

The Spa

AT THE ELMS



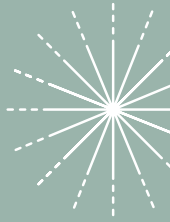
Excelsior Springs derives its name from its natural healing waters. Since 1888, The Elms has made a name for itself right here in the home of the healing waters. Today, you can immerse yourself at The Elms with a modern take on traditional spa services such as halotherapy, massages, facials, body treatments, 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.

The Grotto Experience Includes: Steam shower, hot tub, cold plunge shower, steam sauna, dry sauna, and a self-service exfoliation bar. ***Grotto passes are based on spa availability. Grotto fee of \$75 is waived with purchase of spa services. *Grotto access is limited to two hours daily.**

The Self-Service Exfoliation Experience begins at the Grotto bar, where guests choose a scrub of their choice. The scrub is seasonal, rich with antioxidants, and features seasonal aromas. Guests are encouraged to rinse and rehydrate in the waters of the steam shower or cold plunge shower. Join us at the Elms Spa and let rejuvenating waters refresh you like never before.



Spa Etiquette

PLEASE REVIEW PRIOR TO BOOKING SPA APPOINTMENTS.

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 Sanctuary. At a minimum, please arrive 30 minutes prior to appointment. You may check-in two hours prior to your appointment to utilize our grotto. ***GROTTO ACCESS IS LIMITED TO TWO HOURS WITH A CONFIRMED SPA TREATMENT.**

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 bar. Use of the Grotto is complimentary on the day of scheduled spa treatments. **Grotto access is limited to two hours with a confirmed spa treatment. Due to increased demand, Grotto Passes are subject to availability and cannot be purchased in advance.**

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 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. 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 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**

SLEEP WELL CBD MASSAGE

A deeply relaxing and pain-relieving massage, designed to quiet the mind, relax the body, and free the spirit. This massage starts with a nightcap gummy to promote the deepest relaxation. Together CBN, CBD and melatonin work synergistically to rebalance the body, setting the stage for a good night's rest. 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 & 80 MINUTES**

We use only the highest quality single-source organic and non-GMO 1,000mg CBD oil, crafted and bottled in reusable glass locally.



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 joint and muscle stretching massage incorporates compressions with Herbal Farm Presses, light stretching of the muscles and rotation of major joints. The herbal compresses are heated 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

75 MINUTES

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**



WARM BAMBOO MASSAGE – This warm bamboo massage incorporates stretching and heated bamboo stalks to deliver a deep therapeutic massage, relieving tension and body aches, while promoting circulation and lymphatic drainage.

100 MINUTES

DRY BODY BRUSH & LYMPHATIC MASSAGE - Invigorate your body's lymphatic system with light and rhythmic pressure. Our relaxing full body experience starts with a detoxifying dry brushing that stimulates your lymphatic system and increases circulation. Gentle lymph manipulation will reduce fluid retention, promote the immune system, and improve circulation and digestion while ridding your body of toxins. A healthy lymphatic system is the key to reducing inflammation and optimizing your overall well-being. Post-treatment, you'll feel lighter and you'll need to drink plenty of water to ensure your body continues to flush out toxins throughout the day. **100 MINUTES**

Luxury Massage Enhancements

ALL CLEAR SINUS SOOTHER

Essential oil blend and acupressure facial massage relieves pressure and congestion

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 MASSAGE OIL

Deeply nourishing 225mg CBD-powered botanical and herbal oil blend.
Provides deep relief and restoration to the body.



Quartz Rituals

All rituals feature the Gharieni Quartz Table, exclusive to the Elms Hotel and Spa, these rituals use dry heat from warm quartz sand to ergonomically cradle the body, alleviate muscle and joint pain and offer relaxing effects to the body, mind and soul.

***Please note these rituals are not suitable for those under the age of 18, those who are pregnant, breastfeeding, undergoing Cancer treatment, or those suffering from high blood pressure. (Manufacturer's table weight limit 330 lbs.)**

QUARTZ & WARM POULTICE RITUAL – Derived from the ancient Greek concept of psammo therapy (hot sand therapy), natural quartz crystals envelope the body whilst you enjoy a powerful hot poultice back, face and scalp massage. The poultice massage will not only ease tense, pained muscles, but also help to stimulate the lymphatic and immune systems. Begin your journey into deeper relaxation, through a guided meditative singing bowl ritual, where your body's energy centres will be restored and rebalanced. **100 MINUTES**

QUARTZ TREATMENT & SOUND BATH RITUAL

The journey will begin on our Quartz table featuring heated quartz sand bursts with minerals and wellness benefits that cocoon the body for ultimate relaxation. Begin a meditative soundscape voyage combined with an intuitive massage and wellness ritual incorporating guided breath. **50 MINUTES**

QUARTZ SOUND HEALING RITUAL – 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**

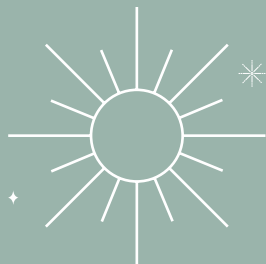
Facials

THE ULTIMATE FACE LIFT – 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. 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

HYDRAFACIAL – HydraFacial is the only hydradermabrasion 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**

THE HEALING WATERS FACIAL – Replenish and plump up the volume with this ultra-hydrating facial that gives skin an instantly smoother, healthy appearance. This facial includes the Dr. Dennis Gross best-selling professional peel, soothing and depuffing ice globes, hyaluronic modeling mask, and the Drx SpectraLite Face Ware Pro treatment mask. **50 MINUTES | This treatment is not safe for pregnant or nursing women.**



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FACIAL SERVICES CONTINUED

SEASONAL FACIAL –The seasonal facial is rich with antioxidants, anti-aging properties and ingredients that will rejuvenate the skin and reduce inflammation. The aromas of the season will leave your senses indulged, and delighted, while your skin is transformed. **50 MINUTES**

DETOXIFYING BACK FACIAL –A purifying and deep cleansing treatment for the back. We start with a deep cleansing of the back with light steam and exfoliation to remove dead skin, open up the pores, while lifting impurities. A mask is then applied, following with extractions that will allow for radiant, hydrated and smooth skin. **50 MINUTES**

DETOX & GLOW –Skin detoxification is essential for cellular regeneration. This blend of potent vitamins and minerals will treat the skin and neutralize harmful substances that can increase visible signs of aging. The resulting detoxification will allow nutrient revitalization which is vital for maintain youthful skin. **80 MINUTES**

FOUNTAIN OF YOUTH –This high-performance treatment repairs moisture deficits in the skin, leaving the skin thoroughly hydrated, plump and smooth. It optimizes the skin's ability to store moisture in the long-term preventing premature aging by using multi-dimensional hydration. To amplify its effect HY3 peptides are used to fill lines and wrinkles from the inside out for smooth, youthful looking skin. **50 MINUTES**



COLLAGEN INFUSION—Plump and densify your skin with this collagen boosting therapy. Ultra-potent hyaluronic acid and collagen plump the skin from the inside out while smoothing fine lines and wrinkles. The effect of this treatment is amplified with a collagen infused mask to lift and reshape the facial contour.

80 MINUTES

HEALTHY GLOW FACIAL—A naturally derived cosmeceutical treatment to restore a healthy radiant glow for all skin types. Pre and probiotics balance the skin's microbiome and strengthen the skin's barrier. Age corrective Maple Bark Extract, rich in antioxidants stimulates collagen and elastin and Hyaluronic acid plumps and hydrates. Skin health is restored leaving a fresh, glowing complexion. **50 MINUTES**



Luxury Facial Enhancements

ALL CLEAR SINUS SOOTHER

Essential oil blend and acupressure facial massage relieves pressure and congestion

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 FITNESS FOR YOUR FACE

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

CBD Face Oil

CBD is an amazing antioxidant and free-radical fighter.

Feed your skin with a plant-based superfood, packed with other beneficial oils.



WAXING

A combination of wax or non-wax products is used for all hair removal services. Hair should be at least ¼ inch in length. Services offered: Brow Design, Lip Wax and Chin Wax.

ICE GLOBE

Slim & contour, ice cooling globes stimulate circulation and encourage lymphatic drainage to help reduce facial swelling to cool, calm and depuff.



Halo Salt Cave

You know that sensation you get laying out on the warm sandy beach, listening to the waves crash against the rocks, breathing in the salty misty air? The sense of deep calmness flushing through your body with each breath. Here, we provide this sensation of quiet relaxation along with being a natural way to help respiratory and skin ailments from natural salts.

Halotherapy is an all-natural approach to cleanse and detoxify the lungs, thus improving respiratory function. The inhaled dry salt that is blown into the air removes impurities from the lungs, clears congestion, kills bacteria, reduces inflammation, increased oxygen intake, and boosts immunity. **45 MINUTES**

Breathe & Detox Salt Suite

TASTE the salty air, SMELL the essential oil, FEEL the warmth of the infrared heat as it envelops your body, HEAR the soothing guided meditation, and SEE the changing lights of the medical grade chromatherapy and red-light waves.

For many years, the deep penetrating heat from the infrared sauna has been known to be beneficial to soothing aching muscles and reducing stress. Infrared saunas allow you to eliminate toxins by heating the body from the inside out, infrared sauna detoxification not only eliminates chemicals and other toxins from the body but also helps ease soreness and allows the body fully relax. **45 MINUTES**

Body Treatments

SEASONAL WATERFALL SCRUB

Seasonal Waterfall Scrub- An exfoliation treatment that removes dry skin, increases circulation, and leaves your skin smooth and soft. Enjoy the aromas of the season on this sensory journey. The Vichy Shower has seven adjustable shower jets to caress your body under an invigorating waterfall. **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**

REFINE & RELAX

Our relaxing full body experience starts with a detoxifying dry brushing of the skin which has many benefits to the circulatory and lymphatic system. Next, we apply an application of ultra-hydrating body oil, rich in antioxidants and natural botanicals. Relax and enjoy a beautiful scalp massage to melt your stress and worries away. **50 MINUTES**

MOROCCAN DETOXIFICATION RITUAL

This deluxe treatment features a six-step process using ingredients that thrive in the country of Morocco. You will embark on a journey that entails cleansing, exfoliating, masking, toning and moisturizing from upper to lower body; being notably referred to as a “facial for the body.” An enchanting ritual that entails full body purification will invigorate, detoxify and relax each client. **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



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**

REVIVE AND RESTORE BODY TREATMENT

The ultimate luxurious body treatment offers an exfoliation, body wrap and massage that deeply nourishes hydrates and revitalizes skin. Harnessing the power of rare plant stem cells and customized massage techniques, this anti-aging treatment leaves the body revitalized and youthfully restored. **80 MINUTES**



Wellness Menu

We grow by aligning with the reality of our experiences just as they are. Our wellness offerings are committed to providing paths of change, growth, and discovery, be it an appreciation for the natural beauty around us, new experiences or relationships, or a deeper understanding of self. Learn simple techniques that can be used anywhere and anytime to reduce stress and enhance physical, mental, and emotional well-being.

MIND, BODY & SOUL—The ancient healing tradition of Reiki is a gentle 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. **80 MINUTES**

MINDFULNESS IN NATURE—This Mindfulness in Nature practice is about embracing your senses with deep breathing within the forest while grounding in the earth relieves stress in a deeply profound, lasting way. Coupled with the vibration and purity of crystal bowls, allows for a unique and soulful experience. In this amazing sensory immersion, the crystal bowls are placed directly on the body, allowing sound frequencies to aid in addressing any imbalances by creating an environment conducive for a renewed sense of peace, relaxation, insight, inspiration and healing. **80 MINUTES**

Outdoor spa treatments are offered weather permitting. A spa representative will assess the conditions each day, and guests will be given a minimum of two hours' notice concerning a change in their treatment location.

Natural Nail Care



We are an all-natural nail salon. What does this mean? We do not work on, nor do we have the tools to remove the following: acrylic, dip, hard gel, gel builder. We kindly ask that all artificial nail products are removed prior to your visit.

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

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

CDB SCRUB & MASSAGE—225mg CBD infused exfoliating body scrub supercharged with rich-natural oils. Tone, resurface and replenish your skin, with deeply nourishing phytonutrients and natural oils.

Spa'rtly Experiences

The Elms Spa has a variety of experiential packages, great for any occasion. With outstanding spa treatments, indoor & outdoor pools, and a European style bathhouse, you are bound to have an exceptional experience. Whether celebrating a birthday, bachelorette, wedding, or any event or special occasion, we will make your experience memorable! *All spa suite experiences come with a two-hour grotto pass for all guests in the party. ***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, while your concierge draws the perfect copper foot bath. Take in the waters within the grotto and pool spaces at your leisure.

120 MINUTES | COUPLES EXPERIENCE

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. ***Four Person Experience.** **A charge of \$125 will be added to the package per additional guest. 120 MINUTES**

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 ***Food available for purchase prior to arrival *Beverages can be purchased day of.**