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 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.

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.
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 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 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
MASSAGE SERVICES (CONTINUED)

THE ASHWAGANDHA ESSENTIALS MASSAGE - This light to medium rhythmic massage is performed with an essential oil of your choice. The oils address toxins and inflammation within the body—balancing the body, mind and spirit, helping to relax and alleviate emotional stress. 50 minutes

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.

PRENATAL 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.
LUXURY MASSAGE 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.

HYDRATING LIP MASK - Kiss dry lips and fine lines goodbye. Hydrogel lip mask will quickly moisturizer, soften fine lines with peptides and green tea extract.

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. Gentlemen’s favorite!

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.
FACIALS

THE ULTIMATE FACELIFT - Indulge in the perfect dynamic duo treatment. Exclusive to The Elms Hotel & Spa, enjoy the benefits of a Hydrafacial that combines cleansing, exfoliating, hydration and antioxidant protection simultaneously, resulting in clearer, more beautiful skin with no discomfort or downtime. Each product targets specific skin issues including sun damage, blackheads and whiteheads, enlarged pores, acne, brown spots, uneven skin tone, early aging fine lines and wrinkles. Finish off with fitness for the face, using the NuFace microcurrent device. Microcurrent is a low-level, electrical current capable of facial stimulation, sending soft, gentle waves through the skin and tissue down to the facial muscles. As we age, our body’s natural current begins to slow down leading to sagging skin, loss of contour, and increased wrinkles. Microcurrent mimics and gently re-energizes this current to help tone facial muscles, improve contour, and reduce fine lines and wrinkles. Like exercise, benefits are visible and long lasting with continued use. The Hydrafacial includes the nutrition your skin needs and the NuFace micro current is the perfect exercise to leave your skin with a radiant youthful glow. 110 minutes.

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.

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.

HYDRATING ROSE FACIAL - Every skin type needs hydration to look and feel amazing. Enriching rose extracts and rose hip oil help skin restore vital hydration and balance. A warmed rose quartz massage helps to increase circulation. Products used in this facial are rich in essential fatty acids and natural humectants. This facial infuses the skin with moisture, keeping it smooth and glowing. 50 minutes.

THE INNER RADIANCE FACIAL - This skin and soul facial treatment will not only leave your skin rejuvenated and glowing but create a sense of peace, clarity of mind and uplift your spirit. This facial will not only include the luxurious protocol for the skin but also incorporate Reiki energy healing. We utilize Knesko gemstone-infused collagen masks, made with proprietary GEMCLINICAL® technology, a unique blend of precious minerals and gemstones with doctor-formulated, all-natural and clean skincare ingredients. Reiki energy promotes a state of total relaxation, enlightenment, and well-being. This healing facial can help ease tension and stress and can help support the body to facilitate an environment for healing on all levels – physical, mental, and emotional. 50 minutes.

THE SERENITY FACIAL - This introductory facial, suited for all skin types, is designed to maintain a healthy, clear complexion. A personalized selection of Blue Beautify products rejuvenate your skin, calm your mind, and uplift your soul. Incorporating acupressure point massage techniques, this facial helps reduce inflammation, stimulate lymphatic circulation, and firm the skin as it brings complete relaxation to the body and ultimate serenity to the mind. 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 - Reignite your skin’s youthful luminosity by combating multiple signs of aging. This decadent treatment is as powerful as it is luxurious. A combination of potent botanicals such as Mulberry, Peppermint and Rosemary, conspire to reverse the signs of ageing. A proprietary contouring technique using jade stones helps to detoxify and revitalize your skin, leaving it feeling redefined and radiant, with a more youthful appearance. 80 minutes

REVITALIZING ANTIOXIDANT FACIAL - Herbal recovery arrives to rescue dull, devitalized skin in this triple layer Vitamin C remedy that will leave skin glowing for days. Pineapple and Papaya enzymes renew the skin’s surface followed by an invigorating and nourishing Vitamin C balm which is slowly massaged and then activated with Copper Peptides to release the effervescent antioxidant crystals. Moisture is then locked into the skin with skin brightening Kakadu Plum and Sodium Hyaluronate while amethyst gemstones are rolled gently over the skin revealing healthy radiant skin. 80 minutes
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.

HYDRATING LIP MASK - Kiss dry lips and fine lines goodbye. Hydrogel lip mask will quickly moisturize, soften fine lines with peptides and green tea extract.

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.

RADIANCE RESTORED EYE CUPPING TREATMENT - This comprehensive treatment incorporates a three-phase eye massage including decongesting strokes, gentle cupping and a chilled stone massage.

PETAL SOFT LIP CUPPING TREATMENT - This comprehensive treatment incorporates a two-phase perioral massage featuring facial cupping which visibly hydrates and smooths lines around the mouth as it plumps lips into a perfected pout.

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.

NUFACE 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 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, strengthens and encourages will power.

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, essesntials oils, and sea salts are custom blended for this sensory journey. 45 minutes

SOOTHING MINERAL MUD WRAP - Escape from daily stress and find your balance with this tranquil body envelopment. Calming and soothing botanical extract is paired with a thick, rich moor mud wrap. Loaded with trace elements and essential minerals, impurities are released as your mind drifts off, to leave skin feeling renewed and refreshed with a beautiful sense of calm. 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 deep exfoliation using warmed aromatic shea butter to bring blissful relaxation to your mind body and soul. 50 minutes

MIND, BODY & SOUL RITUAL - The ancient healing tradition of Reiki is a gentle hands-on technique that reduces stress, eases pain and facilitates healing. Energy work does not involve manipulation of the muscles or other soft tissue and may be performed fully clothed. It energizes and balances the body, mind and spirit, helping to relax and alleviate emotional stress. 50 or 80 minutes

LAVENDER ESCAPE BODY RITUAL - Relax and unwind while a spa technician gives your skin superior nourishment. A lavender infusion of botanicals will cleanse and hydrate the skin while simultaneously putting the mind at ease. Suitable for all skin types to help reduce impurities, promote healing of minor abrasions and leave the skin feeling soft and supple. 45 minutes
RELAX AND RESTORE

(Please note that all patients currently undergoing cancer treatment must consult their oncologist prior to massage treatments to obtain a release.)

RESTORATIVE MASSAGE - Our therapists will meet you wherever you are in your journey, and create an individualized massage experience designed to comfort and support your entire body. They will use light to moderate pressure to help relieve stress, pain and fatigue while creating a sense of well-being. 50 or 80 minutes.

RESTORATIVE FACIAL - Skin can be severely altered during cancer treatments, and lack proper nutrients, blood flow, and hydration, leaving the skin dry and sensitive. Our oncology facial is designed to restore and maintain healthy, glowing skin, as well as bestow a lasting feeling of well-being. 50 minutes.

RESTORATIVE MASSAGE

RESTORATIVE FACIAL

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 NAIL ENHANCEMENTS

SUPER “C” HAND TREATMENT - Superfoods like Barbados Cherry and Kakadu Plum (with 100x more Vitamin C than oranges) lend their super-powers to this unique age-erasing hand treatment to lighten age spots, improve texture and leave skin soft and radiant.

PARAFFIN DIP - A wax treatment that acts like a deep heat therapy. Treating stiffness, relaxing muscles, increasing circulation and soothing the skin.
LUXURY SALON ENHANCEMENTS

SUPER C: VITAMIN C HAND TREATMENT - Barbados Cherry and Kakadu Plum lighten age spots, improve texture and leave skin soft and radiant.

BE WELL: WELL CBD MASK & MASSAGE - Relieve stress and inflammation with 100MG of CBD, avocado oil and purple Brazilian mud.

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.

BED HEAD! HAIR CONCENTRATE - Smooth down frizz and restore damaged hair for up to 23 washes. After one treatment, hair feels up to 40% smoother, hydrated and increased shine.

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.

HYDRATING LIP MASK - Kiss dry lips and fine lines goodbye. Hydrogel lip mask will quickly moisturize, soften fine lines with peptides and green tea extract.
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.

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

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.
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
Sunday-Thursday: 9am-4pm
Friday-Saturday: 9am-6pm
Prices and hours of operation are subject to change without prior notice.

816.630.5500
WWW.ELMSHOTELANDSPA.COM

THE ELMS
HOTEL & SPA
EST. 1888

hours of operation

401 REGENT STREET  EXCELSIOR SPRINGS, MO 64024