

The Spa

— AT THE —

ELMS



THE SPA AT THE ELMS SERVICE MENU

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Wellness + Renewal

WELCOME TO THE SPA AT THE ELMS

MODERN SANCTUARY | HOME OF HEALING WATERS

Named for the legendary mineral springs that put Excelsior Springs on the map, The Elms has been a destination for wellness and renewal since 1888. Today, that legacy continues with a contemporary approach to traditional spa therapies. Immerse yourself in a full range of revitalizing treatments, including halotherapy, massages, facials, body therapies, manicures, and pedicures. Spa guests also enjoy access to our indoor and outdoor pools, along with hot tubs for complete relaxation.



SPA RESERVATIONS | SECURE YOUR SANCTUARY

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. Please review the following [Spa Etiquette](#) page prior to booking.

MEDICAL ACCOMMODATIONS | RETREAT SAFELY

Please notify us of any healthcare concerns or medical conditions as certain services may not be recommended. Expecting Mothers are kindly asked to select services from our [Prenatal Wellness](#) menu. To ensure safety and comfort for both mother and baby, we require a doctor's note prior to providing any spa services. Select treatments have been tailored to support your journey, with the utmost care and sensitivity.

SPA ETIQUETTE & GUIDELINES

SERENITY THROUGH CONSIDERATION | ARRIVAL

Guests must arrive at least 90 minutes before their scheduled service to change into spa attire, enjoy the Grotto amenities, and unwind in the Sanctuary. With a confirmed treatment, you'll receive 90 minutes of complimentary Grotto access to use before treatment, featuring soothing pools, saunas, and tranquil relaxation areas designed to enhance your experience and prepare you for total rejuvenation. Guests should plan to conclude their Grotto experience with enough time to check in for their scheduled service. Arriving on time allows our team to provide a seamless, personalized visit and ensures you make the most of your experience.

CONCLUDING YOUR SPA DAY | CHECKOUT

We kindly ask that guests complete checkout with the Spa receptionist no later than 30 minutes following the conclusion of their final treatment, allowing time to enjoy locker room amenities. Any folios not checked out within this timeframe will be subject to a \$125 extended facility fee. This fee will be charged to the credit card on file or applied to the room, including the applicable service charge.

ELECTRONIC DEVICES | EMBRACE THE QUIET

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 REQUIREMENT | ENSURING A SERENE ESCAPE

Spa services and use of the grotto is reserved for guests 18 years of age and older.

SERVICE CHARGE | A NOTE ON GRATUITIES

Please note that menu prices do not include the service charge. For your convenience, a non-discretionary 21% service charge will be added at checkout, of which 15% is distributed directly to your service provider(s).

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 full charge for all scheduled treatments to the card on file. 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. 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.

Thank you for supporting the tranquil atmosphere of The Spa.

THE GROTTO EXPERIENCE

AWAKEN YOUR SENSES | RESTORE YOUR SPIRIT

The Grotto—a serene hydrotherapy sanctuary inspired by the timeless rituals of European healing baths. Designed to engage sight, sound, and touch, this tranquil space invites guests to unwind, recharge, and experience the deep relaxation of curated thermal therapies. An \$85 Grotto fee is waived with the reservation of any spa service. Use of The Grotto is complimentary on the day of scheduled spa treatments.

GROTTO AMENITIES | IMMERSIVE WELLNESS

- *Dry Sauna* — detoxification and circulation
- *Eucalyptus-Infused Steam Sauna* — deep breathing and clarity
- *Hot Tub* — recovery and overall wellness
- *Cold Plunge Shower* — recovery and energy flow
- *Steam Shower* — hydration and relaxation
- *Self-Serve Aromatherapy Bar* — personalized aromatic journey



TRANQUILITY THROUGH CONSIDERATION

Grotto access is limited to the 90 minutes before a confirmed spa treatment. Due to increased demand, Grotto Passes can be reserved in advance Monday through Thursday. We kindly ask that The Grotto and adjoining Sanctuary spaces remain quiet, tranquil environments for all guests to enjoy. This policy will be respectfully and strictly enforced.

Thank you for supporting the tranquil atmosphere of The Spa.

Signature Massage

SIGNATURE MASSAGE COLLECTION

HOT STONE | GROUNDING HEAT

Smooth basalt stones are gently heated and incorporated into the massage to deliver soothing, penetrating warmth that melts away muscle tension.

75 MINUTES \$270

CLOUD 9 CUPPING | DEEP RELIEF

Soft cupping is a deeply effective massage technique that helps break up stagnation and encourage drainage while increasing blood and lymphatic flow to the skin. The gentle pulling action of the cups releases muscle tension, reduces inflammation, and accelerates recovery. This full-body experience leaves you feeling deeply relaxed—like you're on Cloud 9.

75 MINUTES \$270

ELMS THERAPEUTIC | FOCUSED RELIEF

This personalized, results-focused massage is designed to relieve muscular tension, improve circulation, and support overall physical well-being. Using a combination of targeted techniques—including deep tissue and trigger point therapy—your therapist will address areas of chronic stress, discomfort, or restricted movement. Ideal for guests seeking relief from everyday strain or looking to enhance recovery and mobility, this treatment blends therapeutic precision with deep relaxation.

50 MINUTES \$195 | 80 MINUTES \$260 | 100 MINUTES \$330

WATERFALL | HEALING HYDROTHERAPY

Experience the ultimate in relaxation with this unique water massage. The Vichy Shower features seven adjustable jets that cascade over the body like an invigorating waterfall. This treatment boosts circulation, hydrates the skin, and soothes the nervous system—promoting balance, relaxation, and overall well-being. **75 MINUTES \$270**

ELMS SWEDISH | GENTLE RELAXATION

A light-pressure massage designed to promote healthy circulation, ease stress, and enhance deep relaxation. Gentle techniques soothe the nervous system and restore a sense of overall well-being.

50 MINUTES \$185 | 80 MINUTES \$250

ASHWAGANDHA ESSENTIALS | SPIRITUAL BALANCE

A light-pressure, rhythmic massage performed with a soothing blend of essential oils designed to help reduce toxins and inflammation. Ashwagandha oil supports balance of the body, mind, and spirit—promoting relaxation and easing emotional stress. **50 MINUTES \$190**

WARM BAMBOO | HEALTHY CIRCULATION

This deeply therapeutic massage incorporates gentle stretching and warmed bamboo stalks to relieve tension, ease body aches, and promote healthy circulation and lymphatic flow. **100 MINUTES \$290**

Enhancements

LUXURY MASSAGE ENHANCEMENTS

ALL CLEAR SINUS SOOTHER

\$20

A soothing essential oil blend combined with an acupressure facial massage to relieve sinus pressure and congestion, promoting clarity and relaxation.

HAIR NOURISHMENT

\$20

Revitalize your scalp with a unique blend of herbal extracts drawn from Ayurveda and Chinese medicine. Omega-rich oils deeply condition hair follicles, promoting overall scalp health.

FOOT RENEWAL

\$20

A nourishing blend of fruit enzymes and Vitamin C rejuvenates distressed skin on the feet, leaving them soft, supple, and glowing with renewed vitality.

GEMSTONE EYE GELS

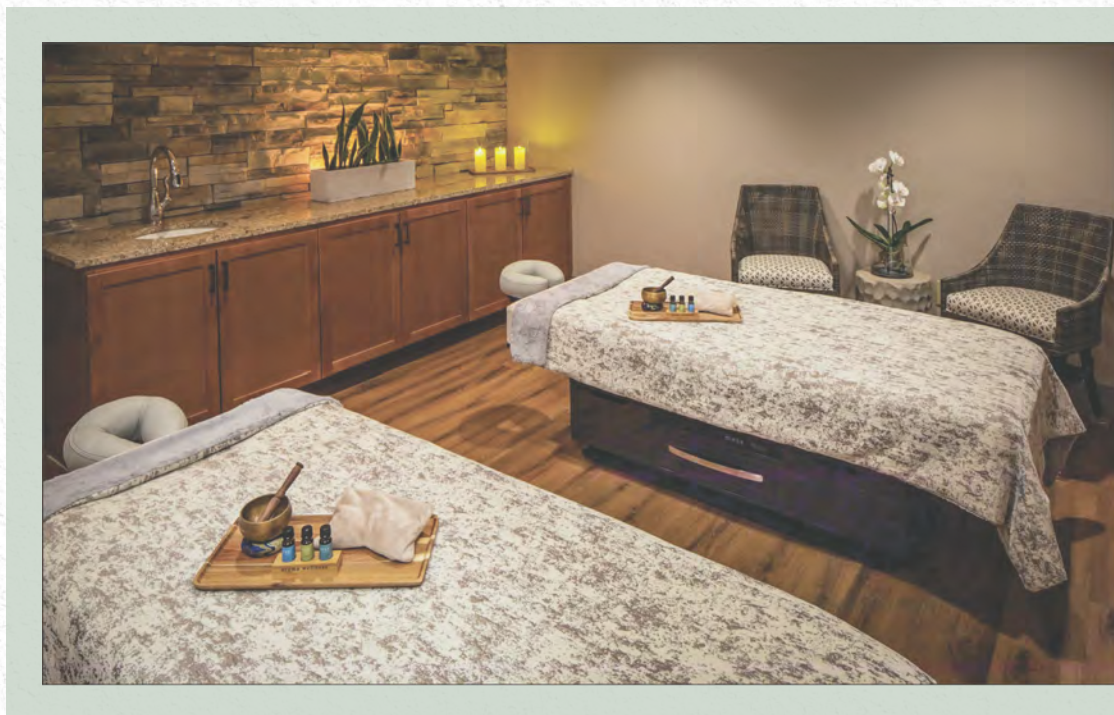
\$30

Hydrating collagen eye gels infused with proven ingredients to hydrate, nourish, and restore the delicate skin around the eyes.

CBD MASSAGE OIL

\$30

A deeply restorative blend of 225mg CBD, botanical, and herbal oils that provide targeted relief and nourishment, leaving the body feeling calm, relaxed, and restored.



HOLISTIC ESCAPES COLLECTION

WHY HOLISTIC? | A DEEPER PATH TO WELLNESS

Holistic spa services offer a deeply refined approach to wellness, treating not just the body, but the entire being. These thoughtfully curated rituals blend ancient healing traditions with modern techniques—incorporating breathwork, energy balancing, sound therapy, and intuitive touch to restore harmony on every level. Unlike traditional treatments that focus solely on physical relief, holistic services engage the senses, calm the nervous system, and awaken the body's innate capacity to heal. The result is a richly immersive experience that leaves you not only relaxed, but renewed, rebalanced, and wholly restored.



ACUPUNCTURE HEALING | NATURE RITUAL

Open your senses to a deeper connection with nature and your inner self. This immersive experience begins with a balancing sound bath, followed by a group acupuncture session in our serene outdoor retreat space—set to the calming sounds of the Fishing River. Embrace the restorative energy of nature as you find stillness, clarity, and inner peace.

Please note: Outdoor spa treatments are weather permitting. A spa representative will assess conditions daily and provide a minimum of two hours' notice if a location change is necessary. **75 MINUTES \$220**

Holistic Escapes

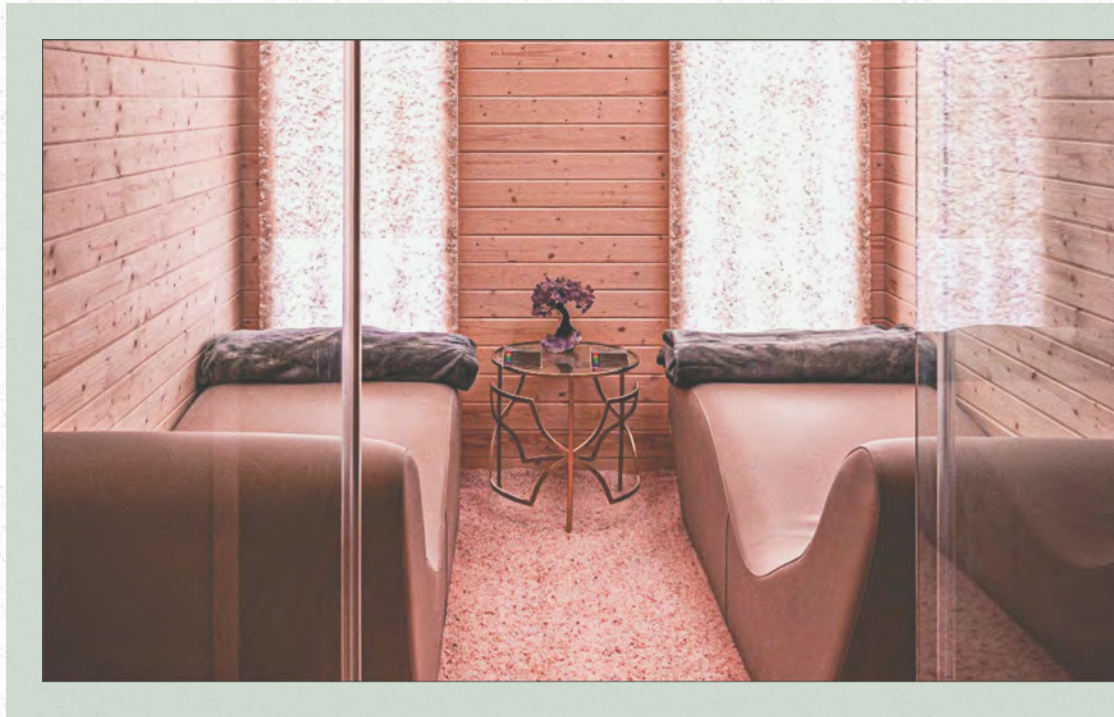
HOLISTIC ESCAPES COLLECTION *(continued)*

HALO SALT CAVE | NATURAL RELIEF

Imagine lying on a warm sandy beach, listening to the rhythmic crash of waves and inhaling the crisp, salty air. Each breath brings a deep sense of calm that washes over your body. In our Halo Salt Cave, we recreate this peaceful experience, offering natural relief for respiratory and skin conditions through the healing properties of salt.

Halotherapy is a natural and effective way to cleanse and detoxify the lungs, enhancing respiratory health. The dry salt particles dispersed into the air help clear impurities from the lungs, alleviate congestion, combat bacteria, reduce inflammation, increase oxygen intake, and strengthen the immune system.

45 MINUTES \$85



BREATHE & DETOX SALT SUITE | CALMING DETOX

Immerse yourself in a multisensory escape—tasting the salty air, breathing in calming essential oils, and feeling the soothing warmth of infrared heat envelop your body. Medical-grade chromatherapy and red-light waves enhance the experience, promoting deep relaxation and renewal.

Infrared heat penetrates deeply to ease sore muscles, reduce stress, and support detoxification from within. This full-body therapy helps eliminate toxins and tension, leaving you feeling restored and revitalized.

45 MINUTES \$85

Holistic Escapes

QUARTZ COLLECTION

Rooted in the ancient Greek tradition of psammotherapy (hot sand therapy), our Quartz Collection offers deeply grounding and meditative rituals performed on a heated quartz sand table. Natural quartz crystals provide healing benefits while the body is cocooned in warmth, allowing for total sensory immersion and restoration. Each experience includes sound therapy to harmonize energy and promote inner balance.

QUARTZ DRIFT | RHYTHMIC WAVES OF RENEWAL

*A modern wellness escape designed to rebalance and recharge. This touchless, self-guided experience takes place on our mineral-rich, heated quartz table, allowing the body to be gently cocooned in warm sand that soothes the senses. As soundscapes and aromatherapy envelop the mind, tension melts away—without the need for a therapist. Please note this is a technician-free experience. **30 MINUTES \$95***



QUARTZ SOUND HEALING RITUAL | CALM ENERGY

This Warm sand quartz cocoons the body and replicates the benefits of a day spent at the beach. Quartz minerals impart wellness benefits and healing energy. Singing bowls are placed on and around your body, and your energy fields are balanced through their resonating sounds and vibrations.

50 MINUTES \$170

SACRED HARMONY MASSAGE & ACUPUNCTURE

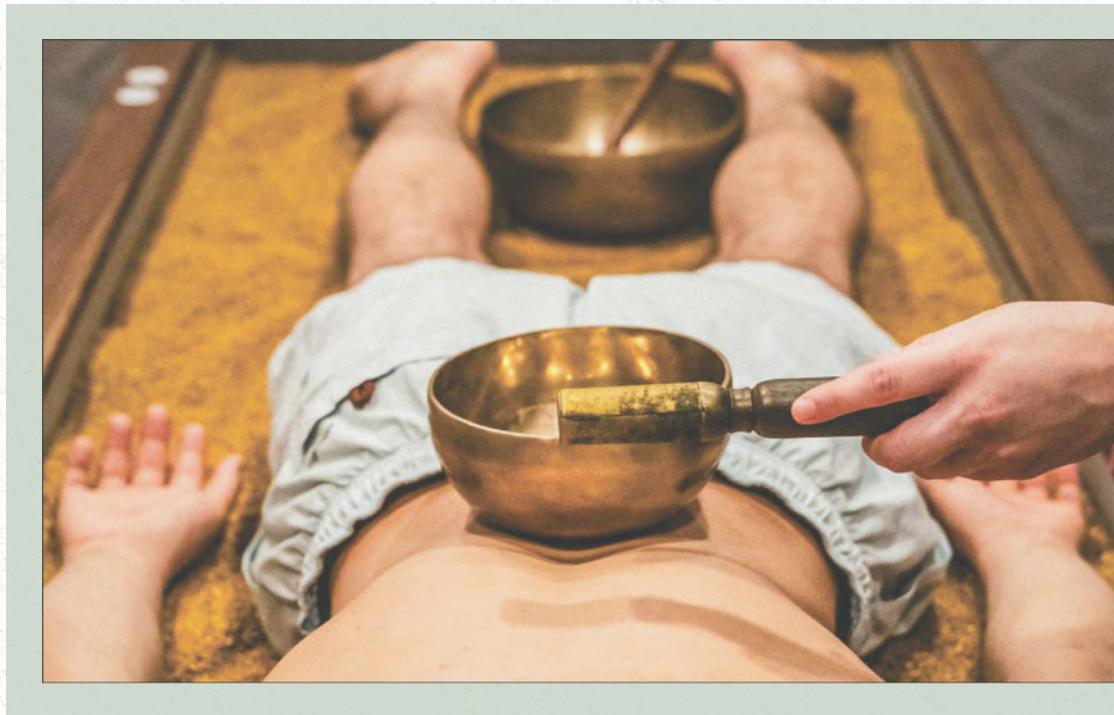
*A grounding and rejuvenating ritual that unites ancient healing practices with modern intention. Experience the fusion of flowing massage, aromatic essential oils, and precise acupuncture points to open energetic pathways, release emotional blockages, and restore inner balance. **75 MINUTES \$250***

Quartz Collection

QUARTZ COLLECTION *(continued)*

QUARTZ SOUND HEALING MASSAGE | RELAXATION

*Cocooned in warm, mineral-rich quartz sand that mimics the healing comfort of a day at the beach, the body is invited into deep relaxation. A focused massage on the hands and feet releases tension and restores balance, while singing bowls placed around the body create resonant sound vibrations. Complemented by soothing aromatherapy, this experience promotes emotional harmony and energetic alignment. Please note: this is not a full-body massage and focuses solely on the hands and feet. **50 MINUTES \$180***



QUARTZ SOUND HEALING MASSAGE | WELL-BEING

Immerse yourself in a deeply restorative ritual as warm quartz sand gently cocoons the body, easing tension and inviting profound relaxation. A full-body massage using warm salt stones melts away muscular stress while promoting overall well-being. Singing bowls enhance the experience, guiding the body into a meditative state and restoring energetic balance through sound and vibration.

100 MINUTES \$320

ACUPUNCTURE | QUARTZ ENERGY WORK

*This unique combination of acupuncture and sound bath therapy creates a deeply immersive healing experience. Crystal singing bowls resonate through every cell, elevating you to higher states of love, joy, and gratitude. Together, sound and acupuncture calm the mind, relax the body, clear the subconscious, and activate your body's natural healing response—promoting balance across mind, body, and spirit. **75 MINUTES \$170***

Signature Facials

SIGNATURE FACIAL COLLECTION

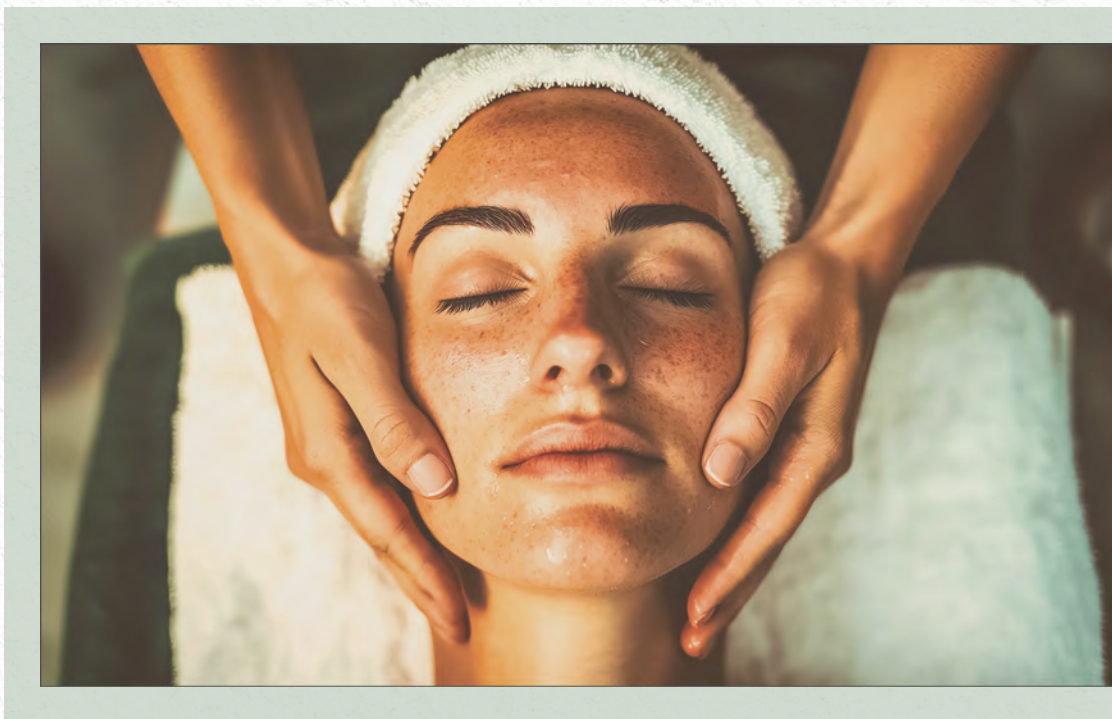
HYDRAFACIAL | INSTANT GLOW

HydraFacial is a non-invasive hydradermabrasion treatment that cleanses, exfoliates, extracts, hydrates, and delivers antioxidant protection—all in one. This gentle, moisturizing procedure provides radiant results without irritation or downtime. Tailored serums address concerns such as sun damage, blackheads, enlarged pores, acne, hyperpigmentation, uneven tone, and early signs of aging like fine lines and wrinkles. **50 MINUTES \$270**

THE ULTIMATE HYDRAFACIAL | ELMS EXCLUSIVE

Experience the exclusive, transformative HydraFacial at The Elms Hotel & Spa. This advanced 100-minute treatment deeply cleanses, exfoliates, hydrates, and infuses antioxidants into the skin while incorporating a calming lymphatic massage to boost circulation, reduce puffiness, and support detoxification. A personalized booster serum is selected to address your unique skin concerns, leaving your complexion refreshed, radiant, and visibly renewed.

100 MINUTES \$380



SEASONAL | INDULGE THE SENSES

This rejuvenating facial features antioxidant-rich, seasonal ingredients to reduce inflammation and nourish the skin with anti-aging benefits. Customized to the season, this treatment incorporates aromatic elements that indulge the senses while leaving your complexion glowing and revitalized.

50 MINUTES \$170

SIGNATURE FACIAL COLLECTION *(continued)*

ELMS SIGNATURE | ULTIMATE GLOW

Indulge in ultimate luxury with this full-body revitalizing experience. Begin with a gentle exfoliation to renew the skin, followed by a hydrating facial mask that restores radiance. A targeted body mask is then applied to boost skin vitality and deliver deep moisture. This lavish treatment leaves your skin glowing from head to toe—refreshed, nourished, and beautifully renewed.

100 MINUTES \$320

K-BEAUTY SCULPT & GLOW | LEGENDARY

Experience next-level rejuvenation with the K-Beauty Sculpt & Glow Facial, a luxurious treatment that combines cutting-edge science with time-honored Korean skincare rituals. Powered by VENN's advanced formulations infused with clinically proven actives and microbiome-balancing pre- and probiotics, this facial visibly lifts, sculpts, and strengthens while deeply hydrating, brightening, and restoring clarity for a youthful, radiant complexion.

The 50-minute facial features a signature Korean acupressure facial massage ("ji-ap") to stimulate circulation and oxygen flow, leaving skin supple and refreshed.

The 80-minute option elevates the experience with an elongated facial massage and LED therapy to further enhance skin tone, firmness, and radiance, creating the ultimate rejuvenating ritual.

50 MINUTES \$180 | 80 MINUTES \$250

CIRCADIAN WATERS REJUVENATION | LEGENDARY

For over a century, visitors have come to The Elms seeking renewal in the legendary mineral springs of Excelsior Springs. Inspired by the natural rhythm of these healing waters—and the body's own circadian cycle—this luxurious facial restores balance through renewal, hydration, and repair.

Your journey begins with a purifying double cleanse and gentle enzymatic exfoliation, echoing the cleansing power of the springs. A revitalizing oxygen infusion follows, awakening the skin, boosting circulation, and encouraging collagen production—reminiscent of the town's famed waters that once re-energized weary travelers.

As the experience deepens, a soothing jade stone massage and antioxidant-rich mask calm and replenish the skin, mirroring the serenity of an evening soak. The ritual concludes with deep hydration and skin-protecting nutrients, sealing in moisture and leaving your complexion radiant, balanced, and renewed.

80 MINUTES \$230

Signature Facials

Enhancements

LUXURY FACIAL ENHANCEMENTS

HAIR NOURISHMENT

\$20

Nourish and invigorate hair follicles with a blend of herbal extracts rooted in Ayurveda and Chinese medicine, while omega-rich oils deeply condition the scalp.

HYDRAFACIAL BOOSTER

\$50

This booster is going to greatly enhance the overall results of your HydraFacial, utilizing a personalized, highly concentrated serum booster to aid in product penetration, addressing skin concerns, and lengthening results following treatment.

GEMSTONE EYE GELS

\$30

Hydrating collagen eye gels infused with proven ingredients to hydrate, nourish, and restore the delicate skin around the eyes.

GUA SHA TREATMENT

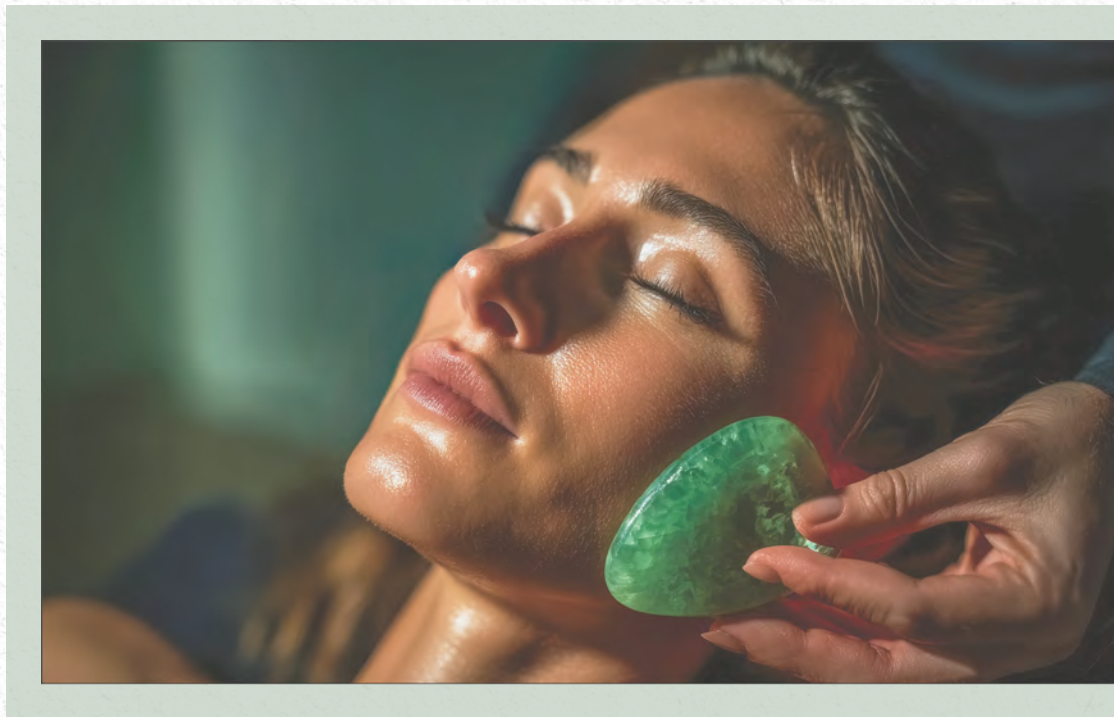
\$20

A soothing quartz stone technique using upward strokes to relax tense muscles and promote lymphatic drainage, leaving skin rejuvenated.

ICE GLOBES

\$20

Slim, contour, and depuff with these cooling ice globes that stimulate circulation and encourage lymphatic drainage, helping to reduce facial swelling and calm the skin.



GENTLEMEN'S SPA RITUALS

Inspired by the mineral-rich waters and natural strength of Excelsior Springs, these treatments are designed to restore, refine, and recharge. Tailored specifically for men, each service promotes well-being, balance, and confidence.



Gentlemen

DEEP CURRENT RENEWAL FACIAL | FIRM CLEANSE

A results-driven facial designed to deeply cleanse, exfoliate, and hydrate the skin, while tackling concerns like razor burn, dryness, and daily environmental stress. This treatment features a firm facial massage and advanced techniques to restore strength, clarity, and balance—leaving your skin looking healthy, refreshed, and refined.

50 MINUTES \$170 | 80 MINUTES \$220

THE DRIFT MANICURE | FOR WORKING HANDS

This revitalizing treatment tackles rough, dry skin and relieves tension, leaving your hands looking strong and well-groomed. The 50-minute option includes exfoliation, a hydrating massage, and nail care. Upgrade to the 80-minute session for a more intensive experience featuring a detoxifying mud mask, warm paraffin dip, and extended massage to boost circulation and deeply condition the skin.

50 MINUTES \$85 | 80 MINUTES \$110

MINERAL SOLE PEDICURE | FOR TIRED FEET

Relieve sore, overworked feet with this revitalizing pedicure. The 50-minute treatment includes a mineral soak, exfoliation, tension-relieving massage, and professional nail grooming. Upgrade to the 80-minute experience for ultimate restoration with a purifying mud mask, deeply hydrating paraffin dip, and extended massage—leaving your feet completely renewed and rebalanced.

50 MINUTES \$95 | 80 MINUTES \$120

Prenatal Wellness

PRENATAL WELLNESS COLLECTION

CARE & CONSIDERATION | PROVIDERS CONSENT

*Congratulations on your pregnancy! For your safety and your baby's well-being, please select treatments from our specially designed prenatal menu. Prenatal services are best enjoyed after the first trimester, with **Prenatal Massage** available only during the second and third trimesters. We require **written approval from your healthcare provider** confirming you are cleared for prenatal spa services, including any noted restrictions—such as high blood pressure or risk of preterm labor—that may make certain treatments inadvisable. This ensures every service is safe, nurturing, and tailored to your pregnancy.*



PRENATAL MASSAGE | NURTURING EXPERIENCE

*Custom techniques and specialized positioning are used to support the changing body of the expectant mother, offering a relaxing and nurturing experience. Written approval from your healthcare provider is recommended prior to receiving this service. **Pregnancy massage is available only during the second or third trimesters.** 50 MINUTES \$185 | 75 MINUTES \$220*

PRENATAL TRANQUIL RADIANCE FACIAL | BALANCE

A calming ritual for mothers-to-be, this tailored facial draws from Korean skincare traditions to address the unique needs of hormonal skin. Restorative ingredients calm inflammation, even tone, and hydrate, while advanced ferments strengthen and balance the skin barrier. The 50-minute facial is ideal for those seeking focused care and visible results, while the 80-minute facial offers additional time for a restorative facial massage and enhanced relaxation.

50 MINUTES \$170 | 80 MINUTES \$220

BODY TREATMENT COLLECTION

SEASONAL WATERFALL SCRUB | SKIN EXFOLIATION

Enjoy seasonal aromas as the Vichy Shower's seven adjustable jets caress your body like an invigorating waterfall, exfoliating dry skin and boosting circulation to leave your skin smooth, soft, and refreshed. **45 MINUTES \$170**

THERMAL MINERAL DETOX | DEEP DETOX

Experience an intensive detoxifying ritual inspired by the mineral-rich thermal waters of Montalcino, Tuscany. This revitalizing hydrotherapy treatment combines the purifying power of essential oils with potent thermal minerals to deeply cleanse the tissues, promote drainage, and combat the appearance of cellulite. Designed to restore energy and enhance skin vitality, it leaves the body feeling lighter, smoother, and radiantly renewed. **75 MINUTES \$220**

REFINE & RELAX | HEALTHY CIRCULATION

This deeply relaxing full-body treatment begins with a detoxifying dry brush exfoliation to stimulate circulation and support lymphatic health. An ultra-hydrating body oil, enriched with antioxidants and natural botanicals, is applied to nourish and soften. A soothing scalp massage completes the experience, melting away stress—leaving you fully restored.

45 MINUTES \$180

BODY RENEWAL RITUAL | RESTORE YOUR SKIN

This smoothing, renewing, and regenerating treatment restores skin's tone and elasticity. Perfect for skin in need of moisture and rejuvenation, it is safe and effective for all skin types. Using a carefully curated sequence of five Comfort Zone body products, our technicians deliver a luxurious experience often described as "a facial for the body". **75 MINUTES \$220**

BODY GLOW RITUAL | ILLUMINATING EXFOLIATION

Reawaken your body with this revitalizing treatment. A gentle yet effective Comfort Zone Peel Scrub exfoliates dead cells, impurities, and excess oil for a brighter, more even texture. A deeply hydrating cream is then massaged in to restore moisture and radiance. Perfect before or after sun exposure, this no-downtime treatment delivers a luminous, healthy glow.

50 MINUTES \$180

VIBRANT C SCRUB | HEALTHY RADIANCE

Using gentle exfoliation, this aromatic blood orange and mango-infused full-body sugar scrub awakens the senses. A blend of fruit enzymes and Vitamin C work together to neutralize free radicals in the body, leaving your skin soft and supple—revealing a healthy, radiant glow. **45 MINUTES \$170**

Body Treatments

NATURAL NAIL CARE

We are an all-natural nail salon. What does this mean? We do not work with or have the tools to remove acrylic, dip, hard gel, or gel builder products. We kindly ask that any artificial nail products be removed prior to your visit.



THE SPRINGS SIGNATURE MANICURE | REPLENISH

*Inspired by the timeless calm of The Elms and its legacy of renewal, this manicure transforms hand care into a serene escape. An exclusive blend of aromatic essential oils—skin-replenishing amaranth oil, calming cedarwood, and sweet orange—melts away stress while silkening the skin—leaving hands beautifully refreshed and perfectly polished. **50 MINUTES \$85***

TRANQUILITY MANICURE RITUAL | FIRM CLEANSE

*Rooted in the healing heritage of The Elms, this indulgent manicure offers a full-body sense of calm, beginning with a sensory journey of aromatic essential oils including amaranth, cedarwood, and sweet orange. Tired hands are softened and smoothed before being treated to a Comfort Zone mud mask and deeply hydrating paraffin dip, delivering warmth, relief, and rejuvenation. Warm stones are placed along key points to soothe muscles and promote relaxation, encouraging full-body harmony. The service is completed with your choice of Dazzle Dry, offering brilliant, long-lasting color without the use of harsh chemicals. This luxurious treatment leaves hands beautifully cared for and completely at ease. **80 MINUTES \$110***

Signature Nails

NATURAL NAIL CARE *(continued)*

THE SPRINGS SIGNATURE PEDICURE | REFRESHING

Honoring the healing heritage of The Elms, this tranquil pedicure is designed to bring comfort and renewal, inviting you to relax and restore through the power of touch and scent. A curated blend of aromatic essential oils—including amaranth oil, cedarwood, and sweet orange—soothes the senses while deeply softening the skin, leaving your feet refreshed and ready to carry you forward in perfect balance. **50 MINUTES \$95**

TRANQUILITY PEDICURE RITUAL | REFRESHING

Inspired by the restorative legacy of The Elms, this luxurious pedicure offers full-body calm through a sensory journey of amaranth, cedarwood, and sweet orange. Feet are softened and smoothed before a Comfort Zone mud mask and hydrating paraffin dip deliver warmth, relief, and renewal. Warm stones ease tension and promote relaxation, while Dazzle Dry polish provides radiant, long-lasting color without harsh chemicals. A revitalizing ritual that restores balance and tranquility. **80 MINUTES \$120**



REVITALIZING LEG & FOOT RITUAL | BIOACTIVE

Soothe and restore tired legs and feet with this revitalizing 45-minute ritual. Begin with the Active Bio-Ferment Body Scrub, a gentle sugar polish infused with a Korea-patented herbal oil complex, to smooth and soften skin. A warm stone massage with thermal mineral mud and Active Bio-Ferment Body Cream featuring Ginsenoside Compound K enhances elasticity, boosts hydration, and refines tone. This indulgent experience stimulates circulation, eases tension, and leaves legs and feet feeling lighter, refreshed, and renewed.

45 MINUTES \$130

Signature Nails

Elevated Experience

ELEVATED EXPERIENCES

The Elms Spa offers a curated selection of experiential packages perfect for any occasion. With exceptional spa treatments, indoor and outdoor pools, and a European-style bathhouse, your visit will be truly unforgettable. Whether celebrating a birthday, bachelorette party, wedding, or another special event, we're here to make it extraordinary.

All Spa Suite Experiences include a 90 minute Grotto pass for each guest. Spa treatments are not included and must be booked separately. Experiences must be reserved in advance. Please note any amenities you'd like to include when booking to ensure we are fully prepared for your visit.

TOUCH OF ROMANCE | A SPECIAL EXPERIENCE

Indulge in decadent snacks and chocolate-covered strawberries as you sip champagne with someone special. Unwind in a private suite while wrapped in a luxurious keepsake Elms robe, then relax and rejuvenate at your own pace in the serene waters of our grotto and pool areas.

120 MINUTES | COUPLES EXPERIENCE \$400

SPA'RTY EXPERIENCE | A SPECIAL OCCASION

Savor a custom-made charcuterie board as your group enjoys refreshing beverages in the comfort of a private spa lounge. It's the perfect setting to relax, reconnect, and celebrate your special occasion together. This experience is designed for four guests. A \$125 fee applies for each additional guest added to the package. 120 MINUTES | GROUP EXPERIENCE FOR FOUR \$500

VIP LOUNGE EXPERIENCE | EXCLUSIVE RETREAT

Looking for a private space to relax and connect with your group during your spa visit? The VIP Lounge offers the perfect setting for larger parties to gather and enjoy quality time together. Food may be pre-ordered prior to arrival. Beverages available for purchase on the day of your visit.

2-HOUR RENTAL: \$300 | 4-HOUR RENTAL: \$600

VIP LOUNGE AMENITIES

| | |
|--------------------------------|------------------|
| Charcuterie Board | SM \$45/ LG \$65 |
| Celebration Cake | \$60 |
| Chocolate Covered Strawberries | \$40 |
| Fruit Platter | \$45 |
| Pastry Platter | \$55 |
| Champagne | \$30 |



THE SPA AT THE ELMS

*The Spa is open for services
Sunday through Thursday from 9am-6pm
Friday and Saturday from 9am-8pm*

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

816.629.2521

WWW.ELMSHOTELANDSPA.COM

401 REGENT STREET, EXCELSIOR SPRINGS, MO 64024