

# *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 halotherapy, massages, facials, body treatments, 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, and a 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.**



# 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.

## **PRENATAL TREATMENTS FOR EXPECTING MOTHERS—**

**Congratulations on your pregnancy! To ensure your safety and the safety of your baby, we recommend that you only book services designated with our Mom-to-Be symbol. This symbol indicates our selection of treatments that are appropriate for expecting mothers in their second or third trimesters of pregnancy. Please consult your health care provider and provide written medical approval to receive Pregnancy Massage. Pregnancy Massage may only be performed in the second or third trimesters.**



**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.

**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.

# Massage Services



## HOT STONE MASSAGE

Smooth basalt stones are heated and incorporated into the massage techniques to deliver penetrating warmth to your muscles. **75 MINUTES**

## CLOUD 9 CUPPING MASSAGE

Soft cupping is an effective massage technique that breaks up and drains stagnation while increasing blood & lymph flow to the skin while relaxing the muscle. Due to the pulling power of the cups, this full-body massage dramatically decreases inflammation and increases in the speed of recovery, along with a feeling of deep relaxation as if you're walking on cloud 9. **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 & HOT STONE MASSAGE

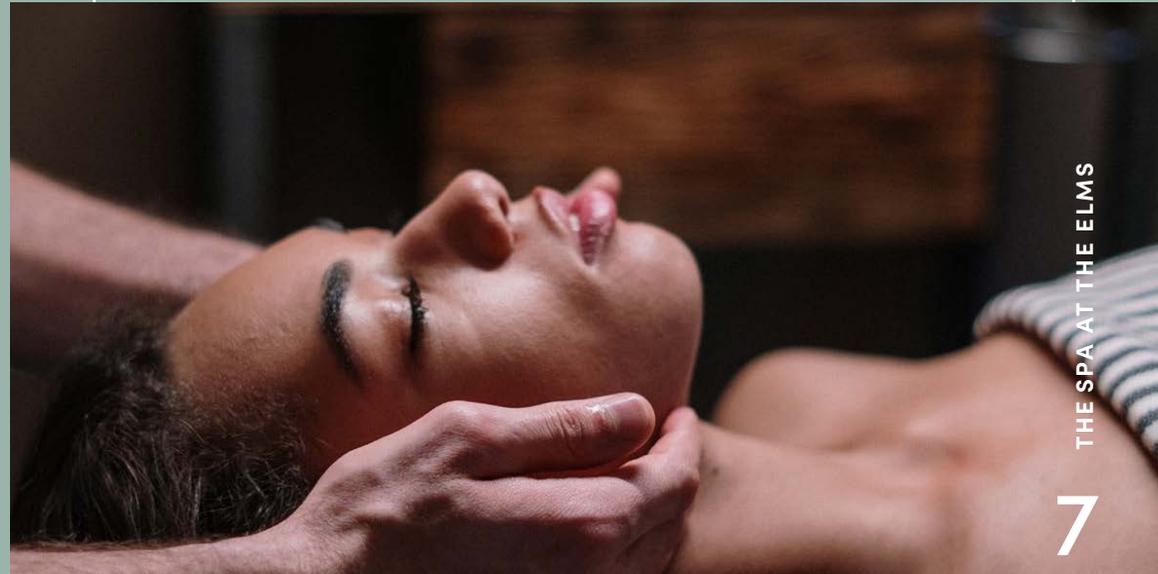
Experience the ultimate in relaxation with this unique water massage service. The Vichy Shower has seven adjustable shower jets to caress your body under an invigorating waterfall. Smooth basalt stones are heated and incorporated into the massage techniques to deliver penetrating warmth to your muscle. 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 SWEDISH 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**





## LUXURY MASSAGE ENHANCEMENTS CONTINUED

### HAIRS TO YOU

Nourish hair follicles with a unique blend of herbal extracts used by Ayurveda and Chinese medicines while its omega-rich oils condition the scalp.

### HAND & ARM RENEWAL

A blend of fruit enzymes and Vitamin C work together to provide nourishment to distressed skin leaving it supple while revealing a healthy radiant glow.

### BACK IN ACTION

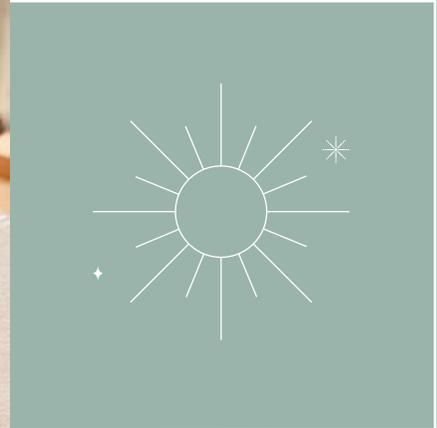
A seasonal back scrub treatment after massage. Gentleman's favorite!

### ESSENTIAL OIL ENHANCEMENT

Aromatic essential oils to improve the health of the body, mind, and spirit.

### CBD MASK ENHANCEMENT

CBD is inherently therapeutic for the mind and body. It has anti-inflammatory and pain relieving agents that reduce inflammation within muscles and joints. Reap the soul soothing benefit of having a CBD back treatment added to any massage.





# Luxury Facial Enhancements

## ALL CLEAR SINUS SOOTHER

Essential oil blend and acupressure facial massage relieves pressure and congestion

## REJUVENATING EYE MASK

A powerful combination of caffeine, collagen and botanical extracts work hard to reduce the appearance of dark circles and puffiness so you look more refreshed.

## HAIRS TO YOU

Nourish hair follicles with a unique blend of herbal extracts used by Ayurveda and Chinese medicines while its omega-rich oils condition the scalp.

## HAND & ARM RENEWAL

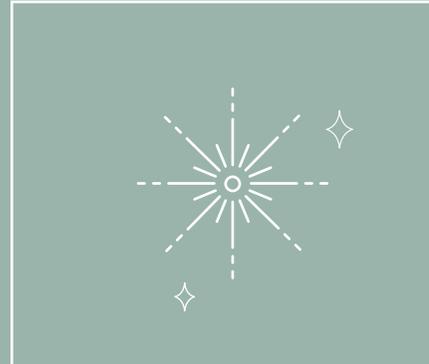
A blend of fruit enzymes and Vitamin C, work together to provide nourishment to distressed skin leaving it supple while revealing a healthy radiant glow.

## NUFACE EYE & LIP TREATMENT

A microcurrent facial treatment that improves the appearance of the eye and lip areas. Gently stimulates eyebrow furrows, crow's feet, and smile lines.

## NU FACE FITNESS FOR YOUR FACE

A microcurrent facial treatment that re-energizes to help tone facial muscles, improve contour, and reduce fine lines and wrinkles.



# 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 judgment 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, Petitgrain, 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 Vetiver–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.





## *Natural Nail Care*



### **SEASONAL MANICURE & SEASONAL PEDICURE**

Immerse your hands or feet in a warm seasonal soak that is inspired by the season's harvest. This tantalizing treatment features our seasonal scrub, made with organic extracts that thoroughly exfoliates the skin while providing the deepest hydration with natural oils. Includes nail shaping, cuticle treatment, hand and forearm massage and polish application.

### **ULTIMATE SEASONAL MANICURE & PEDICURE**

Relax with this decadent treat for hands and feet! Enjoy soaking your tired hands or feet in a soak that is inspired by the season's harvest. The ultimate treatment in exfoliation and hydration; including a seasonal inspired exfoliating treatment, nail shaping, cuticle treatment, massage, paraffin dip, and polish application. Lastly, indulge in the richness of the honey glaze mask to soothe and moisturize the skin.

## *Luxury Salon Enhancements*

### **BE WELL: WELL CBD MASK & MASSAGE**

Upgrade to a CBD foot soak to reduce inflammation from muscle soreness, followed by CBD massage cream for ultimate penetrating relief.

### **TAKE A DIP**

Paraffin dip for hands or feet.

### **HAPPY CAMPER WARM STONE MASSAGE**

Melt away stress with our warm stone massage and agave nectar oil

### **REJUVENATING EYE MASK**

A powerful combination of caffeine, collagen and botanical extracts work hard to reduce the appearance of dark circles and puffiness so you look more refreshed.

## *Hair & Makeup Services*

### **SHAMPOO & 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 APPLICATION**

# 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

## THE MANDATORY FACIAL

A men's facial for even the manliest of men! This guy-centric MANDatory Facial combines deep pore cleansers, exfoliators, and masks strong enough for any man, mixed with male-strength serums and moisturizers to leave your skin purged of impurities and looking youthful. We use OM4Men products that are on the leading edge, performance-based, green science organics, globally sourced, clinically-advanced, socially-responsible ingredients to target the unique biological skin differences and concerns of men. **50 MINUTES.**

## GENTLEMAN'S MANICURE

Includes cuticle soak, exfoliating hand treatment, nail shaping, cuticle treatment, hand and forearm massage, and low or high shine buffing.

## GENTLEMAN'S PEDICURE

Includes whirlpool foot bath, nail shaping, cuticle treatment, callus treatment, foot scrub, foot and leg massage, hand and forearm massage, and low or high shine buffing.

