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.
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.
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 soothe 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.

CBD MASSAGE – A deeply relaxing and pain-relieving massage, designed to quiet the mind, relax the body, and free the spirit. A fusion of Deep Tissue and Swedish technique allows for relaxation and penetration of CBD*. This massage may be beneficial for alleviating muscle, joint, and nerve pain while reducing inflammation. Effectively assisting the body in pain management and calming anxiety. 50 or 80 minutes.

*While all of our products and treatments will likely leave you feeling relaxed and restored, our CBD treatments will not impair judgement or physical capabilities. The CBD in our product originates from hemp and do not include any of the psychoactive components such as THC.

FACIALS

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.

HYDRAFACIAL - HydraFacial is the only hydadermabrasion procedure that combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously, resulting in clearer, more beautiful skin with no discomfort or downtime. The treatment is soothing, moisturizing, non-invasive and non-irritating. *Each serum targets specific skin issues including sun damage, blackheads and whiteheads, enlarged pores, acne, brown spots, uneven skin tone, early aging fine lines and wrinkles. 50 minutes. This treatment is not safe for pregnant or nursing women.

PLATINUM HYDRAFACIAL - The ultimate HydraFacial® experience! We begin the detoxification process with Lymphatic Drainage. Then deeply cleanse, exfoliate, extract and hydrate the skin while addressing your specific skin concern with a Serum booster. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging. 80 minutes. This treatment is not safe for pregnant or nursing women.
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

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

VIBRANT C SCRUB – This aromatic combination of blood orange and mango is a citrus infusion that rejuvenates and awakens the senses. A blend of fruit enzymes and Vitamin C work together to destroy free radicals in the body. Using gentle exfoliation, this full body sugar scrub will provide nourishment to distressed skin leaving it soft and supple while revealing a healthy radiant glow! 45 minutes

NUTRI-REGENERATIVE BODY TREATMENT – Indulge on a sensorial journey to well-being by nourishing the skin to recover its suppleness and nutrition. The results-driven combination of a warming gel and body oil assists in perfecting the figure of target areas while de-stressing mind and body with a tension alleviating massage. A smoothing mousse wrap used on target areas such as the arms, abdomen, or thighs stabilizes the moisture balance for clients that wish to improve their figure. The massage is performed with an essential oil packed Nutri-Relaxing body oil and has a triple objective to tone, regenerate, and comfort each client’s skin. 75 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 smooths 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
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.

CBD – Infused with 40mg of CBD*. De-stress and promote blood circulation while CBD oil nourishes your body and helps to reduce inflammation. "While all of our products and treatments will likely leave you feeling relaxed and restored, our CBD treatments will not impair judgement or physical capabilities. The CBD in our product originates from hemp and do not include any of the psychoactive components such as THC.

DE-STRESS MIND with Frankincense, Petit grain, Wild Chamomile, and Rosemary – clear your busy mind, decompress emotionally, and re-focus your thoughts.

SUPPORT with Lavender and Peppermint – soothe body aches, digestive issues, and headaches, perfect treatment for mild sunburns.

DEEP RELAX with Chamomile, Sandalwood, and Vetivert – slip into a sedative state, promoting rest and sound sleep.

INNER STRENGTH with Clary Sage, Frankincense, and Cardamom – comforts in time of need, strengths and encourages will power.
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, Makeup Application, Mud Wrap and lunch.

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


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

GROUPS


As a convenience, an automatic 21% service charge is added to all services which includes a 15% service charge for the service provider(s).
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.

**Service Charge/ Tipping Policy** – As a convenience, an automatic 21% service charge is added to all services which includes a 15% service charge for the service provider(s). This charge is not discretionary. 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 21% service charge.

**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 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
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.

Massage Services
Hot Stone Massage
Single $150 Couple $300
Elms Therapeutic Massage
50 min. $115 Couple $230
80 min. $160 Couple $320
110 min. $220 Couple $440
Waterfall and Stone Massage
Single $150 Couple $300
Elms Relaxation Massage
50 min. $115 Couple $230
80 min. $160 Couple $320

Reflexology
Single $115 Couple $230
The Essentials Massage
Single $115 Couple $230
Pregnancy Massage
50 min. $115
Herbal Thai Massage
80 min. $160 Couple $320

CBD Massage
50 min. $145
80 min. $190

Luxury Facial Enhancements
Glysalic Pro Peel
Must be added to facial 15 min. $25

Perfect Pout Lip $15

Facials
Classic European Facial
50 min. $115 Couple $230
Thermal Waters Facial
80 min. $170 Couple $340

HydraFacial
50 min. $199

Platinum HydraFacial
80 min. $275

Body Treatments
Rose Petal Salt Scrub
Single $120 Couple $240

Mud Wrap
Single $160 Couple $320
**Moroccan Detoxification**  
Single $225  Couple $450  
**Vibrant C Scrub**  
45 min. $120  Couple $240  
**Nutri-Regenerative**  
75 min. $160  Couple $320  
**Salt and Mud Ritual**  
75 min. $160  Couple $320  
**Hanakasumi Body Ritual**  
50 min. $125  Couple $250  

**HYDROTHERAPY**  
CBD $65  
De-Stress Mind $55  
Support $55  
Deep Relax $55  
Inner Strength $55  

**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  

**HAIR & MAKEUP SERVICES**  
Shampoo and Style $60  
Hair Treatment $30  
**Special Occasion Hair Style**  
60 min. $80+  
Makeup Lesson $80  
Makeup Application $60  

**WAXING SERVICES**  
Brow Design $20  
Lip Wax $20  
Chin wax $20  
Full Face $40  
Underarms $25  
Full Arm $45  
Half Arm $30  
Full Leg $60  
Half Leg $40  
Bikini $60  
Brazilian Bikini $85  

**Gentlemen’s Waxing**  
Brow $20  
Chest $80  
Back $80  

**PACKAGES**  
Head to Toe $305  
Elms Ultimate $680  
Twice As Nice $710  
Baby Moon $320  
Bridal $330  
Custom Package: Prices vary based on selected services.  

**SERVICE CHARGE/TIPPING POLICY**  
As a convenience, an automatic 21% service charge is added to all services which includes a 15% service charge for the service provider(s).  

**THE SPA AT THE ELMS**  
401 Regent Street  
Excelsior Springs, MO 64024  
816-630-5500  
ELMSHOTELANDSPA.COM