

eléme<sup>spa</sup>

# Introducing Eléme Day Spa

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

Forever inspired by the healing properties of the Byron Bay region, our 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 and think fresh and fabulous and walk out your best, dazzling self.

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# Facial Therapy by Sodashi

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

Seeking to nurture and salute each individual's unique beauty, nourishing your skin's needs on a profound level.

Kissed by nature, nurtured by us.

## Mistress of Radiance

60 mins - \$160

*Make a comeback with this showstopping facial*

Draw back the curtain to unveil glowing skin. A facial tailored to your specific needs, your skin will feel calm, balanced and hydrated.

Using Sodashi's finest plant essences, this indulgent facial includes a massage and mask to significantly enhance the radiance of your complexion.

## The Goddess of Infusion

90 mins - \$230

*The might and mystery of Mother Earth come to the fore*

Super-charged with trace minerals, the volcanic clay used in Sodashi's warming Thermal Mask maximises the penetration of essential vitamins and minerals into the deeper layers of the skin.

Potent ingredients are used throughout this customised facial treatment to deeply cleanse, nourish, hydrate and tone the skin, restoring elasticity and radiance. Thanks to her unique beauty, deep within the earth, this is more than just a facial - it's nature's facelift.

## The Viking's Odyssey

60 mins - \$160

*For the glorious, spirited man*

Bask in the more masculine gifts nature has to offer starting with a purifying back exfoliation with Himalayan salt bringing your skin into good shape. Then relish the repose of a deep cleansing facial that balances the skin's natural oils and helps to prevent ingrown hairs.

Soothing mists with woody aromas de-sensitise the skin before ending with a relaxing facial massage to tone and firm, leaving you ready to conquer the wild terrain of Byron Bay.

# Massage Therapy

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

Eléme signature aromatherapy oils are used in each of our massage masterpieces.

Leave the world you know behind for one you'll not want to leave.

## Autograph of Eléme

60 mins - \$160 / 90 mins - \$215

*This soul-soothing massage has that certain 'je ne sais quoi' you'd expect from a signature treatment*

Using essential oil blends specially designed for Eléme Day Spa, this relaxation massage is in the ink of what we do best.

Basking in the glory of this soul-soothing massage, designed to relieve the body of tension and restore energy flow, you will leave feeling like you've just taken a mini break from life.

## Muscle Meltdown

60 mins - \$170 / 90 mins - \$220

*Loosen up a little more – take the faster route to relaxation*

Combining benefits of warming essential oils and therapeutic massage techniques, your therapist will focus on the deeper layers of muscle tissue to help release tension, relieving aches and pains.

The aftermath ends in the ultimate muscle meltdown.

## Mumma and Co.

60 mins - \$170

*A pregnancy massage carefully designed for you and your little cherub*

For mums-to-be who've just passed their first trimester, this safe and delightful massage can help to reduce oedema and blood pressure, relieve strain on the ankles, knees and back while increasing blood and lymph flow.

A divinely relaxing experience where you get to savour the magnificence and mystery of creating new life—and sense your bubba smiling too!

## Bejewelled by the Sea

90 mins - \$225

*A warming and therapeutic lava shell massage*

Channel your inner sea nymph while our therapist intuitively kneads warm lava seashells into tense muscles. Also great for those trickier spots such as shoulder blades to detangle and soothe.

Lava shell massage induces fresh blood-flow through the body, boosting lymphatic circulation and encouraging the elimination of toxins. Its effect also calms swelling and inflammation, releasing persistent aches and pains.

Float away feeling more like your buoyant self.

# Body Splendour by Sodashi

Take a transcendental hiatus swathed in Mother Earth's natural goodness.

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

Just the fix for your stay in Byron Bay.

## You, Me and the Sea

90 mins - \$220

A rich combination of sea plants, algae, marine minerals and plant essences deeply relax and detoxify on all levels.

Starting with an invigorating dry body brush to soften skin and stimulate circulation, we follow with Sodashi's all-natural purifying and detoxifying body mask. The effect? Emancipation from sluggishness, congestion and unwanted toxins.

This cleansing spree culminates in the application of one of Sodashi's rejuvenating body moisturisers.

## The Opulent Escapade

90 mins - \$220

Bring your skin and spirits back to life with a hefty dose of luxury.

First, dry body brushing to stimulate the lymphatic system and enhance blood circulation whilst your body and mind unravel. Then, be cocooned in Sodashi's nourishing, rich body cream with vanilla and mango butter to feed and seal moisture into your skin. We top this opulent escapade off with a deeply relaxing scalp massage to ensure you leave crowned with pure luxe.

*Safe for pregnancy*

## Superhero Salt Glow

60 mins - \$170

Combining organic green tea and Himalayan salt to deeply cleanse and exfoliate the body, this treatment helps to repair the body's everyday wear and tear.

Rich in antioxidants with vitamins C and E this perfectly blended treatment will have your skin feeling silky smooth whilst boosting and stimulating the body's circulation.

A finishing touch of a hydrating lotion will give the ultimate afterglow revealing the superhero within!

## Pin-Up Body Polish

60 mins - \$170

A gentle and aromatic, skin-softening body exfoliation using jojoba beads to remove dead skin cells while deeply hydrating and moisturising.

An application of body lotion with jasmine and rose is the perfect accompaniment to uplift, comfort and balance the mind and spirit.

Your skin will be camera ready for the cover of your own magazine.

*Safe for pregnancy*

# Eléme Accomplices

Your covert escapade tied up and delivered with a choice of supremely crafty sidekicks.

Add one or more of these accomplices to any spa treatment or combine together to create your ultimate spa experience.

## The Heist

30 mins - \$110 or add-on \$95

*Scalp and hair treatment*

The kind of theft you don't mind if it means ridding your head of tension.

A deep conditioning mud mask with jojoba and rosewood is massaged all over the scalp to stimulate circulation and encourage the growth of healthy new hair. This accomplice is the ideal ploy for nourishing hair follicles and for protecting hair from the drying damage caused by the sun and sea.

A steamy, aromatic head wrap holds your hair at ransom to deeply penetrate the mask into the hair and scalp while you are treated to a deeply relaxing neck and shoulder massage.

## Mission: Massage

30 mins - \$110 or add-on \$95

*Your muscle tension has a target on its back*

This operation is designed to focus on your favourite massage sweet spot or an area that seems to carry more tension.

Choose one or two areas that your therapist can set their skills on, relieving muscular aches and pains to leave you feeling more relaxed.

## The Chaser

30 mins - \$110 or add-on \$95

*Get your feet ready to ramble with this soothing mint therapy*

Release those hardworking lower limbs from tiredness, aches and pains with this invigorating foot treatment.

It all begins with a lavish foot bath incorporating Himalayan salt high in trace elements and minerals which reduce the effects of weight-bearing stress.

Arnica, lavender and peppermint oils are then massaged into your feet and lower legs, cooling and soothing any aches or tiredness while stimulating circulation.

## Facial Entrapment

30 mins - \$110 or add-on \$95

*A notably appealing co-conspirator for any spa escapade. Combine this express facial with a body treatment for the most crafty execution*

Starting with a facial cleanse, Sodashi's unique exfoliating compress is combined with a firming leave-on gel mask. Your treatment is wrapped up with a hydrating moisturiser especially suited to your skin's needs.

Potent ingredients sourced from the earth and sea make this treatment the must-have accessory during your visit to Eléme Day Spa.

# Couples Therapy

Because couples who spa together, play well together.

Freedom from the daily grind, immersion in rainforest and sea, being swathed in natural skincare... this could well be the healthiest relationship activity you'll ever gift yourselves. A complimentary glass of bubbles is served in our relaxation lounge after your treatment.

Relish, laze, fizz. The best therapy, we think.

## Together We Spa

*90 mins - \$245 per person*

*60 min massage + 30 min Eléme accomplice add-on*

Side-by-side, one-on-one, this 90-minute therapy session will bring your bodies back into balance and have you both feeling your best selves.

We start with a 60-minute massage and you can combine it with the 30-minute accomplice of your choice.

A blissful experience in unison.

## Signature Rainforest Retreat

*180 mins - \$495 per person*

Discover your own private zen retreat in the heart of our rainforest. Forest bathing, or shinrin-yoku as the Japanese call it, is the sense of comfort you embody when surrounded in nature. Breathe in the fresh air and immerse all your senses surrounded by the rainforest as your treatment begins with a foot cleanse and soak. Next a jojoba bead body polish follows preparing you for a deeply relaxing 90 minute Autograph of Eléme Massage with our signature oils. Linger a little longer with a chilled refreshment and an indulgent seasonal platter in your own private forest sanctuary.

This treatment is also available for the discerning single.

*Seasonal and weather dependant.*

## Couples Retreat

*150 mins - \$395 per person*

*30 min foot treatment + 60 min massage + 60 min facial*

There's no time like the present to inject a liberal dose of pamper psychology into your romantic partnership. This is just the tonic for a relationship reboot - realigning you both with foot therapy, massage therapy and facial therapy.

Leave everything you know behind, step into the energy of connection through spa therapy.

## Sanctuary of Togetherness

*150 mins - \$395 per person*

*30 min scrub + 60 min massage + wrap + refresh facial + hair treatment + scalp and neck massage*

Hide away with your one-and-only.

Your mini retreat begins with a whole-body exfoliation using Himalayan salt and pure plant essences before rinsing, then easing muscular tension with a soothing duo massage. Next, your bodies are cocooned in an exquisitely nourishing wrap while your therapist works more magic, refreshing your skin with a cleanse, exfoliation and hydration.

Finishing with a hair and scalp treatment, complete with dreamy massage - just the right concoction to enchant and delight.

# Group Therapy

When you want to bring those closest to you together because you don't want to go it alone.

Collectively immerse yourself in a whole lotta goodness – for your body, mind and spirit.

Our group spa experiences are for a minimum of three guests - we recommend booking ahead. Each guest also receives a complimentary glass of bubbles in our relaxation lounge after the treatment.

## Comfort Therapy

60 mins - \$160

60 min massage or facial

Need a little reassuring lift of your collective spirits? Spend an hour with your favourite people to support and nudge you back to your smooth groove.

Choose from our 60-min Mistress of Radiance facial or our 60-min Autograph of Eléme massage.

## Focus Therapy

90 mins - \$225

15 min foot soak + 45 min massage + 30 min facial

Take respite from the outside world together and soak up the 'soothe vibe' from head to toe in this all-encompassing chill therapy session.

We start with a foot soak and scrub, followed by a mind-melting massage and facial to leave you all feeling refreshed, revived and able to jumpstart back into your day.

## Mind, Body, Soul (Sole) Therapy

90 mins - \$225

30 min foot treatment + 30 min massage + 30 min scalp treatment

We start with a 'bare-your-soles' foot treatment and follow it with a tension-melting back massage. The session rounds up with a deep conditioning hair and scalp treatment before serving you all a cheeky glass of sparkling wine. The ultimate elixir for like-minded hearts.

# A Zen Affair

Full of zen vibes to empower, clear and calm.

Book a Zen Affair to cultivate a profound new level of wholeness, purity and radiance.

## Curative Crystalus

90 mins - \$230

A meditative massage to balance the mind, body and spirit with the use of ancient Australian healing stones and crystals.

Harnessing the energetically grounding powers of Tiger Iron—consisting of layers of warmed Tigers Eye, Jasper and Hematite—we massage the stones over your body to tune, focus and sharpen your mental clarity whilst working deeply into the muscles to relieve physical tension.

## Well-Tuned Chakra Healing

90 mins - \$230

Optimal performance calls for a finely tuned instrument. So it is with your chakras.

This transcendental balancing session will realign the 'chords' of your seven main chakras to have your body, heart and soul humming in sweet harmony once again.

We use a fluid combination of massage, specific essential oil blends and healing crystals in this deeply meditative body experience. Emerge the luminescent being you know you are.

## Private Yoga

60 mins - \$175 \*up to 6

Amid the surrounds of the rainforest and the sea, a private yoga and guided meditation session might just be the most genuinely 'yogi' way to unite the body and mind.

The purity of air and symphony of nature combined with deep breathing and other relaxation techniques will help you find a whole new level of inner peace.

## Private Guided Meditation

60 mins - \$175 \*up to 6

Drop out of human 'doing' and drift into human 'being'. Allow the settling of your mind and the inhalation of pure rainforest air to remind you what life is all about.

## Private Infrared Sauna

30 mins - \$40 / 45 mins - \$50

Turn up the heat on your health with a session in our infrared sauna. Fitted with chromotherapy lighting and music therapy, this is invigorating, purifying and regenerative all at once.

The benefits are many and include anti-ageing, inflammation calming, calorie burning, wound-healing, stress relieving, collagen boosting and toxin flushing. Just sit back and let the sauna work its wonders.

*\*\$15 extra per person. Up to six people.*

# Eléme Voyages

Discover the wonders of Eléme with breathtaking treatments and harmonious journeys.

Travel into thoughtfully curated combinations that deliver inner bliss and a therapeutic punch.

Book a tour of choice or allow us to tailor-make a safari even National Geographic would be jealous of.

## Adventures Unplugged

120 mins - \$315

*Autograph of Eléme massage +  
Mistress of Radiance facial*

First stop is a facial tailored to your skin's specific needs to calm, balance and hydrate. Then, soak up a relaxation massage to relieve your body of tension and restore energy flow—you'll be truly, madly, deeply unplugged in no time.

## Destination High Vibes

120 mins - \$315

*Well-tuned Chakra Healing + scalp massage  
and hair treatment*

This elevation journey will take your inner wellbeing to mountainous heights.

Realign your body through a fluid combination of massage, personalised essential oil blends and healing crystals. Then glide into a heavenly scalp massage complete with a moisture quenching hair mask.

## The Ultimate Safari

Allow 330 mins - \$715

*Steam room + 15-min foot soak + You, Me and the  
Sea and scalp treatment + 75-min Autograph of  
Eléme Massage + lunch + Mistress of Radiance facial*

Kick off this all-day Eléme immersion with a detoxifying session in the steam room. Your guide for the day will then take the wheel and transport you to your private spa suite for a full-body rejuvenation.

We begin the tour at 'Point Toe' with a foot soak and scrub followed by the purifying and invigorating body treatment. While you're cocooned in your body wrap, a deep conditioning mud mask is massaged over your entire scalp before rinsing and relaxing in the lounge with a healthy light lunch.

Your final destination lands you in a 75-minute Autograph of Eléme massage, personalised to your body's needs and finishing with a Mistress of Radiance Facial, leaving you deeply cleansed, nourished and hydrated, and looking decidedly blithe and radiant.

# 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'd like to use our steam room facility, please arrive 45 minutes prior to your reservation with your swim wear. 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

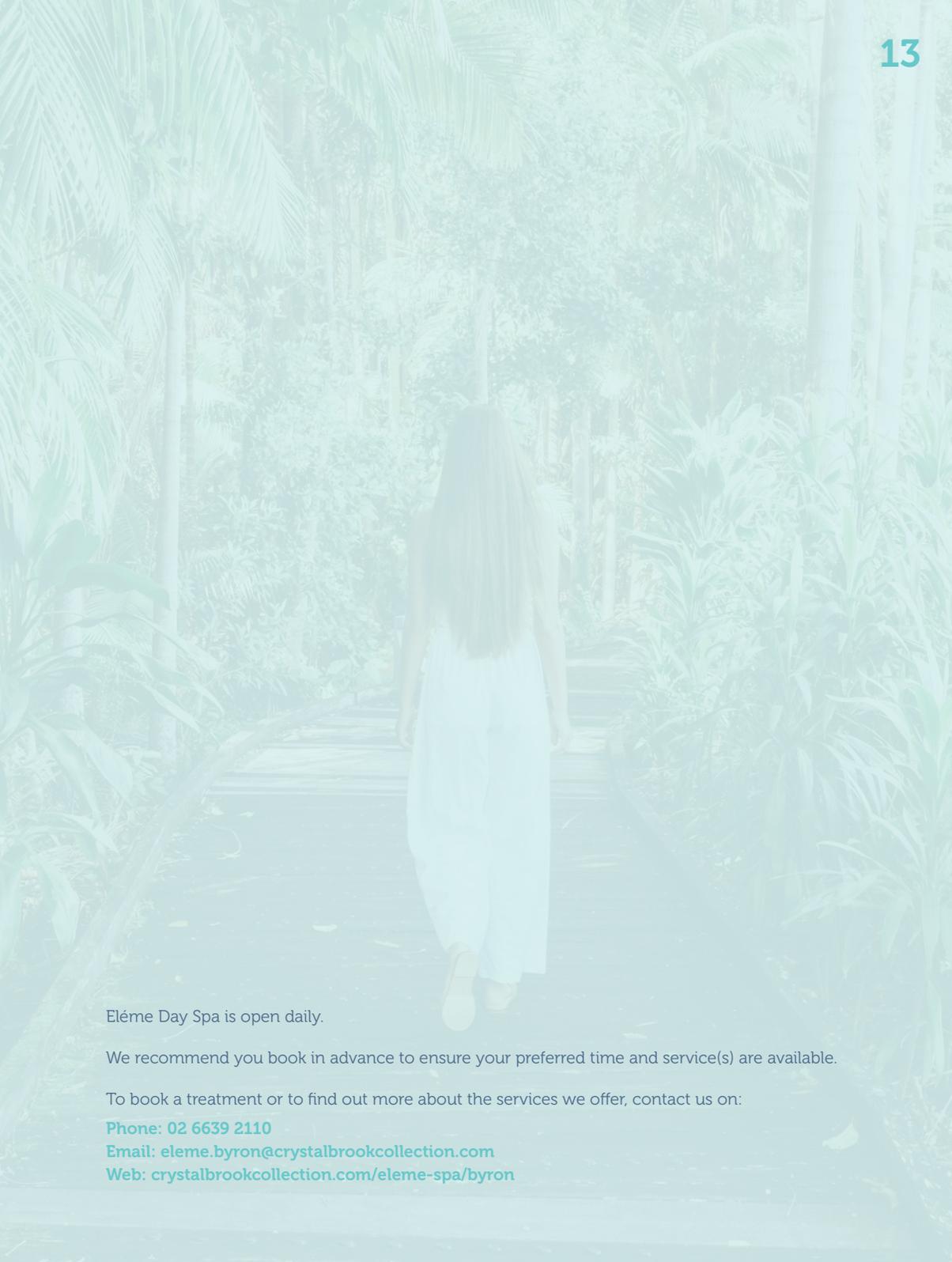
A 50% charge will apply for any treatments cancelled or rescheduled with less than 24 hours' notice. The same applies for no-shows and gift certificate bookings.

## Gift certificates

Gift certificates 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.



Elème Day Spa is open daily.

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:** 02 6639 2110

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

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