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Introducing Eléme Day Spa

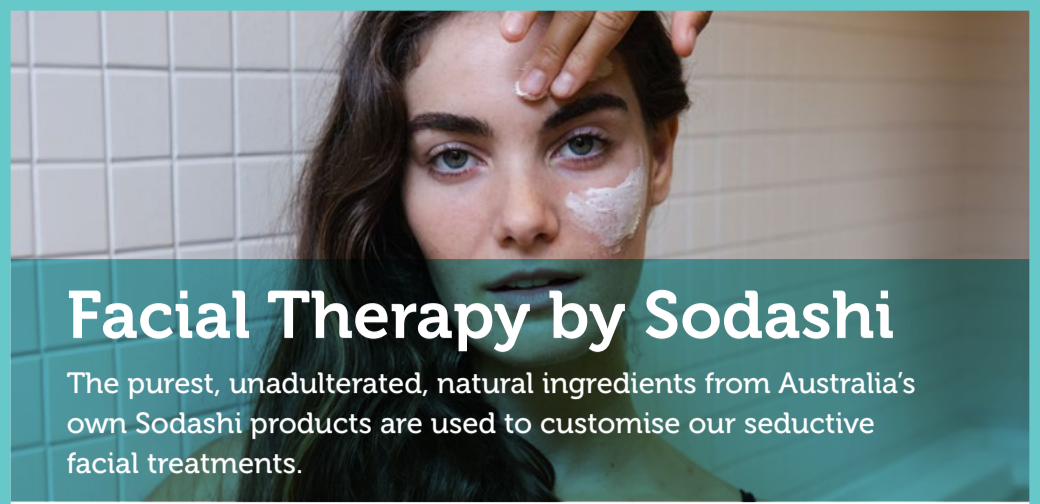
Eléme Day Spa is designed for the ever-evolving, ever-changing, magnificent you.

Inspired by warming and cooling therapies to aid detoxification and promote good health, 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.

Mistress of Radiance

60 mins - \$175

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

The Goddess of Infusion

90 mins - \$245

It's more than just a facial - it's nature's facelift. Supercharged 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.

The Viking's Odyssey

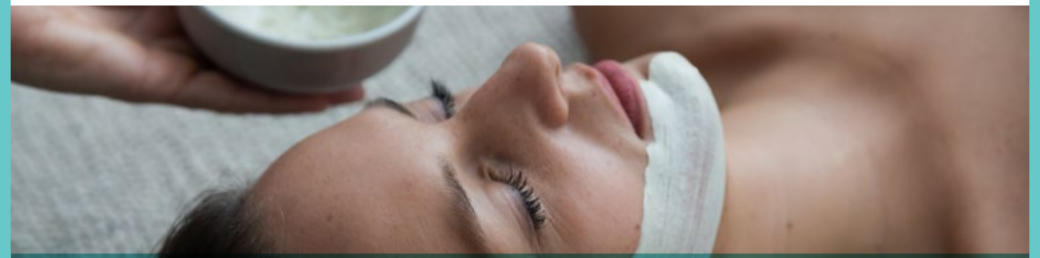
60 mins - \$175

Starting with a purifying back exfoliation to bring your skin into good shape. Then a deep cleansing facial that balances the skin's natural oils and helps to prevent ingrown hairs.

The Eye of the Beholder

60 mins - \$175

Lift and revive the eyes - cooling massage to restore tone, subdue tension and smooth away fine lines. Then Sodashi's restorative Thermal Mask gently warms to enhance absorption of active ingredients and boost collagen and elasticity.



Facial Therapy by Cosmedix

Formulas featuring high concentrations of active ingredients from Cosmedix, which are 100% free of harsh and irritating ingredients.

The Supremacy Five

60 mins - \$175

Choose your facial or have one of our therapists decide for you - includes a double cleanse, powerful exfoliation, facial massage, mask and hydration:

Glowing Influencer

Breathe new life into dull skin with hyperpigmentation.

Ruler of Restore

Renew and replenish dry and dehydrated skin.

Detox the Great

Deep cleaning and purifying for oily/combination skin.

Ageless Defiance

Reduce the visible signs of aging.

Mastery of the Rescue +

Reduce redness and sensitivity.

Triple-n-Treat

90 mins - \$245

A welcoming back exfoliation and massage to start before a facial treat to suit your skin's mood on the day.

Enhance your facial with an Eye Peptide gel mask to instantly hydrate, plump and relieve tired eyes. \$25





Massage Therapy

Therapies for relaxation, detoxification or reinvigoration.

Autograph of Eléme

60 mins - \$175 / 90 mins - \$225

Using essential oil blends specially designed for Eléme Day Spa, this soul-soothing massage is designed to relieve the body of tension and restore energy flow.

Muscle Meltdown

60 mins - \$175 / 90 mins - \$225

Combining benefits of warming essential oils and therapeutic massage techniques to help release tension and relieve aches and pains.

Juxtaposition

90 mins - \$235

A combination of warm and cool stone massage to relax and ease muscle tension, reduce pain and inflammation aiding and flushing toxins from the body.

Mumma and Co.

60 mins - \$175

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



Body Splendour by Sodashi

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

The Opulent Escapade

90 mins - \$230

Dry body brushing to stimulate the lymphatic system, lomi lomi style massage, then be cocooned in Sodashi's rich body cream feed and seal moisture into your skin. Topped off with a deeply relaxing scalp massage.

Safe for pregnancy

Sculpt and Tone Body Boost

90 mins - \$240

A contouring session of dry body brushing followed by a luxurious jojoba bead polish to soften the skin, A warmed body mask follows, rich in marine extracts and plant essence to stimulate the lymphatic system and assist in the removal of accumulated toxins.

Bust and Booty

60 mins - \$170

A carefully developed treatment for the bust and glutes is an effective and safe way to enhance the health and firmness of breast tissue and the gluteal muscles.

Superhero Salt Glow

60 mins - \$170

Combining revitalising essential oils with Himalayan salt to deeply cleanse and exfoliate the body. This treatment helps to repair the body's everyday wear and tear.

Smooth Talker

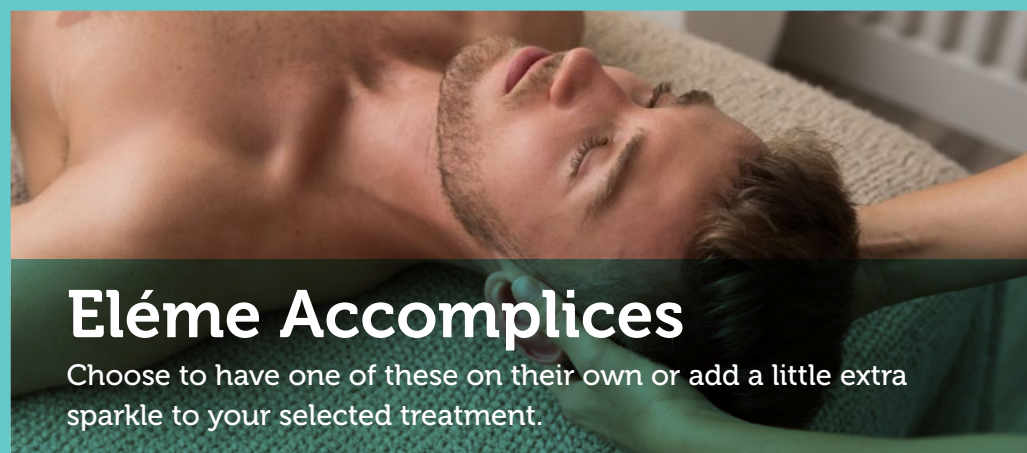
60/90 mins \$170/\$235

Targeting the buttocks to begin, dry body brushing together with the application of heat packs promote circulation and assist with fluid retention. Massage to decongest the whole body before a final hit of Sodashi's Contouring Body Gel and lotion, will leave your skin tightened, firmed and smoother.

Big Brush Off

60/90mins - \$170/\$230

An invigorating treatment to enliven and stimulate the senses. Starting with dry body brushing before a full body massage using Sodashi's Toxicleanse oil, this treatment assists in promoting lymphatic and blood circulation. This treatment is perfect for promoting glowing skin and stimulating the nervous system.



Eléme Accomplices

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

30mins \$100 solo or \$85 add on

The Heist

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.

Mission: Massage

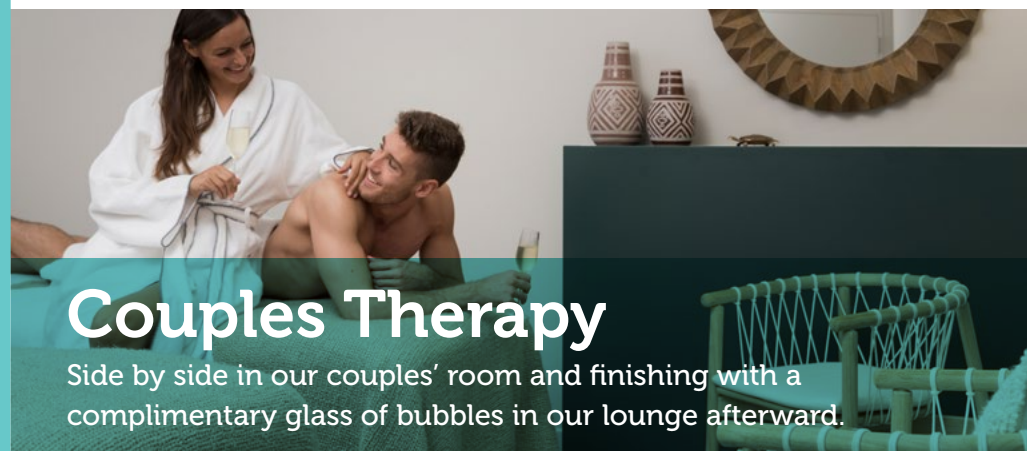
Choose one or two areas that your therapist can set their skills on, relieving muscular aches and pains to leave you feeling more relaxed.

The Chase

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

Facial Entrapment

The perfect pick me up for your skin as we tailor this express facial to bring out your best.



Couples Therapy

Side by side in our couples' room and finishing with a complimentary glass of bubbles in our lounge afterward.

Together We Spa

90 mins - \$230 per person

We start with a 60-minute massage which you can combine with the 30-minute accomplice of your choice. A blissful experience in unison.

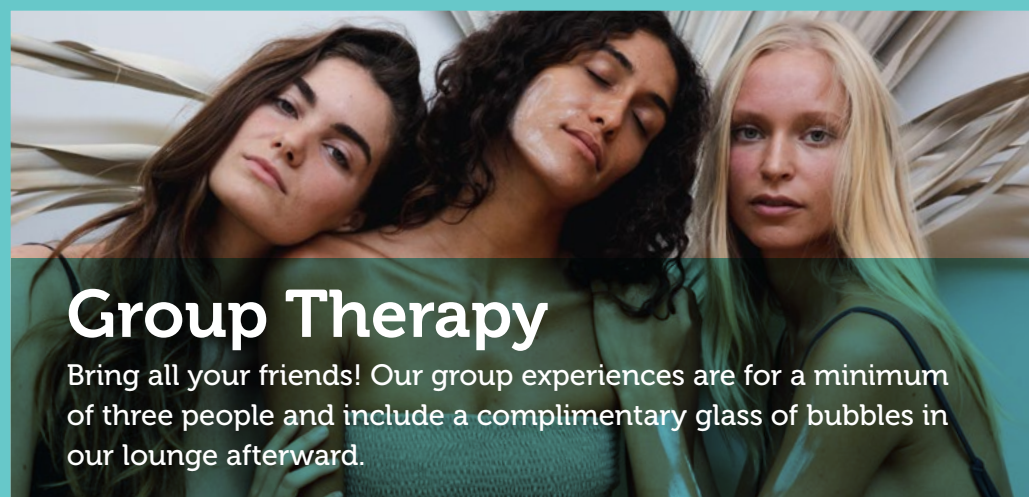
Sanctuary of Togetherness

150 mins - \$350 per person

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

Begin with a full body sea salt exfoliation and massage before being cocooned in a nourishing wrap while you enjoy an express facial, and hair and scalp treatment.





Group Therapy

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

Comfort Therapy

60 mins - \$170 per person

Massage or facial

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

Focus Therapy

90 mins - \$230 per person

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

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.

Renewal Therapy

90 mins - \$230 per person

Dry body brush + massage + express facial

Dry body brushing to enhance blood circulation before a massage irons out any muscular aches and pains and finishing with an express facial.



Eléme Voyages

Choose from these thoughtfully curated treatment combinations that carry you through the inner vistas of your soul and ground you with a therapeutic punch.

Simply Scrumptious

120 mins - \$310

Foot treatment + massage + facial therapy + hair and scalp treatment

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.

Touchdown Jet-Lag Remedy

90 mins - \$235

Massage + back scrub + facial therapy + foot massage

Beginning with a back exfoliation with Himalayan salts followed by a back massage to further relieve stress and fatigue. Next, a refreshing facial, grounding foot massage and application of Sodashi's jet-lag tonics to re-balance and reset both your mind and body.

Adventures Unplugged

120 mins - \$310

Autograph of Eléme massage + 60min Mistress of Radiance facial

A relaxation massage to relieve your body of tension and restore the flow of energy within. Then soak up a facial tailored to your skin's specific needs to calm, balance and hydrate.

The Ultimate Safari

300 mins - \$665

Foot treatment + full body exfoliation + body wrap + hair and scalp treatment + lunch + massage + facial therapy

An expedition of epic proportions. A foot bath ritual starts off this journey then an exhilarating full body exfoliation with Himalayan salts to stimulate circulation followed by Sodashi's marine mineral body mask to deeply cleanse, detox and re-mineralise the body. While this is soaking in, a hair & scalp treatment before showering.

Your skin will be hydrated with bergamot and lime to enliven in preparation for a stopover in the relaxation lounge for a light lunch. A massage to sooth mind and body followed by a facial tailored to your needs.



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 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.

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

Web: crystalbrookcollection.com/eleme-spa/flynn

Address: 85 Esplanade, Cairns, QLD 4870, Australia

