

**massages, face elements and rituals include
a cleansing footbath and post-treatment relaxation time**

elemental rituals

a new dawn

185 mins

scrub, herbal steam and bath, four hands massage,
refresher face element, foot massage

drifting away

140 mins

rhythmic massage, elemis taster facial

pure inspiration

140 mins

elemis body wrap with mini face element, specialty
bath with elemis products or herbal steam, reflexology

morning mist

125 mins

elemis lime and ginger salt glow with mini face element,
specialty bath with elemis products or herbal steam,
balinese massage

ocean delight

145 mins

seaweed wrap, scalp massage, herbal steam,
balinese massage

tranquil moment

145 mins

shiro dhara, herbal steam, nourish mask



face elements : elemis

elemis pro-collagen quartz lift facial

105 mins

Immediate results in the fight against time. This exceptional facial helps to combat the visible signs of ageing using specialised massage techniques to help reduce the appearance of fine lines and wrinkles. A Japanese silk mask is impregnated with Pro Collagen Marine Serum to maximize penetration of the collagen boosting marine algae Padina Pavonica.

elemis skin IQ+ facial for men

105 mins

Anti-ageing booster for tired stressed skin. Helping to calm irritation and minimised ageing this facial is the ultimate overhaul for male skin. Protecting against the harsh ageing effects of shaving and environmental damage, moisturisation levels are proven to increase by up to 38% and elasticity by 28% after just 1 hour.

elemis skin specific facials

90 mins

A therapeutic deep cleansing facial, prescribed for your skin. It combines the power of absolutes with true premium grade essential oils, to treat the skin at the deepest level, gently but surely. Specialised eastern massage movements help to stimulate and oxygenate your skin, whilst bringing the body and mind into balance.

fruit active glow ~ a great pick-me-up and pre-occasion treat to lift dull, lifeless skin.

herbal lavender repair ~ helps to heal and repair congested oil-rich skins.

exotic cream moisture dew ~ for dry, thirsty skin in need of a hydrating surge.



face elements : pure nature



with only natural elements, different ingredients will match the needs of your unique skin type

equalise

normal skin - white clay, carrot

80 mins

restore

environmentally damaged skin - white clay, green tea, tomato

80 mins

clarify

dry or mature skin - pineapple, lime

80 mins



body elements : massages

island rhythm

rhythmic – invigorating strokes of different depths & speeds connected together in dance-like movements...including a paraffin foot cocoon

110 mins

four hands wave

four hands – fusion of thai, swedish, hawaiian, balinese & shiatsu techniques given by two therapists

80 mins

balinese breeze

balinese – stretching, skin rolling, long strokes, palm & thumb pressure

80 mins

indian delight

indian head massage – massage of the upper back, shoulders, neck, scalp & face using ancient ayurvedic-influenced techniques

80 mins

ray of light

shiro dhara – ayurvedic massage and pouring of aromatic oil on third eye

80 mins

stepping out

reflexology – ancient chinese full-body therapy delivered through gentle thumb walking of the feet

80 mins

body elements : scrubs & masks

nourish

cocoa beans, ginger, white clay – mask
yoghurt – skin nourisher

50 mins

nurture

marigold petals, rice – scrub
cucumber – skin nourisher

50 mins

renew

sandalwood, cinnamon, turmeric – scrub
yoghurt – skin nourisher

50 mins

replenish

beans, basil, asian greens – scrub
carrot – skin nourisher

50 mins

feet & hand elements

revitalise

foot spa pedicure

50 mins

beautify

hand spa manicure

50 mins

