



eléme<sup>spa</sup>  
flynn

# Introducing Eléme Day Spa

Eléme Day Spa is designed for the ever-evolving, ever-changing, magnificent you.

Embracing both nature and science from Australia and beyond, Eléme Day Spa's stellar menu is designed to flex, so our therapists can personalise each treatment to best suit you... your body, your skin, your mood on the day of your visit

So, whether you're in need of super-circulation-stimulation, mammoth detoxification, skin firming, smoothing, tightening, lifting, fixing or the ultimate muscle-melting rubdown, we've got you covered.

Say goodbye to the world of fussy and fluffy, it's time to embrace something fresher, bolder, and entirely more fabulous. Step out feeling like your most dazzling, unstoppable self.

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# Facial Therapy

The purest, unadulterated natural ingredients from Australia's own Sodashi products are used to customise our indulgent facial treatments.

## Samadara Age Defying Facial

*90 mins - \$275*

An exquisite facial with age-defying results. Timeless Ayurvedic healing techniques combine with rose quartz crystals, advanced antioxidant-rich products and thermal infusion to reawaken and energise your skin.

An intensely nourishing experience that helps to increase firmness, boost elasticity, correct pigmentation and restore luminosity.

## Thermal Infusing Facial

*90 mins - \$245*

Give your skin a natural lift with this intensive facial, supercharged with volcanic clay and essential vitamins and minerals. Custom ingredients are paired with Sodashi's Thermal Infusing Mask, a warming wonder that relaxes facial muscles, stimulates circulation, aids lymphatic flow and maximises product absorption to restore elasticity, tone and radiance.

## Pure Radiance Facial

*60 mins - \$185*

Reveal your natural radiance with a facial tailored to deliver on your skin's most pressing needs. Using Sodashi's pure plant alchemy to cleanse, exfoliate, massage, mask and moisturise, we will custom select ingredients to hyperfocus on restoring balance, inducing calm or promoting rejuvenation.

## New Balance Facial

*60 mins - \$185*

This purifying and rebalancing experience starts with a detoxifying back exfoliation, then we turn all attention to the face with custom selected ingredients and hot aromatic compresses for a deeply cleansing facial that aims to rebalance, tone and energise the skin.

There's no better remedy for stressed and congested skin.



# Massage Therapy

A truly tension-dissolving collection of massage therapies for relaxation, detoxification or reinvigoration.

## Autograph of Eléme

**60 mins - \$175 | 90 mins - \$235**

Our signature relaxation massage is a soul-soothing aromatic ritual designed to release tension, restore energy flow and leave you feeling renewed. Enjoy the perfect escape from the everyday.

## Seashell Sanctuary

**90 mins - \$245**

Experience the soothing warmth of heated seashells, as they smooth away tension and persistent aches. This meditative, therapeutic treatment uses Sodashi's Crystalus oil, aiming to boost circulation, relieve stress, induce deep relaxation and restore vitality.

## Muscle Ease

**60 mins - \$185 | 90 mins - \$245**

A firm favourite, this deeply relaxing full-body massage uses our special muscle balm, a natural tonic for easing inflammation, muscle and nerve pain. Targeted techniques help to release muscle tension and relieve aches, allowing your body to reach a state of complete relaxation.

## Mumma and Co.

**60 mins - \$185**

For mums-to-be who've passed their first trimester, this safe and delightful massage brings nurturing relief, helping to reduce oedema, balance blood pressure and ease strain on the ankles, knees and back.



# Body Treatments

Designed to cleanse, detox, invigorate and revitalise, these all-over body treatments using Sodashi's potent, penetrating body products will reveal healthy, radiant skin.

## You, Me and the Sea Body Boost

**90 mins - \$245**

Renew your body with a mineral-rich pink Himalayan salt exfoliation and detoxifying marine mineral and green clay body mask. With an incredible energising effect, this stimulating treatment boosts circulation, refreshes body and mind and leaves skin soft, smooth and revitalised.

## Tone Up Body Boost

**90 mins - \$245**

Indulge in a gentle, aromatic exfoliation with jojoba beads, a collagen-boosting toning body mask, and an uplifting jasmine and rose hydration infusion. A treatment to soothe your spirit and leave your skin radiant and serene. *Safe for pregnancy.*

## Enliven Salt Glow

**60 mins - \$175**

A detoxifying and energising exfoliation experience to remineralise and reawaken the skin. Uplifting botanical extracts combine with mineral-rich Himalayan rock salts and pure plant oils for powerful skin rejuvenation and an enlivening mind refresh.

## Afterglow Body Polish

**60 mins - \$175**

A gentle, skin softening therapy using jojoba beads and delicately scented pure botanical extracts to sweep away dead skin cells and restore hydration. Finished with a rose and jasmine infused lotion to uplift the mind and spirit. *Safe for pregnancy.*



# Eléme Journeys

Choose from these thoughtfully curated treatment combinations that calm the mind and ground you with a therapeutic punch.

## Jet Lag Remedy

**90 mins - \$245**

*Back Exfoliation + Focus Massage + Refresh Facial + Foot Massage*

Rebalance and reset with soothing therapies and Sodashi jet lag tonics. There's a Himalayan salt back exfoliation and massage to relieve stress and fatigue, a refreshing facial to restore radiance, a grounding foot massage and a blend of potent tonics to foster mental clarity and vibrant energy. Board now and send jet lag packing or simply offload some life lag.

## The Eléme Collection

**120 mins - \$315**

*Sole Soother + Focus Massage + Refresh Facial + Head in the Clouds*

A combination of all our favourites - a foot soak and scrub to start followed by a massage targeting muscle tension, a perfectly executed express facial, and a hair and scalp treatment to finish.

## Glow and Go

**120 mins - \$315**

*Autograph of Eléme Massage + Pure Radiance Facial*

Send tension and tiredness packing and unleash your inner vibrance with everyone's favourite Flynn massage. Then find your glow with a facial tailored to revitalise your skin.

## The Opulent Recovery

**120 mins - \$315**

*Dry Body Brush + Marine Mineral Body Wrap + Toxicleanse Massage*

Every social butterfly's dream, this experience is designed to flush toxins, stimulate healthy circulation, banish puffiness and make amends for all your high-life adventures. Recover your energy and your glow.



# Enhancements

Choose to have one of these on their own or add a little extra sparkle to your selected treatment.

## Head in the Clouds

**30 mins - \$85 add on | \$115 solo**

Encourage healthy hair growth and revitalise damaged locks with a deep conditioning hair and scalp mask, followed by a steamy head wrap and neck and shoulder massage.

## Focus Massage

**30 mins - \$85 add on | \$115 solo**

Choose one or two areas that your therapist can focus their skills on to reduce muscular aches and pains and increase relaxation.

## Refresh Facial

**30 mins - \$85 add on | \$115 solo**

Boost your glow with a cleanse, exfoliating compress, firming gel mask and a finishing layer of hydration.

## Sole Soother

**30 mins - \$85 add on | \$115 solo**

A lavish feet treat incorporating Himalayan salts and massage with cooling oils to revive tired feet and improve circulation.



# Couples Treatments

Experience your treatments side by side in our couples' room and finish with a complimentary glass of bubbles in our lounge afterward.

## Sanctuary

**150 mins - \$375 per person**

*Enliven Salt Glow + Autograph of Eléme Massage  
+ Refresh Facial + Head in the Clouds*

Discover the energising and harmonising effect of deep relaxation and sublime togetherness.

## Couple's Retreat

**150 mins - \$375 per person**

*Sole Soother + Autograph of Eléme  
Massage + Radiance Facial*

Enjoy a tranquil side-by-side experience of full body massage, customised facial and foot massage.

## Together We Spa

**90 mins - \$245 per person**

*Autograph of Eléme Massage + your choice of enhancement*

Restore harmony and connection with a relaxing massage and your personal favourite selection from our enhancement menu.

## Massage for Two

**60 mins - \$185 per person | 90 mins - \$245 per person**

Share the serenity with a side-by-side massage experience designed for couples, friends or family. Choose between the signature Autograph of Eléme or the deeply restorative Muscle Ease massage, personalised to your needs.



# Group Treatments

Bring all your friends. Our group experiences are for a minimum of four people and include a complimentary glass of bubbles in our lounge afterward.

## Focus Remedy

**90 mins - \$245 per person**

*Sole Soother + Focus Massage + Refresh Facial*

A perfect combination for all-over relaxation to leave you feeling refreshed, revived and ready to rock your day.

## Comfort Therapy

**60 mins - \$175 per person**

*Autograph of Eléme Massage or Pure Radiance Facial*

Choose from either our signature Autograph of Eléme massage, or a personalised Pure Radiance facial to calm, balance, and hydrate your skin.

# Your Journey into Eléme Day Spa

## Arrival at Eléme Day Spa

To give you and your therapist time to plan your stellar experience, please arrive 15 minutes before your scheduled treatment time. If you arrive late, we may need to reduce your treatment time. We'll do our best to avoid that, but it's not always possible.

## Medical conditions

When making your reservation, please advise us of any medical or health conditions, allergies or injuries that might affect your spa experience.

## Pregnancy

Our team will help you select the most suitable treatments for you to enjoy during your pregnancy. Even though we don't massage in the first trimester, we have treatments suitable for mums-to-be as well as nursing mums.

## Minimum age

You'll need to be at least 16 years of age to use the spa services.

## Spa formalities

To make things more chillaxing and comfortable for everyone, mobile phones are off the menu, please place all devices on silent.

## Cancellations

A 100% charge will apply for any treatments cancelled or rescheduled with less than 24 hours' notice. The same applies for no-shows and gift certificate bookings.

## Gift vouchers

Gift vouchers are available for purchase online for all treatments, packages and products. Certificates are valid for 36-months from date of purchase.

## Group bookings

We welcome group bookings and will be delighted to help you curate the perfect Eléme experience for you and your group.



# eléme<sup>spa</sup>

We recommend you book in advance to ensure your preferred time and service(s) are available.

To book a treatment or to find out more about the services we offer, contact us on:

**Phone: 07 4253 5035**

**Email: [eleme.flynn@crystalbrookcollection.com](mailto:eleme.flynn@crystalbrookcollection.com)**

**Web: [crystalbrookcollection.com/eleme-spa/flynn](https://crystalbrookcollection.com/eleme-spa/flynn)**

**BOOK NOW**