

WELLNESS CLASSES

THE ELMS HOTEL & SPA

SIGN UP AT THE FRONT DESK

MONDAY: SOUND IMMERSION FLOAT

📍 LAP POOL: 10AM

Float weightlessly in the lap pool, surrounded by soothing sound vibrations that promote relaxation, reduce stress, and enhance well-being.



TUESDAY: ESSENTIAL OILS

📍 WELLNESS STUDIO: 10AM

Experience the therapeutic benefits of essential oils. Let aromatic practices enhance relaxation, clarity, and rejuvenation for your body and mind.



WEDNESDAY: GOOD VIBRATIONS

📍 WELLNESS STUDIO: 10AM

Relax with sound therapy that uses resonant tones and frequencies to restore balance, reduce tension, and deepen relaxation.



THURSDAY: ACUPUNCTURE & ENERGY WORK

📍 WELLNESS STUDIO: 10AM

A restorative session combining acupuncture, crystal bowls, and energy work to restore balance and support natural healing.



FRIDAY: THE REBALANCE SESSION

📍 WELLNESS STUDIO: 10AM

A soothing reset for your body's inner rhythm and mind's clarity.



SATURDAY: YOGA

📍 WELLNESS STUDIO: 9.30AM

A grounded yoga practice to stretch, align, and center your body and mind for a calm, focused start of your weekend.



SUNDAY: MOVEMENT CLASS

📍 WELLNESS STUDIO: 9AM

Move with intention in this full-body movement class to improve mobility, strength, and flexibility, leaving you refreshed and energized for the week ahead.

