The Spa

AT THE ELMS

GROTTO ACCESS

\$75 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. Grotto access is limited to two hours
with a scheduled spa treatment



MASSAGE

HOT STONE MASSAGE

75 Minutes. Weekday \$200 | Fri-Sun \$220

CLOUD 9 CUPPING MASSAGE

75 Minutes. Weekday \$200 | Fri-Sun \$220

THERAPEUTIC MASSAGE

110 Minutes. Weekday \$300 | Fri-Sun \$320 80 Minutes. Weekday \$200 | Fri-Sun \$220 50 Minutes. Weekday \$160 | Fri-Sun \$180

WATERFALL AND STONE MASSAGE

75 Minutes, Weekday \$200 | Fri-Sun \$220

ELMS SWEDISH MASSAGE

80 Minutes. Weekday \$200 | Fri-Sun \$220 50 Minutes. Weekday \$160 | Fri-Sun \$180

REFLEXOLOGY

50 Minutes. Weekday \$160 | Fri-Sun \$180

HERBAL THAI MASSAGE

75 Minutes. Weekday \$200 | Fri-Sun \$220

PRENATAL MASSAGE

50 Minutes. Weekday \$160 | Fri-Sun \$180

SLEEP WELL CBD MASSAGE

80 Minutes. Weekday \$260 | Fri-Sun \$280 50 Minutes. Weekday \$200 | Fri-Sun \$220

THE ASHWAGANDHA ESSENTIALS MASSAGE

50 Minutes. Weekday \$160 | Fri-Sun \$180

BAMBOO MASSAGE

100 Minutes. Weekday \$270 | Fri-Sun \$290

DRY BODY BRUSH & LYMPHATIC MASSAGE

100 Minutes. Weekday \$300 | Fri-Sun \$320

LUXURY MASSAGE ENHANCEMENTS

ALL CLEAR SINUS SOOTHER | \$10

HAIRS TO YOU | \$10

HAND & ARM RENEWAL | \$10

ESSENTIAL OIL ENHANCEMENT | \$10

CBD MASSAGE OIL | \$15

FACIALS

THE ULTIMATE FACELIFT HYDRAFACIAL

110 Minutes. Weekday \$350 | Fri-Sun \$370

HYDRAFACIAL

50 Minutes. Weekday \$250 | Fri-Sun \$270

THE HEALING WATERS FACIAL

50 Minutes. Weekday \$150 | Fri-Sun \$170

DETOXIFYING BACK FACIAL

50 Minutes. Weekday \$150 | Fri-Sun \$170

SEASONAL FACIAL

50 Minutes. Weekday \$150 | Fri-Sun \$170

DETOX & GLOW

80 Minutes, Weekday \$180 | Fri-Sun \$200

FOUNTAIN OF YOUTH

50 Minutes. Weekday \$160 | Fri-Sun \$180

COLLAGEN INFUSION

80 Minutes. Weekday \$180 | Fri-Sun \$200

HEALTHY GLOW FACIAL

50 Minutes. Weekday \$140 | Fri-Sun \$160

LUXURY FACIAL ENHANCEMENTS

ALL CLEAR SINUS SOOTHER | \$10

HAIRS TO YOU | \$10

HAND & ARM RENEWAL | \$10

NUFACE FITNESS FOR YOUR FACE | \$10

BROW DESIGN | \$10

LIP WAX | \$10

CHIN WAX | \$10

ICE GLOBE | \$10

CBD FACE OIL | \$15

BODY TREATMENTS

SEASONAL WATEREALL SCRIE

45 Minutes. Weekday \$150 | Fri-Sun \$170

VIBRANT C SCRUB

45 Minutes. Weekday \$150 | Fri-Sun \$170

SOOTHING MINERAL MUD WRAP

MOROCCAN DETOXIFICATION RITUAL

REVIVE AND RESTORE ENERGIZING BODY TREATMENT

REFINE & RELAX



NATURAL NAIL CARE

SEASONAL MANICURE

SEASONAL PEDICURE

SEASONAL ULTIMATE MANICURE

LUXURY SALON ENHANCEMENTS

QUARTZ RITUALS

QUARTZ & WARM POULTICE RITUAL

QUARTZ SOUND HEALING RITUAL

SPA'RTY PACKAGES

TOUCH OF ROMANCE

Enjoy decadent snacks, and sweet chocolate covered strawberries, while sipping champagne with that special someone. Sit back and relax in your luxurious keepsake Elms robe, while your concierge draws the perfect copper foot bath. Take in the waters within the grotto and pool spaces at your leisure.

Two-Hour Couples Experience | \$400

WELLNESS **EXPERIENCES**

HALO SALT CAVE

BREATHE & DETOX SALT SUITE

MIND, BODY & SOUL

MINDFULNESS IN NATURE

SERVICE CHARGE/ TIPPING POLICY



816-630-5500 **ELMSHOTELANDSPA.COM**