



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 GROTTO

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 GROTTO 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 HOT STONE MASSAGE – Experience the ultimate in relaxation with this unique water massage service. The Vichy Shower has seven adjustable shower jets to caress your body under an invigorating waterfall. Smooth basalt stones are heated and incorporated into the massage techniques to deliver penetrating warmth to your muscle. This treatment will increase the blood circulation, hydrate the skin and sooth the nervous system, enabling your body to balance and your muscles to relax. 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



MASSAGE SERVICES

(CONTINUED)

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.*

HERBAL THAI MASSAGE – Inspired by ancient Thai techniques, this full body massage performed on the massage table incorporates light stretches, compressions with the Herbal Farm press and joint and muscle manipulations. The farm press hugs the muscles, glides through stress like passing clouds and steams-off aches. This Thai herbal compress heats like hot stones, releasing therapeutic essential plant oils from the modern organic herbs inside. You can continue to enjoy the benefits of these soothing Thai herbal compresses at home when you add them to a bath or whirlpool. 80 minutes

THERMAL MASSAGE – Utilizing 72 concentrated trace minerals, Salt of the Earth thermal powder impacts the skin to target specific areas of the body, promoting overall wellness. A burst of heat that creates a relaxing and warming sensation occurs to help deeply penetrate the minerals that are essential for health into the skin. The thermal massage assists in alleviating muscle tension, dry skin, reduces inflammation and will leave the area applied feeling smooth and refreshed. 50 minutes



FACIALS

LACTIC PRO PEEL – An intense multi-action peel combining Lactic acid and plant extracts to help even out skin tone and combat the signs of aging. Promotes a softer more hydrated skin while stimulating natural collagen production, diminishing fine lines and wrinkles and repairing the effects of sun damage. 50 minutes

CLASSIC EUROPEAN FACIAL – This introductory facial suited for all skin types is designed to maintain a healthy, clear complexion. A personalized selection of Sothys products addresses the current needs of your skin. Thorough cleansing followed by the application of a highly concentrated ampoule and treatment mask refresh the skin while a relaxing facial massage helps melt away stress and provides a sense of wellness. 50 minutes

THERMAL WATERS HYDRATION FACIAL – This replenishing and hydrating treatment is our solution to quench thirsty skin and combat dehydration. A combination of hyaluronic acid and patented Boletus extract reactivate the natural hydration levels to reveal a more youthful complexion. Moisturizing serums, ultra-nourishing massage cream and enveloping mask restore skins natural softness and suppleness. 80 minutes

THE DELUXE CONTOUR FACIAL – Designed to enhance facial features and redefine contours, this triple-action anti-aging treatment targets the eyes, neck, and décolleté. Potent peptides along with a specialized toning massage will tighten, lift, and reshape the jaw line and smooth the décolleté. A combination of plant stem cells with a chilled porcelain spoon eye massage combats tired eyes, reduces puffiness, and diminishes fine lines and wrinkles around the eye area. 80 minutes



FACIALS

THE CONTOUR FALLS FACIAL - Inspired by two dermo-esthetic techniques, this targeted treatment instantly reshapes and redefines the facial contours. From the cheekbones to the décolleté, skin is tightened, toned, and visibly smoother. 50 minutes

THE SOOTHING SPRINGS FACIAL - Ultra-calming, desensitizing, and soothing treatment for sensitive and reactive skins. Incorporating historic Belgium's Spa™ Thermal water, known for its healing properties, along with specially selected botanicals to provide immediate and lasting relief and strengthen the skin. A double layer cocooning mask in combination with our unique decongesting facial massage with chilled porcelain spoons immediately calms and soothes your skin. 50 minutes

FOUNTAIN OF YOUTH FACIAL - Inspired by the Sothys Fil de Vie™ concept, the Youth Program prescribes preventative and treatment oriented action to care for the skin and embrace youth at any span of life. Combined with a scientific approach, Sothys anti-aging Intensive Treatment uses the βP3 tri-complex of saffron, sophora, and peptides to restore the skin's youth while targeting wrinkles and slackened skin. Fight against oxidative stress and biological aging with this scientifically proven facial treatment that protects the youth capital at all ages by combating the signs of aging. Expert application methods of exfoliating, stimulating massage, and double dermo filling mask leave the skin feeling fresh, plump, and youthful. 80 minutes

SEASONAL FACIAL - A limited-edition facial incorporating the purest ingredients from each season's harvest. This delicious cocktail of fruit extracts is packed with natural vitamins and minerals to provide antioxidant benefits and essential nutrients to restore and boost your skin's natural radiance. 50 minutes



Our trained professionals will discuss your skin care needs and will select products specifically for your individual skin type.

LUXURY FACIAL ENHANCEMENTS

GLYSALIC PRO PEEL - A gentle, yet effective dual-action exfoliation using an active combination of glycolic and salicylic acids to help lift away dead surface cells to reveal a clear, even complexion. Must be added to a facial. 15 minutes

PERFECT POUT LIP TREATMENT - Transforms dry, flaky, wrinkled lips into instantly smoother, fuller, more luscious lips! This exclusive mask contains a high concentration of Papaya Enzymes to gently dissolve away flaky dry skin, while dual molecular weight Hyaluronic Acid and 22 Certified Organic Extracts quench lips with intense hydration therapy. Finished with a luxurious lip balm, which moisturizes, repairs, enhances natural fullness and protects with SPF 20.



BODY TREATMENTS

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 and 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

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

AROMATIQUE SALT AND MUD RITUAL – An energizing and invigorating treatment to detoxify your body. A triple salt exfoliation with aromatic essential oils, a warming mud wrap and stimulating draining massage eliminates toxins, alleviates stress, and smoothes the skin. 75 minutes

HANAKASUMI BODY RITUAL – Embark on an enchanting sensorial journey filled with floral notes of cherry blossom and lotus flower to relax the body and nourish your skin. Our signature body treatment incorporates a warm exfoliating cream to soften and smooth the skin. A unique, invigorating foot massage flows into a relaxing full body massage using warmed aromatic shea butter to bring blissful relaxation to your mind body and soul. 50 minutes



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SENSATIONS ORIENTALE BODY TREATMENT – A relaxing, exotic and captivating unisex treatment with an oriental fragrance of amber and myrrh. Sweet and spicy notes will continue to stimulate your senses as radiant skin is revealed and drenched in nourishment and relaxation. A handmade terracotta scrubbing stone, exclusive to Sothys, inspired this treatment as an investment back into the local community of art and entrepreneurship in the rolling countryside of France. Each artisan stone is specially used on your body for exfoliation, cleansed, and presented elegantly as your gift for home care. 50 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.



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.

VALERIAN AND HOPS – The herbal combination of essential oils relieves nervous tension, allowing you to improve on the quality of your slumber. Valerian oil has been improving focus and reducing stress since medieval times.

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 & MAKEUP 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. 60 minutes

MAKEUP LESSON

MAKEUP APPLICATION



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

HEAD TO TOE – 50-minute Relaxation Massage, 50-minute European Facial, Spa Manicure, Spa Pedicure.

ELMS ULTIMATE – 45-minute Rose Petal Scrub, 50-minute Relaxation Massage, 50-minute Soothing Springs Facial , Spa Manicure, Spa Pedicure, Shampoo and Style, Make up Application, Mud Wrap and lunch.

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

BABY MOON - 50-minute Prenatal massage, 50-minute Soothing Springs, Spa Manicure, Spa Pedicure.

BRIDAL - 50-Minute Relaxation massage, 50-minute Contour Falls Facial, Ultimate Manicure, Ultimate Pedicure.

GROUPS

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



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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
Monday-Thursday: 9am-7pm
Friday- Saturday: 8am-10pm
Sunday: 8am-7pm

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



AT THE ELMS

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

Hot Stone Massage

Single \$145 Couple \$290

Elms Therapeutic Massage

50 min. \$115 \$230

80 min. \$140 \$280

110 min. \$170 \$340

Waterfall and Stone Massage

Single \$145 Couple \$290

Elms Relaxation Massage

50 min. \$95 \$190

80 min. \$125 \$250

Reflexology

Single \$80 Couple \$160

The Essentials Massage

Single \$105 Couples \$210

Pregnancy Massage

50 min. \$115

Herbal Thai Massage

80 min. \$140 Couples \$280

Thermal Massage

50 min. \$130 Couples \$260

FACIALS

Lactic Pro Peel

50 min. \$95

Classic European Facial

50 min. \$100 Couples \$200

Thermal Waters Facial

80 min. \$160 Couples \$320

The Deluxe Contour Facial

80 min. \$180 Couples \$360

The Contour Falls Facial

50 min. \$135 Couples \$270

The Soothing Springs Facial

50 min. \$130 Couples \$260

Fountain of Youth Facial

80 min. \$170 Couples \$340

Seasonal Facial

50 min. \$125 Couples \$250

LUXURY FACIAL ENHANCEMENTS

Glysalic Pro Peel

Must be added to facial

15 min. \$25

Perfect Pout Lip \$15

BODY TREATMENTS

Rose Petal Salt Scrub

Single \$95 Couple \$190

Mud Wrap

Single \$140 Couple \$280

Moroccan Detoxification

Single \$180 Couple \$360

Salt and Mud Ritual

75 min. \$155 Couples \$310

Hanakasumi Body Ritual

50 min. \$120 Couples \$240

Oriente Body Treatment

50 min. \$125 Couples \$250

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

HYDROTHERAPY

Eucalyptus \$45

Juniper \$45

Lavender \$45

Valerian and Hops \$45

Moroccan \$45

HAIR & MAKEUP SERVICES

Shampoo and Style \$55

Hair Treatment \$25

Special Occasion Hair Style
60 min. \$65+

Makeup Lesson \$60

Makeup Application \$55

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

PACKAGES

Head to Toe \$275

Elms Ultimate \$615

Twice As Nice \$610

Baby Moon \$320

Bridal \$330

Custom Package: Prices vary
based on selected services.

GRATUITY/ TIPPING POLICY

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THE SPA AT THE ELMS

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Excelsior Springs, MO 64024

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