

# Elements

*Welcomes you to custom Spa Services*

## *Elements of Innovation*

*Every service is uniquely customized and co-created with you to insure the highest quality of personal service. Expert and talented therapists integrate ancient techniques with contemporary thought, unveiling wholeness and expanded levels of relaxation.*

## Wraps

### **Aroma Stone Haven**

100 Minutes - \$180

#### **Exfoliation, Massage and Wrap**

Enter your 100 minute retreat with warm Lavender infused cleansing and hydrating over the body, followed by gentle exfoliation. Bathe in the warmth from volcanic basalt stones and the relaxing essences of pure Lavender oil that are combined in your full body native stone massage. Enjoy a relaxing scalp massage, as you are enveloped in a warm cocoon, allowing the amazing soothing and hydrating benefits to penetrate deeply.

«Ask about our 50 Minute, Native Stone Massage \$95.00

### **Body Coffee**

80 Minutes - \$150

#### **Polish, Wrap and Massage**

Experience the flow of this revitalizing and relaxing service that speaks to all your senses!!! Invigorating coffee, Dead Sea salt and mints exfoliate before your soothing wrap which includes massage. Rosemary and assorted mint aromatherapy body misting prelude your full body massage. Ultra luxurious and uniquely fragranced coffee blossom lotion, shea butter and herbal extracts offer exclusive definition to this experience.

### **Neroli and Tangerine**

80 Minutes - \$150

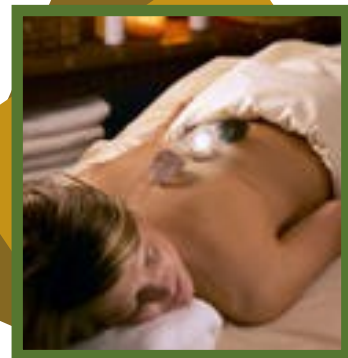
#### **Salt Glow, Wrap and Massage**

This wonderfully creamy and uplifting tangerine Dead Sea salt glow will encourage transformation inside and out. Your soft body wrap will nourish you with more than vitamins C and E, as exotic neroli and organic plant extracts are bestowed. Fragrant white blossoms from the neroli tree have inspired the lotion that is generously applied during your custom massage.

### **Pomegranate Body Quencher** 80 Minutes - \$150

#### **Salt Scrub Exfoliation, Wrap and Massage**

This rejuvenating pomegranate scrub will gently exfoliate your skin while the antioxidants found in pomegranate encourage cellular regeneration and slow cellular aging. The exfoliation is followed by a full body pomegranate oil massage and deeply hydrating body wrap.



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## Energy Work

Loose fitting clothing suggested

### **Craniosacral**

50 Minutes - \$95

Craniosacral utilizes light touch therapy that brings focus to enhancing the flow of cerebral spinal fluid through head and spine. You may experience an easing of the restrictions in the nervous system and a body that is able to move with an enhanced level of performance.

### **Reiki**

50 Minutes - \$90

Universal life force energy, Reiki, dates back to ancient Japan, India and Tibet. This gentle offering utilizes the facilitator's hand positions in conjunction with the body's energy centers to assist in bringing body, mind and spirit into alignment.

### **Reflexology**

25 Minutes - \$50 / 50 Minutes - \$95

This ancient methodology focuses on pressure points in the feet that are reflective of the entire body. Pressure point stimulation opens energy pathways allowing a shift in the body's energy flow.

### **Ten Zo ~ Three heavens**

50 Minutes - \$95

Ten Zo utilizes elements from Western and Thai massage and blends techniques sourced in Shiatsu. Muscle elongation, stretching and the palpation of muscle tension inspires openness for energy movement and breath.

## Massage

### **Elements Custom**

50 Minutes - \$85 / 80 Minutes - \$125

Your full body massage will offer the perfect level of touch, from relaxing Swedish to deep work. Please guide your therapist to the areas desiring extra attention...creating your dream massage.

### **Relief**

25 Minutes - \$50

Swedish massage technique, when concentrated on any area of concern, can quickly relieve tension and improve circulation.

This 25 minute time frame may be added to any service as an extension.

### **Comfort**

It is our intention to ensure your comfort level so you may receive the many benefits of your spa service experience.

We encourage you to communicate your questions or concerns about your body treatment to your spa service provider.

For your safety, alcoholic beverages are not recommended before or shortly after any massage or bodywork.

To maximize your spa experience, our resort amenities are available to you before and after your spa service. These amenities include our dry sauna, hot tub, crystal clear pool, our Precor workout facility; and as always you can enjoy our excellent food and beverages out by the pool. Come, relax and spend the day.

### **Cancellation**

Honoring our 2 hour cancellation policy avoids charges in the amount of the full service price.

### **Elements Hours**

8 AM to 8 PM Seven days a week

First Massage begins at 9:00 AM,

Last appointment is 7:00 PM

Direct Line: 520.544.1260

Resort Extension: 1260

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