

# 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. \$280

#### CLOUD 9 CUPPING MASSAGE

75 Minutes \$240

#### THERAPEUTIC MASSAGE

100 Minute \$320

80 Minutes \$250

50 Minutes \$185

#### WATERFALL MASSAGE

75 Minutes \$240

#### ELMS SWEDISH MASSAGE

80 Minutes \$250

50 Minutes \$185

#### HERBAL THAI MASSAGE

75 Minutes \$280

#### PRENATAL MASSAGE

50 Minutes \$185

75 Minutes \$220

#### QUARTZ MASSAGE

100 Minutes \$320

50 Minutes \$180

#### THE ASHWAGANDHA ESSENTIALS MASSAGE

50 Minutes \$190

#### BAMBOO MASSAGE

100 Minutes \$290

## LUXURY MASSAGE ENHANCEMENTS

ALL CLEAR SINUS SOOTHER | \$20

HAIRS TO YOU | \$20

FOOT RENEWAL | \$20

GEMSTONE SHEET MASK | \$20

CBD MASSAGE OIL | \$30

## FACIALS

### HYDRAFACIAL TREATMENTS

100 Minutes \$380

50 Minute (Includes Circadia Glow Kit) \$370

50 Minutes \$270

### HEALTHY GLOW FACIAL

50 Minutes \$170

### SIMPLY RADIANT FACIAL

80 Minutes \$220

### SEASONAL FACIAL

50 Minutes \$170

### COLLAGEN FACIAL

100 Minutes \$280

50 Minutes \$180

### ELMS SIGNATURE FACIAL

110 Minutes \$320

## LUXURY FACIAL ENHANCEMENTS

GUASHA TREATMENT | \$20

HAIRS TO YOU | \$20

GEMSTONE EYE GELS | \$20

ICE GLOBE | \$20

## BODY TREATMENTS

### SEASONAL WATERFALL SCRUB

45 Minutes \$170

### VIBRANT C SCRUB

45 Minutes \$170

### BODY GLOW RITUAL

50 Minutes \$180

### THERMAL MINERAL MUD WRAP

75 Minutes \$220

### BODY RENEWAL RITUAL

75 Minutes \$220

### REFINE & RELAX

45 Minutes \$180

## MOM TO BE

### PRENATAL MASSAGE

50 Minutes \$185  
75 Minutes \$220

### SIMPLY RADIANT FACIAL

80 Minutes \$220

### HEALTHY GLOW FACIAL

50 Minutes \$170

### BELLY FACIAL

50 Minutes \$170



### NATURAL NAIL CARE

### SEASONAL MANICURE

50 MINUTES \$85

### SEASONAL PEDICURE

50 MINUTES \$95

### SEASONAL ULTIMATE MANICURE

80 MINUTES \$110

### SEASONAL ULTIMATE PEDICURE

80 MINUTES \$120

## WELLNESS EXPERIENCES

### HALO SALT CAVE

45 Minutes \$85

### BREATHE & DETOX SALT SUITE

45 Minutes \$85

### QUARTZ SOUND HEALING RITUAL

50 Minutes \$170

### ACUPUNCTURE & QUARTZ ENERGY WORK

50 Minutes \$170

### NATURE & ACUPUNCTURE HEALING RITUAL

50 Minutes \$220

\*This service is weather dependent, offered in spring, summer and fall.

## SPA'RTY PACKAGES

Celebrate your special day with your squad in a private VIP Spa Lounge.

*\*VIP lounge rentals come with a two-hour grotto pass for all guests in the party. \*\$75 grotto fee is waived per person. 10% discount on spa services on day of rental \*Spa Suite Experiences Do Not Include Treatments. Treatments To Be Booked Separately.*

### 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, and take in the waters within the grotto and pool spaces at your leisure.*

Two-Hour Couples Experience | \$400

### SPA'RTY CELEBRATION

*Enjoy the savory goodness of a custom-made charcuterie board while your squad sips on refreshing beverages in a private spa lounge. The lounge is a great place for your tribe to enjoy refreshments within the spa space, while allowing you to gather and celebrate the special occasion.*

120 Minutes. \$500

Four Person Experience. A charge of \$125 will be added to the package per additional guest.

### VIP LOUNGE RENTAL

*Looking for a private space for your squad to gather during your spa visit? The VIP Lounge is a great place for large groups to gather and enjoy time together*

2 Hour Rental \$300/4 Hour Rental \$600

\*Food available for purchase prior to arrival

\*Beverages can be purchased day of.

### VIP Lounge Amenities

Charcuterie Board \$45/\$65

Celebration Cake \$60

Chocolate Covered Strawberries \$40

Fruit Platter \$45

Pastry Platter \$55

Champagne \$30

## COUPLES TREATMENTS

To book couples treatments please call the spa directly at 816-629-2521. Most treatments are available in a couples setting. Please note, couples treatments cannot be booked online.

## 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