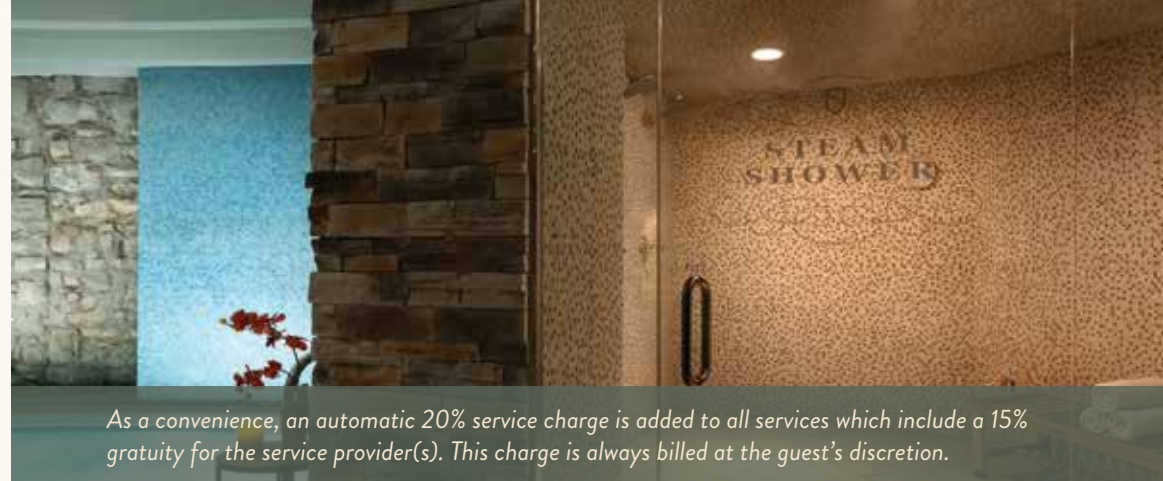
COUPLES OR INDIVIDUALS

ULTIMATE MANICURE – Revitalize aging skin with the ultimate in exfoliation and hydration. Includes cuticle soak, exfoliating hand treatment, masque, nail shaping, cuticle treatment, hand and forearm massage, paraffin treatment, and polish application.

SPA MANICURE – Includes cuticle soak, exfoliating hand treatment, nail shaping, cuticle treatment, hand and forearm massage and polish application.

ULTIMATE PEDICURE – Revitalize aging skin with the ultimate in exfoliation and hydration. Includes whirlpool foot bath, foot scrub, masque, nail shaping, cuticle and callus treatment, foot and lower leg massage, paraffin treatment, and polish application.

SPA PEDICURE – Includes whirlpool foot bath, nail shaping, cuticle treatment, callus treatment, foot scrub, foot and leg massage, and polish application.



As a convenience, an automatic 20% service charge is added to all services which include a 15% gratuity for the service provider(s). This charge is always billed at the guest's discretion.

HYDROTHERAPY

Baths are an excellent addition to any service or may be enjoyed as an individual service. All baths are 30 minutes. Inquire about our seasonal scented baths.

EUCALYPTUS – A great choice in allergy season and cooling in the summer, this bath helps clear the sinuses and the senses.

JUNIPER – Helps rid the body of toxins and stimulates circulation. This bath is good for soothing sore, tired muscles.

LAVENDER – This relaxing bath has a balancing effect on the body while lifting the spirits.

MILK & HONEY – Since the time of Cleopatra, this classic bath cleanses, moisturizes, softens and soothes your skin.

MOROCCAN – Features cypress, cedar atlas, neroli, blood orange, oak moss, jasmine, geranium, ylang-ylang, rosewood, lavandin, grapefruit, and calendula. Detoxifying, warming, revitalizing and relaxing.



HAIR SERVICES

SHAMPOO AND STYLE

HAIR TREATMENT – Deep conditioning hair products are massaged onto the scalp and combed through the hair. A great service for the scalp or damaged hair.

SPECIAL OCCASION HAIR STYLE - From a night on the town, anniversary celebration to your wedding day.



WAXING SERVICES

A combination of wax or non-wax products is used for all hair removal services. Hair should be at least 1/4 inch in length.

Services offered: Brow Design, Lip Wax, Chin Wax, Full Face, Underarms, Full Arm, Half Arm, Full Leg, Half Leg, Bikini and Brazilian Bikini

MEN'S SERVICES

While most all of our services are available for men, the following services are specifically created to address a man's skin care and relaxation needs.

GENTLEMEN'S FACIAL - Designed for the special needs of a man's skin, this facial cleanses, tones and moisturizes the face. 50 minutes

GENTLEMEN'S MANICURE - Includes cuticle soak, exfoliating hand treatment, nail shaping, cuticle treatment, hand and forearm massage, and low or high shine buffing.

GENTLEMEN'S PEDICURE - Includes whirlpool footbath, nail shaping, cuticle treatment, callus treatment, foot scrub, foot and leg massage.

GENTLEMEN'S WAXING SERVICES – Men's hair removal services are available for the brow, back and chest.



PACKAGES

ELMS SPA PACKAGE – 50-minute Relaxation Massage, 50-minute Signature Facial, Spa Manicure, Spa Pedicure.

SKIN REVIVAL – Designed to combat the effects of aging, this package includes a 50-minute Relaxation Massage, 50-minute Radiance Facial, Ultimate Manicure, and Ultimate Pedicure.

ELMS ULTIMATE – 45-minute Rose Petal Scrub, 50-minute Relaxation Massage, 50-minute Radiance Facial, Spa Manicure, Spa Pedicure, Shampoo and Style, Make up Application, choice of any Body Wrap and lunch.

TWICE AS NICE – Couples 50-minute Relaxation Massage, Baths, 50-minute Radiance Facial and Spa Manicures and Pedicures.

CUSTOM PACKAGE – Allow us to help you create your own personal spa package. Available for individuals or groups of all sizes.

GROUPS

Please call for group pricing (6 or more individuals). Couples, Mother & Daughter Get-A-Ways, Bridal and Bachelorette Parties, Employee Reward and Recognition



As a convenience, an automatic 20% service charge is added to all services which include a 15% gratuity for the service provider(s). This charge is always billed at the guest's discretion.

spa etiquette

Please review prior to booking spa appointments.

We encourage you to arrive at least 60 minutes before your scheduled services to enjoy our numerous amenities and to relax in our quiet room. At a minimum, please arrive 15 minutes prior to appointment.

Electronic Devices – Turn off and secure all personal communication devices to maintain the relaxing environment in the Spa. Cameras and video recording equipment are strictly forbidden in the Spa to honor our guest's privacy.

Age Requirements – Spa services and use of the grotto is reserved for guests 18 years of age and over.

Medical Accommodations – Please notify us of any healthcare concerns or medical conditions as certain services may not be recommended.

The Grotto – The Grotto at The Elms features a dry sauna, eucalyptus infused steam sauna, hot tub, steam shower, cold

plunge shower, and self-serve exfoliation area. Use of the Grotto is complimentary on the day of scheduled spa services. Friday through Sunday Grotto access is limited to two hours with a scheduled spa treatment.

Due to increased demand, Grotto Passes are subject to availability and cannot be purchased in advance. Friday through Sunday Grotto access is limited to two hours.

Spa Reservations – We recommend scheduling your spa services well in advance due to the high demand and specific nature of spa services. Hotel guests are encouraged to book their spa services at the time of booking their accommodations. A credit card number is required to guarantee all spa services. All appointments are based upon availability.



Cancellation Policy/ Late Arrivals – We require the courtesy of a 24 hour cancellation notice for single services and 48 hours in advance for multiple treatments. Failure to reschedule in advance will result in a fee equal to 50% of scheduled service prices. For all groups (6 or more) you must cancel, change or reschedule all appointments two weeks prior to the scheduled day.

If you are running late, the courtesy of a phone call is always appreciated. We will reschedule your appointment if possible. If we are not able to reschedule another appointment time, your services will begin as scheduled. Your arrival time will determine the length of your treatment time, which

will end as scheduled so the next guest appointment time may be honored.

Gratuity / Tipping Policy – As a convenience, an automatic 20% service charge is added to all services which include a 15% gratuity for the service provider(s). This charge is always billed at the guest's discretion. Please check out with the Spa receptionist at the end of your Spa Day. Appointments that are not checked out the day of will result in a charge to the credit card on file/and or room charge with a 20% gratuity.

Spa Boutique – The Spa Boutique offers a wide variety of spa, skin care, bath, and relaxation products to continue your relaxing spa experience at home.

THE ELMS

EST.  1888

HOTEL & SPA

hours of operation

The Spa and Salon are open for services
Sunday through Thursday from 9am-7pm and
both Friday and Saturday from 9am-10pm

Prices and hours of operation are subject to change without prior notice.

816.630.5500

WWW.ELMSHOTELANDSPA.COM

401 REGENT STREET EXCELSIOR SPRINGS, MO 64024



THE SPA



AT THE ELMS

PACKAGES

Elms Spa Package	\$270
Skin Revival	\$329
Elms Ultimate	\$554
Twice As Nice	\$594
Custom Package: Prices vary based on selected services.	

GROTTO ACCESS

\$55 per person, based on spa availability. This fee is waived with spa services. Use of the Grotto is complimentary on the day of scheduled spa services. Friday through Sunday Grotto access is limited to two hours with a scheduled spa treatment

MESSAGE SERVICES

Waterfall and Stone Massage			
Single	\$145	Couple	\$290

Hot Stone Massage

Single	\$145	Couple	\$290
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Elms Therapeutic Massage

50 min.	\$115	\$230
80 min.	\$140	\$280
110 min.	\$170	\$340

Elms Relaxation Massage

50 min.	\$95	\$190
80 min.	\$125	\$250

Reflexology

Single	\$80	Couple	\$160
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The Essentials Massage

Single	\$105	Couples	\$210
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Pregnancy Massage

50 min.	\$115
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FACIALS

Botanical Radiance Facial

50 min.	\$95	Couple	\$190
80 min.	\$125	Couple	\$250

Seasonal Facial

Ask our reservationist for information about this seasons facial. Prices vary with treatments.

Dual Exfoliation Facial Treatment

Single	\$140	Couple	\$280
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BODY TREATMENTS

Signature Rose Petal Salt Scrub

Single	\$95	Couple	\$190
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Mud Wrap

Single	\$140	Couple	\$280
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Seaweed Wrap

Single	\$140	Couple	\$280
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Aloe Tea Tree Wrap

Single	\$140	Couple	\$280
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Moroccan Detoxification Ritual

Single	\$180	Couple	\$360
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NATURAL NAIL CARE

Ultimate Manicure

Single \$60 Couple \$120

Spa Manicure

Single \$50 Couple \$100

Ultimate Pedicure

Single \$75 Couple \$150

Spa Pedicure

Single \$60 Couple \$120

BATH RITUALS

Eucalyptus \$45

Juniper \$45

Lavender \$45

Milk & Honey \$45

Moroccan Detox \$45

HAIR SERVICES

Shampoo and Style \$35

Hair Treatment \$25

Special Occasion

Hair Style \$50 and up

WAXING SERVICES

Brow Design \$15

Lip Wax \$15

Chin wax \$15

Full Face \$40

Underarms \$25

Full Arm \$45

Half Arm \$30

Full Leg \$60

Half Leg \$35

Bikini \$40 - \$55

Brazilian Bikini \$70 - \$85

MEN'S SERVICES

Gentlemen's Facial \$95

Gentlemen's Manicure \$45

Gentlemen's Pedicure \$60

Gentlemen's Waxing

Brow \$15

Chest \$50-80

Back \$50-\$80

GRATUITY/TIPPING POLICY

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THE SPA AT THE ELMS

401 Regent Street

Excelsior Springs, MO 64024

816-630-5500

ELMSHOTELANDSPA.COM