

# elements spa

AT MINERALS HOTEL



# MASSAGE THERAPY

## THERAPEUTIC

50 - 80 - 100 minutes

Our therapeutic massage incorporates long, fluid strokes of varying depth of light to medium pressure. Results include improved circulation, relaxed muscles, diminished stress, and enhanced immune functioning.

## AROMATHERAPY

50 - 80 - 100 minutes

Enhance your massage experience with the therapeutic benefits of synergistically chosen aromatherapy blends. With light to medium pressure, this massage will leave you feeling relaxed and renewed.

## DEEP TISSUE

50 - 80 - 100 minutes

Customized to your comfort level and unique areas of concern, this massage uses slow strokes and deep pressure to target tension in the body. The result is enhanced circulation, detoxified muscles and a realignment in the deeper layers of connective and muscle tissue.

Theragun percussive therapy is available as an add on to our deep tissue massage service.

## SPORTS THERAPY

50 - 80 - 100 minutes

A full-body, target-specific massage developed for the active athlete or anyone on the go. This medium to firm pressure massage incorporates stretching and is intended for those looking to invigorate tired, sore muscles, decrease muscle tension and promote flexibility.

## CBD MASSAGE

50 - 80 minutes

Enhance your massage experience with Cause + Medic's™ powerful blend of 400mg of water-soluble broad-spectrum CBD, active botanicals, nutrient-rich oils and therapeutic plant extracts. This treatment will elevate your mind, relax the nervous system and help provide immediate relief from aches, pains, sore muscles and inflammation.

## SACRED HOT STONE

50 minutes

Our hot stone service incorporates healing techniques inspired by Mother Nature. This light massage integrates traditional therapeutic massage strokes with the placement of warm stones to relieve tense muscles, sore joints and the everyday stresses of life.

## REFLEXOLOGY

50 minutes

This ancient healing therapy uses gentle pressure to stimulate the reflex points of the hands and feet. Energy and balance are restored while the body is fully relaxed and rejuvenated. This is a target-specific massage and will help eliminate toxins from the body and stimulate circulation.

## ELEMENTS ULTIMATE MASSAGE

100 minutes

Combining elements from our most popular body services, this service is 100 minutes of pure indulgence. Begin with a full body massage combining hot stone, aromatherapy and the pressure of your choice, followed by dry brushing to exfoliate and stimulate lymph flow. This over-the-top experience concludes with a relaxing scalp massage. You'll emerge refreshed and fully blissed out.

## SHARED TRANQUILITY

50 - 80 - 100 minutes

Therapeutic massage for 2 that will pamper you in a luxurious & calming atmosphere.

## MATERNITY

50 minutes

A nurturing full body massage for the soon-to-be mother, this full body massage releases tensions and eases the discomforts of pregnancy. (This service is available only during the second and third trimesters).

# BODY TREATMENTS

## SIGNATURE AROMATHERAPY BODY SCRUB

50 minutes

Smooth and nourish skin with this completely customized body scrub. Your therapist will help you select the ideal aromatherapy blend and scrub type based on your desired results, intentions and scent profile preferences. The treatment concludes with a deeply hydrating body milk application. Skin emerges glowing and hydrated. \*Includes a relaxing Vichy rain shower.

## SIGNATURE MUD BODY WRAP

50 minutes

Our highly effective signature wrap begins with a stimulating dry brush exfoliation. Your therapist will then design a custom blended mud for your individual needs. While the mud works its magic, your body is cocooned and you'll enjoy a grounding foot massage. The service concludes with a nourishing shea and goat milk body butter application. \*Includes a relaxing Vichy rain shower.

## THAI HERBAL BALL

80 minutes

Aromatherapy, heat therapy and herbal therapy are brought together in this unique and highly-effective service. Our Thai Herbal Balls are naturally antiseptic and decongestant and contain therapeutic herbs selected for their ability to stimulate your internal organs as well as reduce inflammation, ease arthritis, and improve digestion and circulation. Herbs such as camphor will penetrate sore muscles while lemongrass, ginger and turmeric introduce high anti-oxidant properties. The result is reduced stress and fatigue and whole-body rejuvenation.





## SKIN CARE

### ELEMENTS SIGNATURE FACIAL

50 - 80 minutes

An ideal foundation for healthy skin and a great monthly maintenance facial, this customizable treatment features the highly effective Doctor BABOR skincare line from Germany. Skin is left strengthened, hydrated and balanced.

### ENZYMATIC GLOW FACIAL

25 - 50 minutes

This aromatic facial experience delivers a healthy, radiant glow with gentle yet effective fruit enzymes. Built to stand-alone or as an effective add-on to our other skin care offerings, this service is appropriate for all skin types, particularly when skin is dull or stressed.

### PURE VITALITY FACIAL

50 minutes

This facial features BABOR's naturally derived Cleanformance product line. Balancing pre- and probiotics, hyaluronic acid and age corrective Maple Bark extract, this facial is good for normal skin types and delivers excellent results while utilizing clean, vegan products.

### GENTLEMENS MOUNTAIN REFRESH FACIAL

50 minutes

Because male skin is biologically different & experiences unique lifestyle and grooming challenges, we offer a facial formulated uniquely for men. This facial utilizes Citrus and Cedar aromas and leaves the skin soothed, hydrated and re-balanced.

### TEEN ESSENTIAL FACIAL

50 minutes

A customizable facial that addresses the individual needs of teen skin — from deep pore cleansing to soothing and calming hydration. This purifying and balancing treatment provides visible results post-treatment and offers an introduction to a healthy skin care routines at home.

# ADVANCED SKIN CARE

## HYDRAFACIAL

One of the most powerful, non-invasive skin resurfacing treatments. A Patented customizable, Medical Grade treatment that combines cleansing, exfoliation, extraction, hydration and antioxidant protection that removes dead skin cells and impurities, while simultaneously delivering moisturizing serums into the skin. This 3-in-1 facial experience provides a special event glow without any pain or downtime.

- Signature 50 minute with skin repairing mask
- Deluxe 50 minute minute including LED light stim
- Platinum 80 Minute includes a lymphatic treatment, customized booster, repair mask, LED light stim and foot treatment. Where medical results meet a luxury experience!

## FIRE AND ICE FIRING FACIAL

50 minutes

This active anti-aging treatment addresses wrinkles and loss of elasticity and is appropriate for all skin types. Skin is plumped from the inside out while fine lines and wrinkles are smoothed. Results are further amplified with a Collagen mask and microcurrent to reshape facial contour.

## RADIANCE RENEWAL PEEL

25 - 50 minutes

A non-invasive skin resurfacing treatment from our BABOR Pro line that targets rough, dry or oily skin, minimizes large pores, reduces hyperpigmentation, and brings life to dull complexions. Suitable for all skin types and available as a standalone facial or as an add on to other skincare services.

\*Recommended as a series of 3-6 treatments for maximum effect

## DETOX MICROSILVER PURIFYING FACIAL

50 minutes

Specially formulated for skin that is congested and acne-prone, this facial utilizes deep cleansing and refining Dr. BABOR skincare to treat and calm reactive, inflamed skin.

## OXYGEN BRIGHTENING FACIAL

50 minutes

This highly effective facial combines Dr. BABOR PRO skincare concentrates with microdermabrasion and oxygen infusion therapy. This targeted treatment is good for scarring, uneven skin tone and hyperpigmentation. Skin is left vibrant, smooth, and noticeably more radiant.

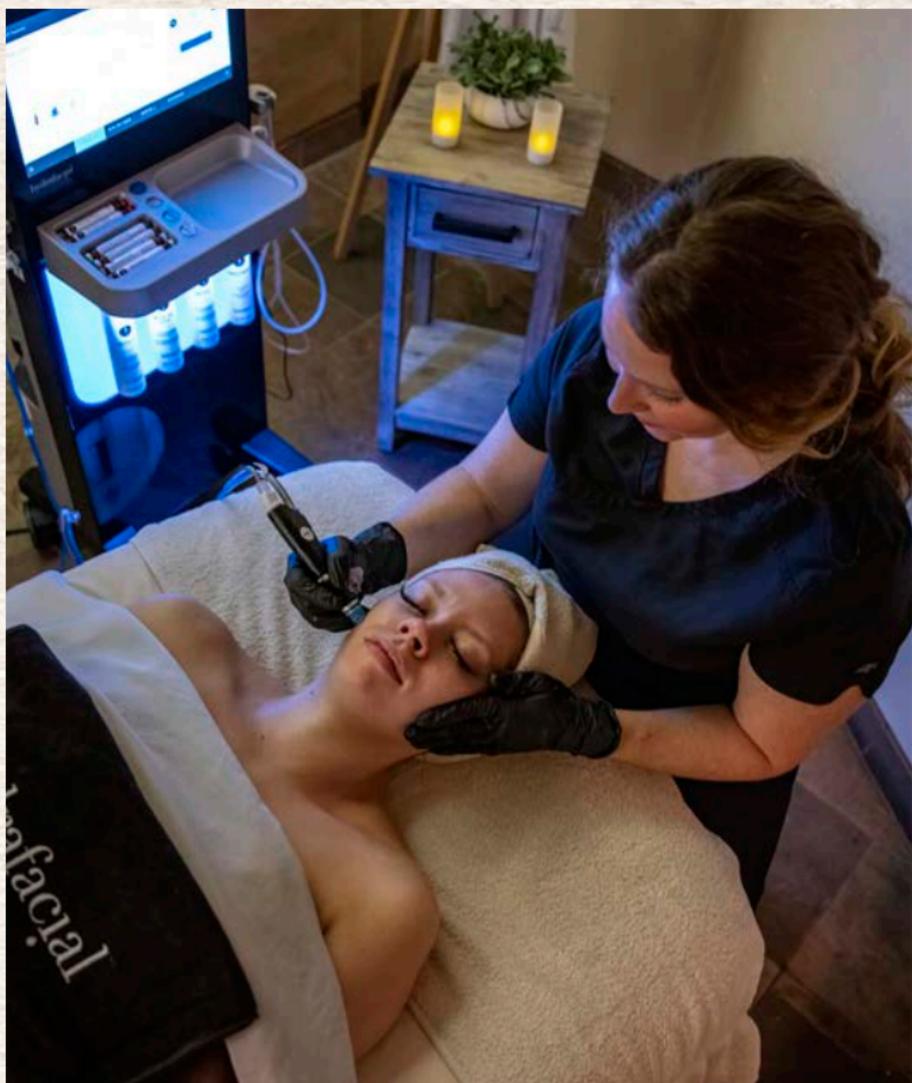
## HSR LUX LIFTING FACIAL

80 minutes

Turn back the clock with this cosmeceutical treatment that provides immediately visible results. Targeted active ingredients not only smooth visible wrinkles, but prevent new wrinkle formation and slow the aging process. The potent formulations and specialized massage techniques, including Rose Quartz Gua Sha, improve skin firmness, tone, elasticity and redefine facial contour.

elements  
spa

AT MINERALS HOTEL



# HANDS & FEET

Elements Salon features the area's most luxurious nail services. Our expert technicians blend relaxation and artistry with expert attention to the health of skin, cuticles and nails.

Manicure

Gel Manicure

French Manicure

CBD Manicure

Pedicure

Gel Pedicure

French Pedicure

CBD Pedicure

## SPA HAND RITUAL

Nourish, heal and condition hands with this indulgent manicure. Included is a warm aromatic mask, extended massage and customized lotion application.

## SPA FOOT AWAKENING

Our most deluxe pedicure, including a soothing scrub, hydrating foot mask and relaxing foot and leg massage.

## CBD PEDICURE

Our spa pedicure, powered by Cause + Medic's CBD line, offers a fun and therapeutic spin on a classic. This service is deeply soothing for aching legs and feet.



# SPECIAL OCCASION SERVICES

Memorable celebrations begin by indulging at your choice of two luxurious New Jersey spas. Reflections Spa and Elements Spa can provide your bridal party or special occasion group an array of pampering treatments including soothing massage therapies and revitalizing skin care. Restore your body and mind in a celebrated oasis and enjoy your memorable time together.

Our talented stylists & make-up artists are able to go to great lengths to ensure that you and your guests will look stunning for the an unforgettable day. Enhance your look with a gorgeous hairstyle, striking cosmetic application, and nail services. Be radiant from head to toe - with a little pre-planning and a visit to our Spas.

Additionally, our staff can travel to the following locations to provide personalized and attentive salon services to your group: Hotel guest room, Grand Cascades Lodge Bridal Suite, Minerals Hotel Bridal Suite, Ballyowen Golf Club and Black Bear Golf Club.

## IMPORTANT DETAILS:

- All cancellations or changes must be made at least 1 week prior to the wedding day to avoid full charges.
- Prices may vary according to stylists discretion regarding length, thickness and selected styles. All prices are starting prices.
- A credit card is needed to hold appointments for selected wedding date.



# SPECIAL OCCASION SERVICES

## FOR THE BRIDE

Hair (Updo, Half Up, Style Curl, Waves)	1 hour
Hair - Sneak Peak	1 hour
Makeup	1 hour
Airbrush Makeup	1 hour
Makeup - Sneak Peak	1 hour

## FOR THE BRIDAL PARTY

Hair (Updo)	1 hour
Blowouts	30 minutes
Flower Girl - Hair (Updo)	
Flower Girl - Makeup (Mascara, Lip & Blush)	
Makeup	30 minutes
Airbrush Makeup	30 minutes
Lashes	10 minutes



# KIDS' TREATMENTS

## BEE PAMPERED MANICURE

30 minutes AGES 6-10

A manicure fit for a busy little Bee! First, little hands and arms are gently softened with a Sweet Tea Shea butter polish. This is followed by a drizzle of warm honey glaze which is wrapped in a warm towel cocoon. Finally, the treatment concludes with a Sweet Cream Milk hand and arm massage and polish. You'll be ready to buzz about your day!

## COCONUT CREAM POP PEDICURE

30 minutes AGES 6-10

This delicious pedicure begins with a coconut cream whole milk soak. Next, feet and legs are smoothed with a whipped Shea butter coconut scrub. Your feet will be painted with a chocolate mask to soften and hydrate. A light massage using scented sweet cream lotion and polish to top off this yummy treat.

## STRAWBERRIES & CHOCOLATE SUNDAE FACIAL

25 minutes AGES 9-12

A scrumptious spa indulgence that smells good enough to eat. You'll start with a creamy coconut milk cleanser and a butter and sugar exfoliation. A rich dark chocolate mask follows, with a strawberry whipped shea butter arm massage while it works its magic. Your treatment concludes with a divinely scented warm towel compress. You'll be ready to put your best face forward!



# POLICIES & EXTRAS

## CONVENIENT HOURS OF OPERATION

Hours are subject to change without notice. Please contact us for the most accurate hours of operation.

## CHECK-IN

Please arrive at least 20 minutes prior to your first treatment. This will allow you time to check-in and enjoy the spa amenities. Arriving late for your scheduled service will deprive you of valuable treatment time. To avoid delaying the next guest, your treatment will end on time regardless of how late your service begins.

## FOR YOUR CONVENIENCE

Elements Spa provides you with a luxury robe and slippers for your comfort, lockers, showers, hair and body amenities and hair dryers. Please do not bring any large bags or anything extra as the lockers are small in nature.

## CANCELLATIONS

Cancellations must be made at least 24 hours in advance of the scheduled service(s) to avoid being charged. Groups of 4 or more who are booking services in the spa require a 48-hour guarantee. The spa strictly adheres to its cancellation policy. You will be charged in full for any cancellation under 24 hours or same day reservations.

## FOR YOUR COMFORT

The spa is an environment for relaxation and tranquility. Please respect all of our guest's rights to privacy and quiet by turning off cellular phones before entering as well as keeping voices low during your time at the spa.

## FOR YOUNGER GUESTS

Anyone under the age of 18 may not engage in any of the massage or body treatments. Young adults age 13-17 may partake in limited spa services as determined by Elements Spa. Proper behavior is required at all times.

## GIFT CARDS

A spa gift card is an ideal gift year-round for any special occasion. Telephone and mail orders are available. Gift cards must be presented in order to submit as form of payment for your treatments. We are not responsible for lost or stolen gift cards.

## PRICING

Our pricing may be subject to change without notice. Please inquire about current pricing when scheduling your services. Please note that tax is not included in the cost of our services.

## GRATUITY

Gratuity is not included for spa services and is greatly appreciated. For your convenience, gratuity envelopes are located at the spa reception desk.

## PAYMENT

Our pricing may be subject to change without notice. Please inquire about current pricing when scheduling your services. NJ State sales tax and a 10% service charge are not included in the cost of services. Spa amenities such as the foot soak with essential oils, handmade granola, specialty organic teas, use of the Minerals Hotel Pool Complex (Monday-Thursday non-holiday; minimum \$135 treatment) are all covered in the 10% service charge.

## PERSONAL POSSESSIONS

We regret that we cannot be responsible for the loss of or damage to personal articles, including clothing and accessories. We ask you to remove all jewelry before any service. There are jewelry holders in each spa service room for your convenience, and please do NOT place any jewelry in your robe pocket.

**Please note: Prices are subject to change due to seasonal scented treatments**



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