



EMELISSE NATURE RESORT SPA MENU

ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

WHERE THE SCIENCE OF NATURE MEETS THE SCIENCE OF SKIN

ELEMIS TREATMENT PHILOSOPHY



ELEMIS

SPA THERAPY

ELEMIS is the pioneering British skincare and spa brand that treats over 6.5 million people each year and has the single largest influence on trends and developments in the global skincare and spa industry. The successful combination of powerful natural ingredients, cutting-edge formulation technology and proven clinical trials has enabled ELEMIS to bring to market some of the most influential anti-ageing skincare products and professional spa therapies the beauty industry has ever seen. Your skin, your body and your wellness lie at the heart of ELEMIS. ELEMIS Therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. ELEMIS scientifically controls every aspect of product formulation, ensuring quality, efficacy and exceptional integrity. From the seeds chosen and the type of soil used, to the selection of extraction process, ELEMIS ensures that all formulations have maximum therapeutic activity. Sublime sensory. Personally prescribed.

The experience is exceptional; the results are real.

ELEMIS FACE AND BODY COMBINATIONS

Choose your own combination of facial and body massage, or let your ELEMIS therapist personally prescribe the perfect treatment to work with your skin, your mood and your needs.

ELEMIS COUTURE TOUCH 60 mins | €120.00

Condition your skin and muscles with this all-embracing experience. Combine any 30-minute or 1-hour ELEMIS hands-on TOUCH facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.

ELEMIS COUTURE TOUCH 120 mins | €175.00

The ultimate introduction to ELEMIS spa-therapies. This No.1 best-selling package combines a full body Deep Tissue or Well-Being Massage with an intensive Anti-Ageing or Skin Solution Facial, prescribed to your needs.

ELEMIS COUTURE TOUCH FOR MEN 120 mins | €175.00

Enjoy the best of both worlds by combining a Time for Men Facial with a Deep Tissue or Well-Being Massage to improve total body performance. Rehydrates and energises the complexion, whilst deeply relaxing and recharging the body.

SPA DAY PACKAGE 180 mins | €210.00

Escape with this package that will revitalize you from the toes up to the top both externally and internally which includes:

ELEMIS Exotic lime & Ginger or Frangipani salt Glow,
ELEMIS Deep Tissue Massage,
ELEMIS Advanced Anti-ageing Facial, Earth Spa Light Lunch.





ELEMIS ANTI-AGEING FACIALS

Defy the hands of time with clinically proven anti-wrinkle, radiance and resurfacing facials for instant results. Therapies include facial mapping analysis, eye treatment, luxurious hand, arm and optional scalp massage

ELEMIS PRO-COLLAGEN AGE DEFY 60 mins | €115.00

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

*Independent Clinical Trials

ELEMIS SUPERFOOD PRO-RADIANCE 60 mins | €115.00

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

*Independent Clinical Trials

ELEMIS PRO-COLLAGEN DEFINITION LIFT & CONTOUR 60 mins | €115.00

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS WHITE BRIGHTENING PIGMENT PERFECTOR 60 mins | €115.00

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL 30 mins | €60.00

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal.

A new start for smoother, younger-looking skin.

*Independent Clinical Trials

MEN



Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

ELEMIS HIGH PERFORMANCE SKIN ENERGISER 60 mins | €115.00

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

ELEMIS SKIN SOLUTION FACIALS

These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.



ELEMIS SENSITIVE SKIN SOOTHER 60 mins | €105.00

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

ELEMIS ANTI-BLEMISH MATTIFY AND CALM 60 mins | €105.00

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

ELEMIS PEPTIDE4 SKIN SYNCHRONIZING BOOSTER FACIAL 30 mins | €60.00

Recover Like Clockwork, with this Express facial treatment empowered with the ELEMIS Peptide 24/7 range. Peptide4 products work around the clock to help keep skin in sync, ensuring each vital process is carried out to optimum effect. The result? Skin that looks well-rested, radiant and beautiful, 24/7.

ELEMIS BODY MASSAGE

High performance therapies to relax and recharge.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE 90 mins | €120.00

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Stress-a-Way: Wind down and release the tension of the day.

Spirit Reviver: A powerful surge to invigorate and recharge.

Muscle Melt: Relax and re-energise a tired and aching body.

Chakra Balancing: Reconnect your mind, body and soul.

ELEMIS FREESTYLE DEEP TISSUE BACK MASSAGE 30 mins | €55.00

This rhythmic massage focuses purely on the back and shoulders area to relieve specific stress and muscle tension. The key techniques of the Free Style Deep Tissue Massage are experienced in this mini- massage.

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE 90 mins | €110.00

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

ELEMIS PEACEFUL PREGNANCY FACE AND BODY EXPERIENCE 75 mins | €100.00

Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

ELEMIS FRANGIPANI HEAD & SCALP MASSAGE WITH HAIR TREATMENT 45 mins | €75.00

This scalp massage is so blissful it should be illegal. Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head. We can either make you float like a butterfly or sting like a bee. You choose. Added bonus the amazing Frangipani Monoi Hair & Scalp Mask.



ELEMIS GARDEN OF ENGLAND ROSE RESTORE RELAXING MASSAGE 60 mins | €95.00

Take a walk in an English garden with this lavishly hydrating body massage. The unique Life Elixirs Essences that have been designed to be used in this extremely relaxing massage, will bring everything back to the potency of modern aromatics. Each Essence has been designed for a different mood, enabling this massage to be tailored to your needs.

You may choose one of the following Life Elixir Essences:

Calm: a soothing blend, helps you to find your inner peace.

Clarity: an uplifting blend, helps you to invigorate your sense of self

Fortitude: an empowering Blend, makes you feel grounded and strong to the core

Embrace: a serene blend, to ignite your senses

Sleep: a deeply relaxing blend, to let your mind and body restore itself

ELEMIS BODY WRAPS AND SCRUBS



ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME & GINGER OR FRANGIPANI

40 mins | €50.00

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

ELEMIS BODY NECTAR NOURISHING WRAP – SWEET ORCHID OR FRANGIPANI

60 mins | €80.00

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

MASSAGE



AROMATHERAPY MASSAGE 75 mins | €95.00

A complete body treatment with ethereal oils from plant and herbal extracts. All the oils have detoxifying, stimulating or relaxing properties selected carefully so as to meet your own personal needs. Their perfume has a therapeutic action that provokes in you a sense of wellbeing.

INDIAN HEAD MASSAGE 45 mins | €75.00

Indian head massage is a technique that is being applied for over 4000 years. Based on Ayurveda, which stands for "Science of Life", the expert professional initially estimates your physical, mental and spiritual characteristics, namely "Dosha", and mixes together ethereal oils with adequate extracts. This mixture is applied by gentle massage, in order to ease tension from your shoulders, neck, head and face. The treatment is concluded with spreading oil over your hair, a traditional Indian practice that restores balance on head scalp, body and mind.

STRESS RELIEVING BODY MASSAGE 45 mins | €70.00

This massage concentrates on soothing away tiredness, stress and alleviating tension, inducing relaxation to the body and mind.

STRESS RELIEVING BACK MASSAGE 30 mins | €45.00

Concentrating on the back, neck and shoulders, the masseur will help relieve stress and tension from your muscles.

LEG AND FOOT MASSAGE MASSAGE 40 mins | €65.00

A relaxing combination of reflexology, foot and leg massage to help poor circulation fluid retention, pains and cramps.

ELEMIS BEAUTY ESSENTIALS

Hands and Feet – The finishing touches that make a difference.

ELEMIS GARDEN OF ENGLAND ROSE RESTORE HAND TREATMEN 30 mins | €45.00

This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness.

Manicure 30 mins | €20.00

ELEMIS BEST FOOT FORWARD 30 mins | €45.00

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.

Pedicure 45 mins | €30.00

ADDITIONAL TREATMENTS

Half Legs Wax	€25.00
Full Legs Wax	€40.00
Arms Wax	€20.00
Under Arms Wax	€15.00
Bikini Line Wax	€18.00
Full Bikini Wax	€25.00
Lip and Chin Wax	€10.00
Eye Brows Shape	€10.00
Nail Polish	€6.00
French Nail Polish	€8.00





...SPA ETIQUETTE

Target problem areas with therapeutic detox and sculpting therapy. Detoxify and deep cleanse to the deepest level.

Please arrive 10 minutes before your treatment. Prior to your treatment you will be requested to complete a life style.

We requeste a minimum of 4 hours cancellation notice for a single treatment or 24 hours advance notice for rituals. Without notification you will be charged for the seclude service. Being late for your appointment may shorten the length of your treatment.

Please remove your jewellery and clothing except underwear before each treatment.

For some treatments you will provide with disposable underwear by your therapist. Please make sure that your valuables are kept in your room. The management cannot be held responsible for the loss of any personal possessions.

During treatments, please let your therapist know whether you feel comfortable or not, too warm or too cold and whether the room' s temperature satisfies you. Your comfort and rate is our greatest concern and priority.

If you have a particular injury or pain, please explain it to the therapist. In this way, they can suggest appropriate adjustments to the treatment for your comfort and enhancement.

There is no pressure to talk with your therapist during the treatment. This is entirely up to you. If you have any questions or queries our therapists are willing to answer them. In case you are silent they will too.

Mobile phones are not permitted in the Spa area.

Besides, you came here to ease your body and mind.

We are here to relieve you of the stress of every day and offer your moments of relaxation!

We remind you that smoking is not permitted in the Spa area.

Thanks for not smoking

...SPA GIFT VOUCHERS

For a gift totally unique and beautiful we will personalize you, a spa voucher.

Choose one of our spa therapies or let them decide!

Our spa team will delighted to help if you need advice

ELEMIS

STEP INTO SENSORY HEAVEN...

ELEMIS is available only at the most exclusive spas around the world.

ELEMIS spa-treatments are renowned for their **efficacy, results** and **powerful massage** sequences, combined with **the most dynamic actives** available in the world today.



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