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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.

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 - \$165

*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 - \$235

*The might and mystery of mother Earth come to the fore in this potent facial.*

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 - \$165

*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.

## The Eye of the Beholder

60 mins - \$165

*Lift revive and awaken.*

Combining the timeless anti-ageing techniques of cryotherapy and thermotherapy this magical treatment commences with an oh so soothing cooling eye massage to restore tone, subdue tension and smooth away fine lines. Sodashi's restorative Thermal Mask gently warms to enhance absorption of active ingredients, boost collagen and elasticity, providing the perfect lift minus the (eye) baggage!

# Facial Therapy by Cosmedix

Formulas featuring high concentrations of active ingredients from Cosmedix, which are 100% free of harsh and irritating ingredients, are created to pair with our specialised treatments.

Whether you struggle with hyperpigmentation, dark under eye circles, acne, redness, sensitive skin, fine lines and wrinkles or dehydration— we have you covered.

## The Supremacy Five

60 mins - \$165

*Specially designed to suit your skin. Including a double cleanse powerful exfoliation, facial massage, mask and hydration. All perfected with a hit of SPF providing exceptional UV protection. Choose your facial or have one of our therapists decide the perfect blend for your skin type.*

### Glowing Influencer

Breathe new life into dull and hyperpigmented skin. Minimise the appearance of age spots & uneven skin tone with an illuminating treatment that also helps smooth rough skin texture.

### Ruler of Restore

Dry & dehydrated skin will be renewed and replenished as we restore moisture and vitality using vitamins and essential fatty acids to plump, smooth and improve skin health.

### Triple-n-Treat

90 mins - \$230

*This ultimate facial is a triple treat of delectable delights.*

Commencing with a welcoming back exfoliation and massage to smooth & soothe, your therapist will then pick-n-mix your facial treats to suit your skin's feel and mood on the day.

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

### Detox the Great

Perfectly designed for oily/combination skin types, this deep cleansing and purifying facial will reduce the look of breakouts and redness while controlling excess oil for clearer, healthier-looking skin.

### Ageless Defiance

Reduce the visible signs of aging including fine lines and wrinkles with intelligent exfoliation and peptides. Help swing the hand of time in the right direction for smoother and more radiant skin.

### Mastery of the Rescue +

Soothe away redness and sensitivity with a treatment that helps to repair and rebalance skin using healing antioxidants and calming botanicals while also keeping the signs of aging at 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 - \$165 / 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 - \$165 / 90 mins - \$215

*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 - \$165

*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!

# 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.

## 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 relax. Then, be cocooned in Sodashi's nourishing body cream with vanilla and mango butter to seal moisture into your skin. We top this opulent escapade off with a scalp massage to ensure you leave crowned in pure luxury.

*Safe for pregnancy*

## Sculpt and Tone Body Boost

90 mins - \$230

A sweat sesh minus the effort. Your all-over contouring session begins with double exfoliation – dry body brushing followed by a jojoba bead polish to soften skin and exhilarate the senses. A comforting warm body mask follows, rich in marine extracts and plant essences to stimulate the lymphatic system and help remove toxins. Once rinsed, Sodashi's specialised contouring gel and refreshing lotion are applied, leaving skin feeling toned and looking lustrous.

## Bust and Booty

60 mins - \$160

Bust a move and shake your booty. 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. A targeted exfoliation begins this treatment to sweep away dead skin, before a massage using a blend of deeply nourishing plant oils and essences firms & tones the selected areas.

The experience is enhanced with an application of mineral rich clay to the décolletage, bust & booty, with herbal extracts that further firm, tone and condition the skin.

Now glutes who's talking!

## Superhero Salt Glow

60 mins - \$160

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.

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!

# 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 treatment or combine them together to create your own legendary spa caper.

## The Heist

30 mins - \$85 or add-on \$75

*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 - \$85 or add-on \$75

*Your muscle tension has a target on its back*

This mission 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 Chase

30 mins - \$85 or add-on \$75

*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 salts 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 - \$85 or add-on \$75

*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 - \$220 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.

## Sanctuary of Togetherness

*150 mins - \$340 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 per person*

*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 Radiance Revival facial or our 60-min Autograph of Eléme massage.

## Focus Therapy

*90 mins - \$220 per person*

*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.

## Renewal Therapy

*90 mins - \$220 per person*

*Dry body brush + massage + express facial*

A therapy session for the mind, body and soul starting with dry body brushing to enhance blood circulation and stimulate the lymphatic system before a massage irons out any muscular aches and pains. An facial therapy completes this therapy session leaving you feel renewed and restored.

# A Tox Affair

When the temptation of indulging in the good life has been too good to resist.

Purify, stimulate and invigorate with these treatments to detoxify your body.

## Smooth Talker

*60 mins - \$160 / 90 mins - \$225 per person*

A flattering, unique and stimulating treatment that says all the right things at the right time! Targeting areas affected by cellulite, dry body brushing together with the application of heat packs promote blood and lymphatic circulation, releasing toxins from the system and reducing fluid retention.

A circulation-boosting massage using cleansing juniper berry and grapefruit is further enhanced with cryotherapy to decongest and contour. Before a final hit of Sodashi's aromatic Contouring Body Gel and lotion, will leave your skin tightened, firmed, and visibly smoother for the most versatile and sequential treatment.

## The Big Brush Off

*90 mins - \$225 per person*

An all-over invigorating treatment to detox and enliven the senses. Promoting lymphatic and blood circulation this treatment is the perfect enhancement in promoting glowing skin and stimulating the nervous system. Starting with dry body brushing which aids in detoxification, improving digestion and increasing energy levels. With a blend of purifying and invigorating essential oils, a full body massage completes this journey.

## The Juxtaposition

*90 mins - \$225 per person*

An original composition thermal and cyro therapies designed just for your body's needs. This full body treatment incorporates warming and cooling therapies, and massage, aiding in flushing toxins from the body. Your therapist will expertly identify your body's troublesome areas, releasing and unwinding muscle tension to reduce pain and inflammation. Because, after all, it's in the art of letting go, that one experiences life's true flow.

# Eléme Voyages

Oh, to be transported to faraway places.

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

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

## Simply Scrumptious

120 mins - \$300

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

Who says you can't have it all! A combination of all our favourites - a foot soak and scrub to start followed by a massage targeting muscle tension.

Next up, a perfectly executed express facial and a hair and scalp treatment to finish. Yes please!

## Touchdown Jet-Lag Remedy

90 mins - \$225

*Massage + back scrub + facial therapy + foot massage*

This jet-lag re-set leaves those strange feelings of right place/wrong time in the dust. First, we start with an invigorating back exfoliation with Himalayan salts and sweet orange to stimulate circulation, then a back massage to further relieve stress and fatigue and limber up after a long-haul flight. Finished with a refreshing facial, grounding foot massage and application of Sodashi's jet-lag tonics to re-balance and reset your body clock so that you can hit the ground running.

## Adventures Unplugged

120 mins - \$300

*Autograph of Eléme massage + Mistress of Radiance facial*

First stop is 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 – you'll be truly, madly, deeply unplugged in no time.

## The Ultimate Safari

300 mins - \$655

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

An expedition of epic proportions in search of inner peace and tranquillity. A foot bath ritual starts off this journey that will take you beyond your wildest dreams. An exhilarating exfoliation with Himalayan salts to stimulate circulation followed by Sodashi's marine mineral body mask to deeply cleanse, detox and re-mineralise the body.

Your skin will be hydrated with bergamot and lime to enliven in preparation for a stopover in the relaxation lounge for a light lunch. Once back on board, a massage will ease muscular aches and pains before a Mistress of Radiance facial will enhance your complexion.

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

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