INTRODUCTION

Born in 1989, British brand Elemis has grown into the most successful professional spa and anti-ageing skincare range available in the world today. Addressing specific skin and body conditions, the unique and potent formulations dynamically treat the skin with powerful results.

The Elemis range of advanced anti-ageing formulations and professional spa therapies provide skin and life enhancing solutions for every man and woman. Regarded as the most innovative leader in advanced phyto-therapy and aroma-therapeutic spa and skincare absolutes, potent actives include medicinal herbs and clinically proven collagen boosting seaweed extracts, transferring the purest form of living energy to every type of skin.

Elemis spa therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to respect the body’s complex physiology and delivers a unique experience by reawakening the senses.

Lifestyle oriented and results driven, Elemis clients reap immediate benefits. The Elemis experience begins with a detailed consultation led by highly qualified and experienced staff. Accompanying the rejuvenating treatments and spa products, each client journey is enhanced through expert advice on health, beauty and wellness, while detailed plans setting out achievable goals generate a sophisticated, interactive relationship.
ELEMIS SPA JOURNEY

Elemis Ultimate Spa Passage 4 hrs 45 mins
A day of replenishment for mind, body and soul.

Elemis Anti-Aging Journey 4 hrs
Dramatic results with a soothing touch to erase the signs of time and stress.

Elemis Head to Toe Sensory Journey 3 hrs 30 mins
Feel the benefits of Elemis’ best therapies to re-charge and beautify.
Welcome Touch – Deep Tissue Massage – Choice of Anti-Ageing or Skin Solutions Facial – Sole Delight Pedicure – Refreshment

Elemis Well-Being Journey 3 hrs
Uplift, nurture and refresh your skin, body and spirit.
Welcome Touch – Exotic Frangipani Body Nourish Wrap – Shower – Well-Being Massage – Choice of Anti-Ageing or Skin Solutions Facial – Refreshment

Elemis Detox Journey 3 hrs
Deep purification to release toxins, revive aching muscles and reduce stress.
ELEMIS ABSOLUTE RITUALS

**Elemis Absolute Well-Being Ritual** 2hrs 15 mins
Enjoy pure relaxation with dramatic benefits for your skin, body and mind.
Welcome Touch – Well-Being Massage – Choice of Anti-Ageing or Skin Solutions Facial – Refreshment

**Elemis Absolute Deep Tissue Ritual** 2hrs 15 mins
Release muscle tension and immediately improve your skin.
Welcome Touch – Deep Tissue Massage – Choice of Anti-Ageing or Skin Solutions Facial – Refreshment

**Elemis Absolute Aroma Stone Ritual** 2hrs 30 mins
Balance your energy and beautify your complexion.
Welcome Touch – Aroma Stone Therapy Massage – Choice of Anti-Ageing or Skin Solutions Facial – Refreshment

**Elemis Absolute Exotic Ritual** 2hrs 30 mins
Experience head to toe exotic body indulgence.

**Elemis Absolute Muscle Ease Ritual** 2 hrs 30 mins
Immediate relief for tired, aching muscles.

**Elemis Absolute Relaxation Ritual** 2 hrs
Let the stress of your day melt away.
Welcome Touch – Exotic Frangipani Body Nourish Wrap – Shower – Well-Being Massage – Refreshment
ELEMIS MASSAGE THERAPY

**Deep Tissue Muscle Massage** 1hr / 1 hr 30 mins
Deep rhythmic pressure massage. Alleviate stress, ease aching muscles and revive the senses with this powerful, customized massage. Dynamic blends of Essential Oils are prescribed to target individual needs, reduce specific stress and muscle tension.

**Well-Being Massage** 1hr / 1hr 30 mins
Aromatherapy and ancient healing techniques combine for sublime relaxation. Tailored to each individual, light body brushing prepares your skin for a glorious massage provided with your choice of oils. A gentle facial cleanse and scalp massage follow to de-stress your skin and nourish you from head to toe.

**Aroma Stone Therapy** 1hr 30 mins
Warm Basalt stones melt away body tension. Therapeutic heat is slowly released deep into the muscles as warm stones bathed in aromatherapy oils glide smoothly over your entire body, enhancing the benefits of your massage. Small stones placed on key energy points balance chakras and harmonise your vital energy flow.

**Nurturing Massage for Mother-to-Be** 1hr 15mins
Massage adapted to each stage of pregnancy. Harmonising the connection between mother and baby, tension in the back and swelling of the hands and feet are alleviated. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation.
MASSAGE THERAPY

**Traditional Thai Massage** 1 hr / 1 hr 30 mins
Reap the benefits of 2,500 years of healing tradition. Practiced and revered throughout Thailand for thousands of years, this ancient massage technique encourages the body’s internal energy to flow more freely, improving overall health, well-being and vitality. Therapists use fingers, thumbs, elbows, arms and feet in a combination of acupressure and stretching movements to alleviate specific problematic conditions, reduce stress and enhance flexibility in the mind, body and spirit.

**Luk Prakob Thai Herbal Compress** 1 hr 30 mins
Warm Thai Massage infused with therapeutic herbs. Following traditional Thai Massage techniques, therapeutic herbs are steamed in a muslin compress and massaged along the body with gentle circular and rolling movements. As the aromatics affect the mind and body, stiff muscles, congestion and mental tension are instantly relieved.

**Indian Head Massage** 1 hr
Soothe your mind, calm your soul. Drawing from the holistic pressure point techniques of ancient Ayurveda, this massage focuses on relieving tension in the head and neck. Restorative coconut oil acts to both soothe and enliven the scalp, helping to alleviate insomnia, headaches and congestion.

**Foot Reflexology** 1 hr
Pressure point therapy to enhance overall well-being. Based on the ancient philosophy that specific points on the feet correspond with organs in the body, this traditional reflexology massage unblocks the energy channels that flow through a person’s whole being to create harmony and aid general wellness.
ELEMIS EXOTIC THERAPY

**Exotic Lime and Ginger Salt Glow** 45 mins
Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise. After a light body brushing, warm oil is dripped luxuriously over the body, preparing your skin for the ELEMIS Exotic Lime and Ginger Salt Glow. A decadent lotion application follows, leaving skin glowing and vibrant, replenished and flawless.

**Exotic Frangipani Body Nourish Wrap** 45 mins
Drench the skin in moisture. A moisturizing tonic sourced from Tahitian coconut and frangipani flowers is poured over the body providing ultimate radiance, vitality and an all over glow. While cocooned in your nourishing wrap, enjoy a facial pressure point massage and de-stress scalp treatment.

**Exotic Coconut Rub and Milk Ritual Wrap** 45 mins
Pure sensuality to smooth the skin and enliven the senses. A traditional Balinese fusion of coconut, exotic spices and botanicals gently exfoliates the skin, before a soothing elixir coats your entire body to smooth and soften every inch. While cocooned in your comforting wrap, enjoy a facial pressure point massage and de-stress scalp treatment.
ELEMIS DETOX THERAPY

Body Sculpting Cellulite and Colon Therapy  1hr
Redefine and smooth your silhouette.
Target stubborn cellulite and sagging skin for visible, rapid results with a clinically-proven Body Sculpting System that includes a lipo-refining serum application, a detoxifying fennel and birch body mask and specialized massage techniques to deeply cleanse the body of waste, stimulate circulation, reduce fluid retention, smooth and firm the skin.

Cellutox AromaSpa Ocean Wrap  1hr 15 mins
A detoxifying blend to decongest and stimulate the system.
Absorb the stimulating benefits of mineral-rich sea plants and marine algae as we envelop you in a comforting wrap to detoxify your system, relieve fluid retention and smooth the appearance of cellulite, while you enjoy a pressure point facial massage and de-stress scalp treatment.

Musclease AromaSpa Ocean Wrap  1hr 15 mins
Powerful seaweed wrap for complete muscle relaxation.
Experience effective relief from tense and aching muscles with a mineral-rich wrap that cocoones you in ocean remedies and a warm blend of essential oils, combined with a pressure point facial massage and de-stress scalp treatment.
ELEMIS RASSOUL THERAPY

**Exotic Steam Rassoul** 45 mins
Experience a traditional Arabian cleansing ritual. Step into this exotic herbal steam temple and inhale deep relaxation and respiratory purification. Apply a selection of therapeutic muds to specific areas of the body to smooth the skin, detoxify your system and enhance your vital energy flow. A warm tropical rain shower pours down to gently wash away the muds and any remaining tension.

**Aromatic Awakening** 1hr 30 mins
Cleanse and nourish the body in this exotic ritual. The allure of two mystical rituals come together, beginning with the traditional Arabian cleansing ritual of the Rassoul followed by the Exotic Coconut Rub and Milk Wrap to purify the body, smooth the skin and stimulate the senses.

"Exotic Steam Rassoul – Welcome Touch – Exotic Coconut Rub and Milk Wrap – Refreshment"

**Exotic Steam Rassoul with Well-Being Massage** 1hr 45 mins
Cleanse and unwind in this relaxation ritual. Deep relaxation is achieved, beginning with the traditional Arabian cleansing ritual of the Rassoul to open the pores and relax the muscles, followed by a Well-Being Massage provided with prescribed essential oils to de-stress your mind, calm your mood and uplift your well-being.

"Exotic Steam Rassoul – Welcome Touch – Well-Being Massage – Refreshment"
ELEMIS ADVANCED ANTI-AGEING FACIALS

**Pro-Collagen Quartz Lift Facial** 1hr 15 mins
Anti-wrinkle facial with proven results.
Clinically proven to reduce wrinkles and improve skin firmness after just one treatment, this exceptional anti-aging facial combines specialised lifting massage techniques with professional strength collagen-boosting formulations that are accelerated by the electrical energy of precious minerals. Quartz and Tourmaline re-energize cell communication, respiration and regeneration, revealing a firmer, smoother, brighter and more youthful appearance.

**Visible Brilliance Facial** 1hr 15 mins
Combat ageing, stressed and slackened skin.
Combining specialised micro-circulatory massage techniques with potent actives and a two phase amino mask, this anti-aging face and eye treatment instantly firms, rejuvenates and plumps the skin while helping to reduce dark under-eye circles. Hydration and elasticity are proven to dramatically increase after just one treatment, resulting in a smooth, sculpted, radiant complexion.

**Tri-Enzyme Resurfacing Facial** 1hr 15 mins
Peel away the years for smoother, more radiant skin.
Scientifically proven to visibly resurface and increase skin smoothness after a single session, this pioneering facial layers 3 potent enzyme serums to target fine lines, superficial scarring, uneven skin tone and blemishes by safely and effectively removing the thickening layer of the epidermis. Skin is left incredibly smooth and radiant, revealing a clear, even and younger-looking complexion.
ELEMIS SKIN SOLUTIONS FACIALS

**Oxygen SkinCalm Facial** 1hr 15mins
Pure soothing heaven for sensitive skin.
Calming actives and a Japanese Silk Mask are applied using gentle massage techniques to rebalance delicate and sensitive complexions in this soothing facial. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

**S.O.S Purifying Facial** 1hr 15 mins
A purifying treatment for congested skin.
Harmonise the function of your skin with this complexion balancing therapy specifically designed to treat oil-rich pores, absorb sebum and calm irritation. Advanced actives, Vitamin C infusions and a unique Japanese Sulphur Mask are applied with purifying massage techniques to clarify the skin and create a beautiful matte skin tone.

**Modern Skin Facial** 1 hr
Designed for skin challenged by modern living.
Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum to reveal a renewed complexion.

**Skin Specific Facial** 1 hr
Deep cleansing, active aromatherapy for all skin types.
Prescribed to suit your needs, this facial combines the powers of essential oils with vital nutrients to de-stress, oxygenate and clear your skin. Choose from: Herbal Lavender Repair to heal and balance combination and oily skin, Exotic Moisture Dew for dry, dehydrated skin or Fruit Active Glow to revive dull, lifeless complexions.

**Anti-Ageing Eye Treatment** 30 mins
Combats the ravages of time around the delicate eye area.
Awaken tired or ageing eyes with this express therapy that energises, brightens and soothes the delicate eye area by targeting dark circles, puffiness and fine lines to reveal an instantly youthful outlook. Also available as an addition to any facial.
ELEMIS FOR MEN

**Skin IQ+ Facial** 1hr 15mins
Anti-ageing booster for tired, stressed skin.
Charged with clinically proven anti-ageing formulations, this treatment is designed to combat the harsh effects of time, environmental stress, frequent shaving and jet lag by diminishing fine lines, alleviating skin irritation and reviving tired eyes to reveal a younger and more vibrant appearance.

**Urban Cleanse Facial** 1hr 15 mins
Deep cleanse and complete skin detox.
Active, therapeutic-grade products are used to deeply clean and decongest stressed skin, helping to eliminate toxins, unclog pores, reduce skin sensitivity and accelerate skin repair.

**Express Facial** 30 mins
This introductory facial provides a quick and instant pick-me-up to refresh your skin.

**Total Time Out Ritual** 2hrs 15 mins
The ultimate skin and body therapy for men.
Select the anti-ageing Skin IQ+ Facial or the Urban Cleanse Facial, combined with the immediate tension relief of the prescribed Elemis Deep Tissue Massage for the ultimate in rejuvenation.

*Welcome Touch – Deep Tissue Massage – Choice of Skin IQ+ or Urban Cleanse Facial – Refreshment*
LPG TREATMENTS

Endermolift for Face with LPG Technology 35 mins
Firm, smooth and refine your face, neck and décolleté.
A remarkable, non-invasive treatment to erase the signs of aging. Specifically tailored to your concerns and target areas, Endermolift’s unique technology acts on the core of fibroblasts to deeply redensify and rejuvenate your skin. With the reactivation of collagen and elastin production, results are seen immediately - skin has a renewed glow, natural smoothness and a lifted effect. Each session’s results add up to naturally fill in wrinkles, redefine contours, reduce sagging skin and under-eye puffiness, increase firmness and improve skin clarity to reveal a more youthful, radiant appearance. A series of 8 sessions is recommended for best results.

Endermologie for Body with LPG Technology 35 mins
Sculpt, slim and smooth your problem areas.
LPG’s renowned slimming technique activates the fat release process in our body (lipolysis) to erase localized fat and cellulite imperfections. Specifically tailored to your concerns and target areas, LPG Roll’s patented mechanical stimulation triggers deep biological responses to break down fat deposits, boost collagen and increase elastin production. The result is a smoother, firmer, more toned body. Best results are seen in a series of sessions to achieve a dramatic slimming effect, smooth away cellulite pockets, reduce sagging and dimpled skin and re-sculpt the body’s contours.

Endermologie for Health with LPG Technology 35 mins
Improve body functions and accelerate healing.
Constantly subjected to ever multiplying aggressors (sedentary lifestyles, accidents, diseases, surgeries, ageing), the human body needs extra help to regenerate. The LPG Roll and Lift stimulation revitalizes health fluid exchanges, reactivating circulation while restoring tissue mechanical abilities, thus treating a wide variety of pathologies.

Endermologie for Sport with LPG Technology 35 mins
Condition the body for precision, flexibility and enhanced recuperation.
The LPG System has been shown to improve movement precision, flexibility and tissue robustness in active people by accelerating recuperation and recovery after rigorous exertion, and repairing “over-solicited” tissues. Additionally, the LPG Roller eliminates metabolic wastes (toxins) caused by intense effort, helping to prevent delayed onset muscle soreness (DOMS). The body is rested, relaxed and strengthened, ready for new muscular challenges.
ELEMIS HANDS AND FEET THERAPY

Elemis Pro-Collagen Hand and Nail Treatment 30 mins with Manicure 60 mins
Redefine the hands of time
An Anti-ageing hand treatment that combines deep hydration with collagen-boosting actives to target age spots, smooth away fine lines and reduce crepiness. Cuticles and nails are conditioned and strengthened, revealing beautifully cared for, youthful looking hands.

May be extended to 60 minutes to include a manicure.

Spa Manicure 45 mins
Professional manicure by OPI
Immaculate, younger looking hands are achieved in a truly pampering experience with a manicure by OPI. In a series that exfoliates, revitalises and renews, hands are protected, moisturised, shaped and coloured to perfection.

Elemis Sole Delight Grooming for Feet 30 mins with Pedicure 75 mins
A total sensory experience for your feet
The extra-rich luxury of warm aroma-therapeutic oils and anti-aging actives drench your feet in hydration to nourish and condition your neglected soles. Hard working heels are softened and soothed, nails are strengthened and conditioned.

May be extended to a 75 minute treatment to include a pedicure.

Spa Pedicure 90 mins
Professional pedicure by OPI
The combination of professional products within a well developed system transforms an ordinary pedicure into an extraordinary spa service. Formulated with nature’s most soothing and effective botanicals, enjoy the inclusion of a moisturising mask and massage.

When time is of the essence, your Hand and Foot Therapies can be provided simultaneously by two therapists.
Waxing
Put your waxing needs in the hands of our highly trained therapists, whose expert touch uses the most professional techniques, ensuring that your experience is comfortable, swift and beautifully flawless.

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ELEMIS SPA ETIQUETTE

CONSULTATIONS
Our Spa Consultants will help you design a journey through Elemis Spa by selecting treatments and products specific to your needs. Please make us aware of any skin care and body concerns, allergies or medical conditions.

For guests wishing to extend their Elemis experience, our Spa Consultants will offer expert advice on health, beauty and wellness solutions, home care products and treatment programs with achievable goals aimed at long-term transformation.

RESERVATIONS
We encourage you to make spa reservations in advance to ensure a time that best accommodates your schedule. Please call the spa at +66 (0) 2207 7777 from outside the hotel. To schedule treatments at the spa during your stay, you may press Elemis Spa from your hotel room. For more information, visit us online at: www.elemisspabangkok.com

ARRIVAL
Use of our spa facilities is complimentary with your treatment. We highly recommend that you arrive 30-60 minutes prior to your treatment time to enjoy our extensive wet and locker facilities for men and women, including steam rooms, Jacuzzis, cold plunge pools and experience showers that allow for a personalized selection of water pressure, lighting and music. Each locker area features comfortable seating lounges, including suspended relaxation pods that float above the relaxation area and a reflexology-inspired foot ritual wading pool.

In consideration of all guests, we kindly ask that mobile phones be turned off while visiting the spa.

CANCELLATIONS
If you must cancel your appointment, please kindly inform the spa at least four hours prior to your appointment time to avoid being charged in full for your services.