



THE SPA
— AT —
ELBOW BEACH
—
BERMUDA

PHILOSOPHY

The Spa at Elbow Beach was created to provide a sanctuary for guests to escape and embrace wellness.

Our distinctive, individual spa suites blend island and Asian influences that create a private haven to enjoy an array of unique treatments from our team of highly trained local and international therapists.

Upon entering the Spa, you feel as though you've walked into a pampered space designed with luxury and relaxation in mind, enveloped in expert decorative style, character and thoughtfulness in every detail. The warm and magical ambience from the moment you enter gives a feeling of home.

PRODUCTS

Using only the very purest extracts, ESPA biochemists distill active ingredients into products that keep their promises. Each ESPA product is an expression of the company's belief in the remarkable power of nature to calm, refresh and renew. The product range incorporates a complete facial line for men and women which includes: body oils, bath and shower oils, body scrubs, body wash and body lotion for instant, lasting results both at the Spa and every day at home.

TREATMENTS

Our highly trained therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalized, dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of each individual.

SUITE EXPERIENCES

The intimate Spa Single Rooms plus Couples Suite draw upon local inspiration to blend seamlessly with the environment, providing the ideal sanctuary for privacy, pampering and personalized service resulting in a truly unique spa experience. Your own private sanctuary awaits you in our Spa Suites, offering you your personal rain shower, vanity area, luxurious granite bath and a balcony overlooking the azure Atlantic. The Couples Suite features a soaking tub for two, rain shower and luxurious side-by-side treatment tables.



JOURNEYS

RUM SWIZZLE RITUAL (3 hours - \$ 435)

Bermuda's signature beverage, the Rum Swizzle, is now a signature spa experience. Includes a welcoming foot ritual, full body scrub, bath, Rum Swizzle and full body and scalp massage.

Drink served after treatment.

BERMUDA SHORES (3 hours 20 minutes - \$ 375)

Enjoy the true experience of our Bermuda shores. Includes a welcoming foot ritual, full body exfoliation, Hibiscus bath, customized facial treatment and foot treatment.

SPECIALISED FACIALS

CUSTOMIZED HOLISTIC FACIALS

(1 hour - \$ 165 / 1 hour 20 minutes - \$ 229)

Your facial will begin with a skin analysis to determine your skin type in order to tailor-make your treatment. Your skin is thoroughly cleansed and exfoliated. Acupressure and lymphatic massage treatments are applied followed by a mask. A luxury scalp massage will release the remaining stress and tension. Your skin will feel balanced, replenished and hydrated.

MENS PURIFYING FACIAL

(1 hour - \$ 165 / 1 hour 20 minutes - \$ 229)

This facial works at a deep molecular level to purify, balance and hydrate the skin. The triple-cleanse procedure includes steaming hot towels, promotes drainage and aids in preventing blocked pores. An acupressure face massage, purifying mask and deep shoulder and scalp massage are also included.

BODY SCRUBS

All body scrubs are completed with a relaxing scalp massage and full body lotion application.

DETOXIFYING SALT SCRUB (50 minutes - \$110)

A stimulating ritual for renewed radiance. Refining natural sea salt gently sweeps away dull cells while invigorating Grapefruit, Cypress and Eucalyptus stimulate circulation and help eliminate toxins. Nourishing Sweet Almond Oil melts into the skin to deeply hydrate and intensely replenish, leaving you feeling uplifted with clear, smooth, glowing skin. Suits all skin types, especially those with dry, rough skin, sluggish circulation and who need an uplifting experience.

FULL BODY COCONUT GINGER SCRUB (50 minutes - \$110)

This deliciously scented full body scrub creates soft, smooth skin and head to toe vibrancy using a potent combination of skin nourishing ingredients, powerful anti-aging antioxidants and vitamins.

FULL BODY PINEAPPLE AND MANGO SCRUB (50 minutes - \$110)

This body scrub is designed especially for teens. This thick and foaming sweet pineapple-mango scrub will leave your skin feeling moisturized with coconut oil. A decadent treatment that will both exfoliate and introduce moisture into your skin.

FULL BODY ROSEMARY AND ORANGE SCRUB (50 minutes - \$110)

Enjoy smooth and shiny skin with this orange and rosemary body scrub. Coarse grains of salt serve to exfoliate and detoxify your skin's surface. The coconut oil will hydrate thirsty skin leaving it soft and glowing. Use this scrub in the morning to jump-start your day or leave it by the kitchen sink for when your hands need some extra attention.

HOLISTIC TREATMENT

CHAKRA BALANCING WITH HOT STONE (1 hour 50 minutes - \$ 310)

Chakras are seven subtle energy centers in the body that affect our equilibrium and inner harmony. When blocked these Chakras can affect the mind and body emotionally and physically. Following a full body exfoliation and facial cleanse, the body is massaged using essential oils and hot stones to release tension, leaving your body feeling soothed and restored.

HOLISTIC BACK, FACE AND SCALP MASSAGE WITH HOT STONE (1 hour 50 minutes - \$ 310)

A heavenly deep cleansing back exfoliation with a total de-stress back massage, using handpicked oils to energize, restore, soothe or detox your body. Followed by a customized facial and luxurious scalp massage to relax and rejuvenate your skin, while re-balancing your body.

ESPA ULTIMATE BODY WRAPS

PERSONALISED OCEAN AND EARTH BODY WRAPS (1 hour 20 minutes - \$ 185)

The wraps were designed to increase the body temperature, thus helping to eliminate toxins more effectively, relax the muscle structure, relieve muscular pain and moisturize the skin.

The ESPA body wrap is designed to comfortably raise the temperature and induce perspiration to help eliminate toxins and increase the effects and the absorption of the oils and the wrap.

Not just a body wrap but also a life enhancing experience which includes lymphatic skin brushing, body exfoliation algae and marine mud. Ultimate tranquility is achieved with a mind calming Oriental head massage.

HIP & THIGH CELLULITE TREATMENT (1 hour - \$ 165)

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture.

This treatment uses potent marine extracts, iced mitts, a deep detoxifying massage and specialized stomach massage techniques to help cleanse and purify the colon providing excellent results. Ideal for those who are concerned with the appearance of cellulite. A course of 6 treatments is recommended.

BODY MESSAGES

THERAPEUTIC MASSAGE (50 minutes - \$ 165 / 1 hour 20 minutes - \$ 235)

Therapeutic massage is commonly used in almost all of our treatments. It is a soft tissue therapy that improves the functioning of the muscular, circulatory, lymphatic, skeletal and nervous systems. It also improves the rate in which the body recovers from injury or illness.

OASIS MASSAGE (50 minutes - \$ 155 / 1 hour 20 minutes \$ 225)

Melt away stress and soothe your senses. This massage uses various techniques including, gliding, kneading and cross-fiber friction to release and dissolve muscle knots. It promotes relaxation, increases oxygen flow and rids the body of toxins.

AROMATHERAPY (50 minutes – \$ 165 / 1 hour 20 minutes - \$ 225)

Aromatherapy is a holistic treatment therapy that combines the power of essential oils with the best of eastern and western massage techniques. It creates a feeling of physical relaxation and calm, while mentally uplifting and clearing the mind.

AROMASTONE (50 minutes - \$ 165 / 1 hour 20 minutes \$ 229)

A type of massage where heated smooth flat stones will be placed on key points of your body. In this process, our therapist will use the stones to rub and massage the body. The warmth of the hot stones generates heat to your tight muscles and improves your blood circulation.

THAI (1 hour 20 minutes \$ 229)

This massage does not utilize oils or lotions and the guest remains clothed during the treatment. This full-body massage involves passive stretching of entire body. It may include pulling fingers and toes, cracking knuckles and stepping on the back. Thai massages helps to improve mobility thus leaving you feeling more flexible.

YING-YANG RESTORATIVE THERAPY (50 minutes - \$ 165 / 1 hour 20 minutes - \$ 229)

The focus of this therapy is to provide a deeply holistic treatment that combines western massage techniques with pressure application to meridian points on the body as a mild form of acupuncture. This restorative therapy provides an energy balance of the body's yin & yang producing both physical healing as well as complete relaxation.

THAI HERBAL POULTICE (1 hour 20 minutes \$ 229)

A technique that involves special poultices made of herbs and spices that are wrapped in muslin or cotton and steam heated. Steam heating allows the natural essential oils and aromas of the herbs and spices to be released. During the massage the poultices provide moist and nutrient-rich relaxation to the skin and muscles. While offering comfort, the poultices also work with the body's natural energy to promote harmonization of energy flow. They do this by loosening energy blockages and stimulating blood circulation.

SIGNATURE SPA THERAPY (50 minutes - \$ 165 / 1 hour 20 minutes - \$ 229)

Exclusive to the Spa at Elbow Beach, this unique therapy combines the strong pressure of Thai, Ayurveda and Shiatsu techniques with Swedish massage practices to give you an ultimate soothing and pampering experience. The experience has been designed with tired travelers in mind, relieving the tension and stress of the modern world. The techniques combine perfectly together to realign the mind and give you the complete relaxation.

COUPLES RETREAT MASSAGE (50 minutes - \$ 320 / 1 hour 20 minutes - \$ 420)

Price is for two people, side by side, in the same room. Utilizing a combination of Swedish, Trigger Point, and Deep Tissue techniques, this massage session is ideal for partners, friends, a mother and daughter day or you can book our beautiful room for your own private session.

MATERNITY (50 minutes - \$ 165 / 1 hour 20 minutes - \$ 225)

For a well deserving mother-to-be! Our soft and comfortable pregnancy pillow is designed to follow the natural curved body shape and provide support so that you can relax and melt away stress during your much-needed massage. This deeply comforting massage provides therapy to improve circulation, loosen inactive muscles and release tension, giving support in the lower back, neck, and shoulders. You must be beyond the first trimester to receive this treatment.

REFLEXOLOGY (50 minutes - \$ 165)

Reflexology begins with cleansing the feet and legs with warm towels, followed by a pressure point massage on reflex points. This stimulates organs, aides in stress relief, improves circulation and increases energy.

SPA PACKAGES

Our Spa Packages include full use of our outdoor swimming pool, private beach and fully equipped fitness room.

ULTIMATE INDULGENCE EXPERIENCE

(Total treatment: 5 hours and 30 minutes plus 1 hour of relaxation time - \$650)

Enjoy this unique holistic journey to achieve complete peace and ultimate bliss. During your day, time will be given to allow you to relax and enjoy spa cuisine delicacies that are specially created to aid your journey toward wellness and balance.

This package will begin with a welcome foot ritual followed by your choice of body scrub, hibiscus aromatic bath, personalized ocean and earth body wrap, your choice of body massage, holistic customized facial and end with a manicure or pedicure.

DELUXE INDULGENCE

(Total treatment: 4 hours plus 1 hour of relaxation time - \$550)

This relaxing and revitalizing program will ensure that you experience the essential elements to eliminate stress and tension.

This package will begin with a welcome foot ritual followed by your choice of body scrub, hibiscus aromatic bath, your choice of body massage, holistic customized facial and end with reflexology.



TO FINISH

SPA MANICURE (1 hour - \$ 65)

For ultimate grooming of the hands.

SPA PEDICURE (1 hour - \$ 75)

For ultimate grooming of the feet.

HOLISTIC HOT STONE HAND TREATMENT (1 hour and 10 minutes - \$ 135)

This holistic arm, hand and nail treatment includes gentle skin refinement and therapeutic massage with hot stone therapy. The massage is further enhanced by the aromatherapy oil selected for your individual needs. Hands and nails are dipped in a warm envelopment of paraffin wax to nourish and condition.

HOLISTIC HOT STONE FOOT TREATMENT (1 hour and 20 minutes - \$ 185)

This holistic foot and nail treatment includes gentle skin softening exfoliation as well as a relaxing acupressure point massage with the aromatherapy massage oil suited for your individual needs. The feet are then enveloped in warm paraffin wax to deeply nourish and condition the skin, leaving the feet soft and smooth.

WAXING

Under Arm Wax	\$ 25	Back Wax	\$ 65
Arm Wax	\$ 45	Bikini Wax	\$ 40
Half Leg	\$ 40	Chin Wax	\$ 30
Full Leg	\$ 65	Eye Brow Wax	\$ 25
Upper Lip Wax	\$ 25		

TEEN AND YOUTH SPA SERVICES

Indulge your teens and young ones with a pampering treatment.

MOMMY AND PRINCESS TREATMENT

Express Manicure \$ 35

Express Pedicure \$ 45

TEEN PACKAGES

45 Min Swedish Massage \$ 95

30 Min Facial \$ 85

45 Min Facial \$ 105

30 Min Body Exfoliation \$ 80

30 Min Express Pedicure \$ 45

30 Min Express Manicure \$ 35

TERMS & CONDITIONS

OPENING HOURS

Spa hours are from 9:00 am to 6:00 pm

CANCELLATION POLICY

Please allow 24 hours notice of cancellation to avoid a 50% charge.

Cancellation within 12 hours or no-show will incur a 100% charge.

A credit card number is required at the time of booking.

GIFT CERTIFICATE

An ideal gift for spa enthusiasts, gift certificates are available at The Spa at Elbow Beach Bermuda.

ADVANCE BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.



GRATUITY

For your convenience, a 17% service charge will be added to your final bill for each service.

SPA ETIQUETTE

Our Spa environment is one of tranquility and relaxation. Please respect all Spa guests' right to privacy and serenity.

SPA ARRIVAL

We recommend that you arrive at the Spa Reception area at least 10 minutes prior to your first scheduled appointment, as this allows us to have a brief discussion with you about your treatment.

HEALTH CONDITIONS

When making your Spa reservations, please advise us of any health conditions, allergies, or injuries which could affect your service.

PREGNANCY

We have specially-designed treatments for expectant mothers. Please allow the Spa Coordinator to guide you in selecting which treatment is most suitable for you during this special time.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your locker during your visit. For the protection of your clothing, we also ask that you wear the robe provided.

SPA PACKAGES & SPA PARTIES

For information on special Spa packages, group programs and Spa parties please contact the Spa Coordinator at (441) 239-8900.