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Introducing Eléme Day Spa

Eléme Day Spa has been 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 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 - \$165

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 - \$235

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.

Heart Chakra

60/90mins \$165/\$235

Using white jade crystals, potent botanicals and precious oils combine with ancient marma techniques to lift, tone and protect the skin. This experience assists clearing stagnant energy, physical and emotional blockages, and opens you up to receive greater joy, health, creativity and happiness. Beautiful skin, open heart.

Age-Defying Madame

60 mins - \$195/ 90 mins - \$265

Turn back the hands of time with Sodashi's most powerful anti-aging range designed to re-awaken the skin, smooth fine lines and deliver a hit of antioxidants to defend against future damage.

The Viking's Odyssey

60 mins - \$165

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.



Massage Therapy

Therapies for relaxation, detoxification or reinvigoration.

Autograph of Eléme

60 mins - \$165 / 90 mins - \$215

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.

Mumma and Co.

60 mins - \$165

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.

Muscle Meltdown

60 mins - \$165 / 90 mins - \$215

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

Bejewelled by the Sea

90 mins - \$225

A warm seashell massage to relax and ease muscle tension and induce fresh blood flow through the body. Paired with Sodashi's Crystallus massage oil this meditative massage will have you feeling more like your buoyant self.



Body Therapy 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.

You, Me and the Sea Body Boost

90 mins - \$220

A rich combination of sea minerals and marine minerals deeply relax and detoxify on all levels. A full body salt scrub to begin followed by a detoxifying and cleansing marine body mask. Finally an application of moisture lotion to enliven and hydrate.

Voluptuous Body Boost

90 mins - \$220

Begins with a gentle jojoba bead polish to hydrate and nourish the skin, followed by a cocoon of refining pink clay to further firm and condition the body while you enjoy a blissful scalp massage. Finally a hydrating boost of Rose Jasmine lotion.

Superhero Salt Glow

60 mins - \$160

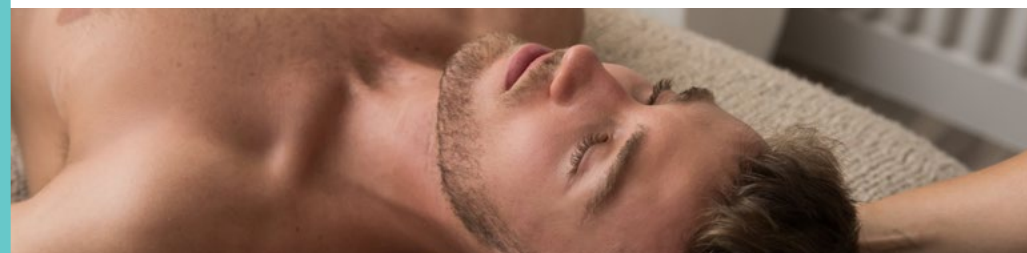
Combining revitalising essential oils with Himalayan salt to deeply cleanse and exfoliate the body, this treatment helps to repair the body's everyday wear and tear.

Pin-Up Body Polish

60 mins - \$160

A gentle and skin softening treatment using jojoba beads to remove dead skin cells while deeply hydrating the skin. Finished with Rose Jasmine moisture lotion to uplift the spirits and comfort the mind ready for the cover of your own magazine.

**Safe for pregnancy.*



Eléme Accomplices

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

30mins \$90 solo or \$75 add on

The Heist Scalp and Hair Treatment

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.

The Chaser

30 mins - \$90 or add-on \$75

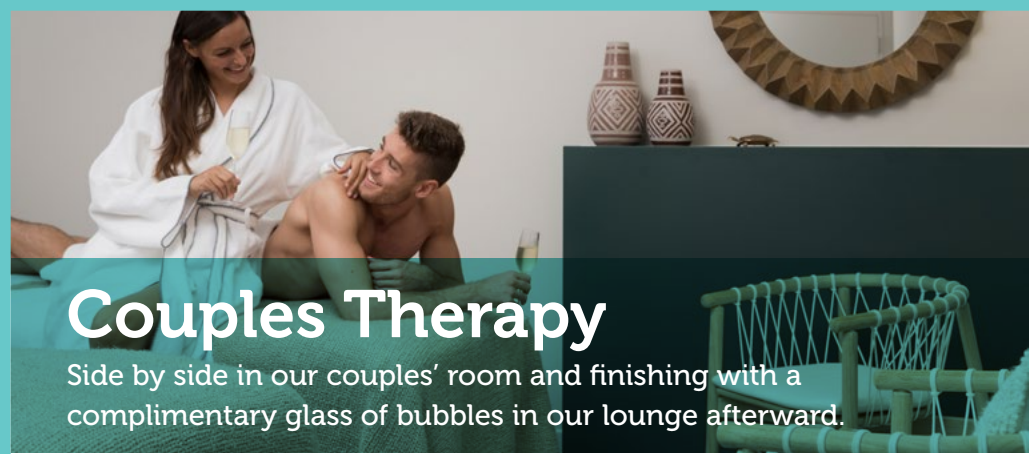
A lavish feet treat incorporating Himalayan salts and massage using cooling oils to sooth tired feet and improve circulation.

Facial Entrapment

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

The Massage Sting

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 and leave you feeling more relaxed.



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 - \$220 per person

60 min massage + 30 min add-on

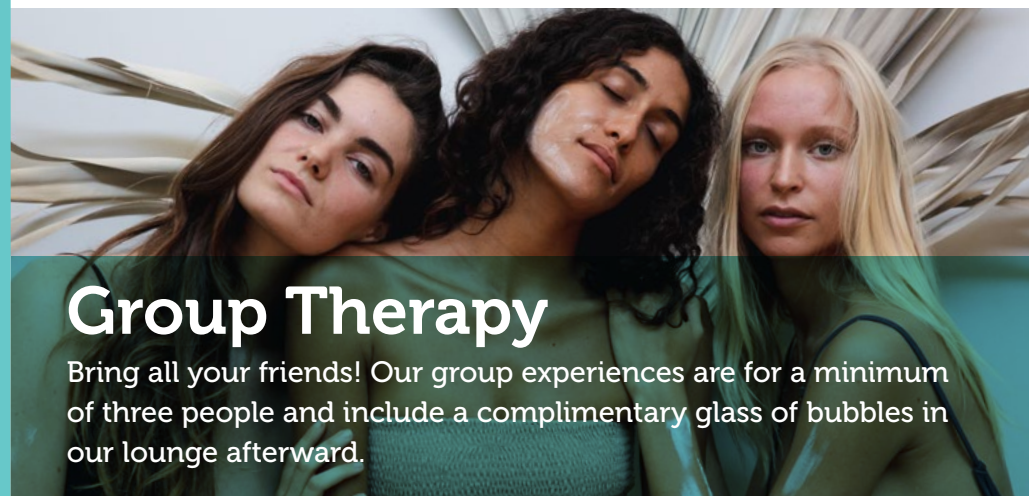
We start with a 60-minute massage which you can combine with the 30-minute accomplice of your choice. A blissful experience in unison.

Couples Retreat

Foot treatment - massage - facial therapy

150 mins - \$340 per person

Side by side, we begin with a foot soak and exfoliation, next up a full body massage and signature facial before finishing with just a little extra foot massage to bring you back to earth.



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 - \$160 per person

Massage or facial

Choose either a 60-minute Mistress of Radiance Facial or 60 minute Autograph of Elème massage therapy to support and get you back into your smooth groove.

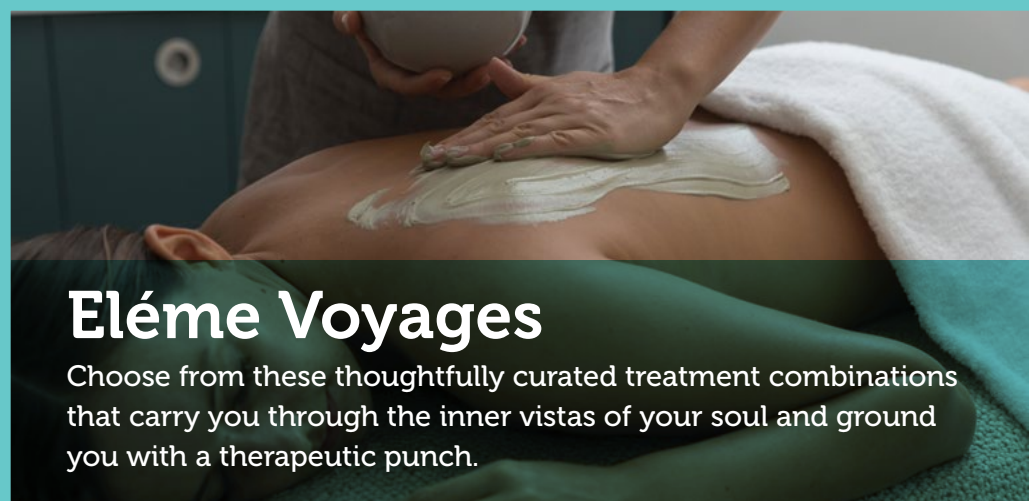
Focus Therapy

90 mins - \$220 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.





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.

Touchdown Jet-Lag Remedy

90 mins - \$225

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.

Simply Scrumptious

120 mins - \$300

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.

Refresh

120 mins - \$300

Back massage - full body exfoliation

hydration - facial

Sometimes you just need to start again, upper body massage to release tension followed by a full body exfoliation and hydration, finishing with a 30mins facial.

You, Me and the Sea Body Boost

120 mins - \$300

Body wrap – scalp and hair treatment – massage

A voyage of hydration and repair for your skin and hair. Beginning with a jojoba bead polish and body mask to nourish and condition the skin. Whilst cocooned in natural linen, enjoy a hair and scalp treatment. After a shower, the treatment concludes with a full body massage

The Ultimate Safari

Allow 300 mins \$655

Foot treatment - body exfoliation and wrap

scalp and hair 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 and Sodashi's marine mineral body mask to deeply cleanse, detox and re-mineralise the body. While this is soaking in, a hair and scalp treatment before showering.

Your skin will be then 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 4252 7700

Email: elemespa@crystalbrookcollection.com

Web: crystalbrookcollection.com/eleme-spa

Address: 131-141 Esplanade, Cairns, QLD 4870, Australia

