

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.

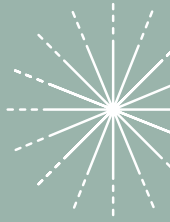
The Grotto

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.

Elevate your spa experience at The Elms Hotel & Spa with our exclusive aromatherapy bar, Designed to enhance your relaxation and rejuvenation within our saunas and steam showers. Immerse yourself in a personalized aromatic journey

The Grotto Experience Includes: Steam shower, hot tub, cold plunge shower, steam sauna, dry sauna, and a self-service aromatherapy 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 SPA AT THE ELMS

3

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 aromatherapy 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 book services from the Mom To Be menu. These treatments are appropriate for expecting mothers in their second or third trimesters of pregnancy. Please consult your health care provider for written medical approval.

*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, 100 MINUTE SESSIONS

WATERFALL 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. This treatment will increase the blood circulation, hydrate the skin and sooth 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**

QUARTZ MASSAGE

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**

Derived from the ancient Greek concept of psammo therapy (hot sand therapy), natural quartz crystals envelope the body. 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 massage features 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.



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 full body massage performed on the massage table incorporates light stretches, compressions with the Herbal Farm press and joint and muscle manipulations. The farm press hugs the muscles, glides through stress like passing clouds and steams off aches. This Thai herbal compress heats 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, 75 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.**



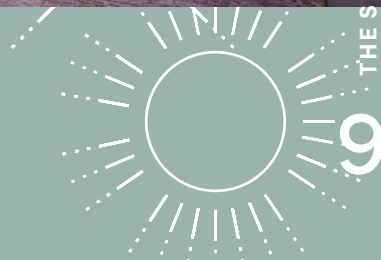
WARM BAMBOO MASSAGE

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



THE SPA AT THE ELMS



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.

FOOT 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.

GEMSTONE SHEET MASK

Hydrating collagen face mask infused with proven ingredients to hydrate, nourish, and Restore the skin. Seasonal back scrub treatment after massage.

CBD MASSAGE OIL

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



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.

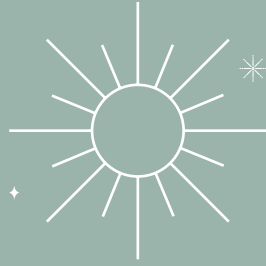
For many years, the deep penetrating heat from the infrared sauna has been known to be beneficial to soothing aching muscles and reducing stress. Infrared saunas allow you to eliminate toxins by heating the body from the inside out, infrared sauna detoxification not only eliminates chemicals and other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

Facials

THE ULTIMATE HYDRAFACIAL – 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. **100 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**

HYDRAFACIAL & CIRCADIA – Combine all of the amazing benefits of the HydraFacial with beautiful products from Circadia. In this facial, you will receive a kit that will be used during treatment, the kit will include a skincare regimen for at home care. Deeply exfoliate and extract the pores with this vortex fusion system. You will also receive a booster, which works to enhance the results of the HydraFacial by about 50%. **50 MINUTES**



THE SPA AT THE ELMS

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**

COLLAGEN FACIAL – This facial is dedicated to strengthening and regenerating the skin, targeting areas prone to elasticity loss with age. Revel in a lifting and tightening massage, complemented by a collagen-boosting treatment that enhances the tonicity of jawlines, cheeks, and eyebrows. Embrace the love your skin deserves, unveiling a renewed, lifted complexion. **50, 80 MINUTES**

ELMS SIGNATURE FACIAL – Immerse yourself in luxury with our Rejuvenating face and body treatment. Indulge in a full-body exfoliation, followed by a lavish Hydrating face mask for radiant skin. Revel in total-body hydration before experiencing a meticulously crafted targeted body mask designed to enhance skin vitality. This sumptuous Pampering session ensures a revitalized and indulgent escape, unveiling a new level of Radiance. **100 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**

SIMPLY RADIANT- Pamper and enrich your skin in this 80 minute positively radiant facial. This facial is completely customizable. Once you are taken back & able to consult with your esthetician, they will hand pick the best products for your skin. This facial features exclusively Eminence products, packed with antioxidants and ingredients that work to improve the overall health of the skin. These active, results driven products will stimulate, nourish, and revive the skin. Indulge your skin with these truly luxurious products and leave with a positively radiant glow. **80 MINUTES**



Luxury Facial Enhancements

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.

GEMSTONE EYE GELS

Hydrating collagen eye gels infused with proven ingredients to hydrate, nourish, and restore the delicate eye area

GUSHA TREATMENT

A quartz stone technique using upward strokes to relax stiff muscles and promote tissue drainage.

ICE GLOBES

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



Mom To Be

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, 75 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.

BELLY FACIAL –This facial is designed for the belly of expectant mothers. Includes a gentle exfoliation and mask to maximize skin strength, moisturize and increase elasticity to prevent stretch marks, relieves dryness, discomfort and itchiness. Paired with steam and warm towels to promote complete relaxation. **50 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**

SIMPLY RADIANT– Pamper and enrich your skin in this 80 minute positively radiant facial. This facial is completely customizable. Once you are taken back & able to consult with your esthetician, they will hand pick the best products for your skin. This facial features exclusively Eminence products, packed with antioxidants and ingredients that work to improve the overall health of the skin. These active, results driven products will stimulate, nourish, and revive the skin. Indulge your skin with these truly luxurious products and leave with a positively radiant glow. **80 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

THERMAL 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 thermal 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. **45 MINUTES**



BODY RENEWAL RITUAL

Body Renewal Ritual smoothing, renewing and regenerating treatment for restored tone, elasticity and hydration of the skin. Ideal for skin that needs moisture and elasticity. It is safe and effective for all skin types. The technicians will use 5 different Comfort Zone body products on each client in a series that resembles “a facial for the body.” (No product application to the actual face occurs). **75 MINUTES**

BODY GLOW RITUAL

Revitalize your skin with our Body Glow treatment, designed to leave your skin soft, silky, and renewed. This treatment gently exfoliates using a Peel Scrub exfoliant from Comfort Zone to lift away dead skin cells, excess dirt, and oil. Following the exfoliation, we apply a deep hydration cream to rehydrate and soften your skin, ensuring a luminous and refreshed finish. Ideal for before or after sun exposure, this no-downtime treatment enhances your skin’s natural glow and smoothness. **50 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



Wellness Rituals

QUARTZ SOUND HEALING RITUAL

This 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**

ACUPUNCTURE & QUARTZ ENERGY WORK

Offering of Acupuncture + Sound Bath creates an acoustic sound healing journey that relaxes the body, clears the subconscious, calms the mind, and activates your body's natural healing systems. Through the use of pure crystal singing bowls, Chelsea takes you through a sound healing experience that will vibrate and activate every cell in your body, leaving you feeling refreshed and rejuvenated. Acupuncture + sound healing both promote a state of harmony within your mind, body and spirit. Together acupuncture + sound create an expanded field of awareness and on a cellular level you resonate with higher vibrations associated with love, gratitude, joy and bliss. **75 MINUTES**

NATURE & ACUPUNCTURE HEALING RITUAL

Stimulating our senses opens us up for greater connection between the outside world and our inner selves. In this journey, you'll bathe in the sounds and landscape of Fishing River through a balancing sound bath and group acupuncture session in our outdoor retreat space. Become attuned to your own peace amidst the immersive powers of nature in this outdoor experience with the powerful benefits of acupuncture. **75 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.

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 within a private suite.. 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.**