

elements spa

AT MINERALS HOTEL



BODY TREATMENTS

*Escape the stress of your world
as you step into ours...*

*a very special place where the
healing powers of the earth
have been incorporated into
both the design and services.*

*The interior of Elements Spa
brings the beauty of the outdoors in,
with hand-painted earthscape
walls sparkling with bits of mica,
textured stone surfaces, illuminated
rice paper artwork, hammered copper
fixtures, natural fabrics and truly
unique rainwalls, dripping with
thousands of silver beads.*

*Beneficial minerals are featured
in many Elements' services,
including a unique moisturizer
infused with copper flakes, sodium
scrubs, mineral water soaks, minerals
muds and mineral-based cosmetics.*

Transform your body's complexion and indulge your senses with cleansers, scrubs and moisturizers rich in elements from the earth. Therapeutic extracts and essential oils impart minerals, vitamins and nutrients to purify, restore and tone the skin. All body treatments are 50 minutes hands-on and include a warm, relaxing rain shower.

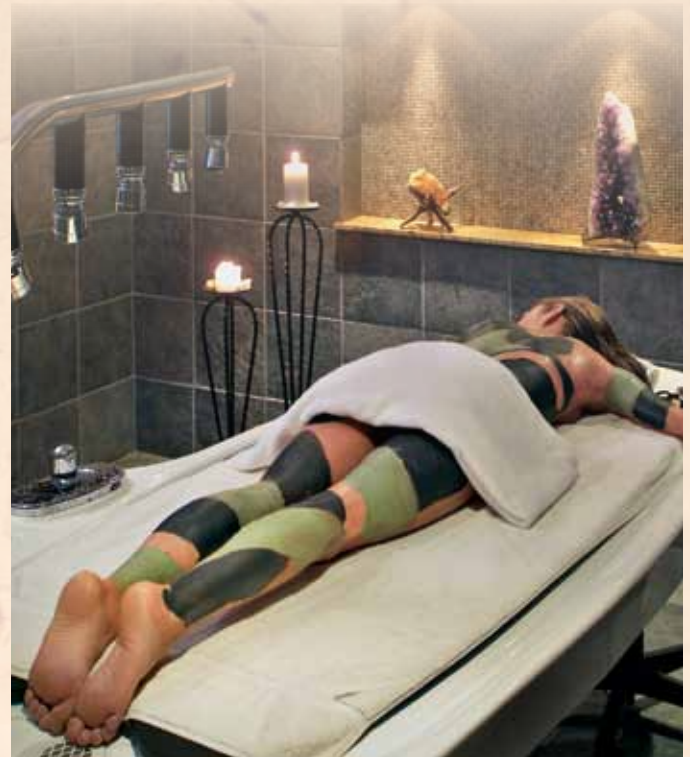
Native Spirit Wrap... A unique body experience using a mosaic of muds to purify and replenish the skin with minerals.

Detoxifying Mineral Mud... Stimulate, firm and detoxify the entire body with an active marine mud masque.

Crystal Salt Glow... Remove impurities and restore radiance with our triple-layer exfoliating salt formula.

Elements Body Polish... Silky smooth skin emerges with this gentle exfoliation followed by a copper-infused moisturizer.

Moisturizing Mountain Rain... Melt away tension with our velvety rich body butter to replenish the skin to silk-like softness.



MASSAGE THERAPY

Elements' diverse menu of massage therapies provide what your body and psyche need most, from relaxation to restoration, or an instant energy boost. Therapists apply specialized massage techniques over your entire body or specific muscle groups. All massage services are 50 minutes hands-on.

Shared Tranquility... Therapeutic massage for two pamperers in a luxurious and calming atmosphere.

Sacred Stone... This ancient art of healing uses elements of Mother Nature to relieve tense muscles, sore joints, and the everyday stresses of life. A light massage integrating traditional therapeutic massage strokes with the placement of warm stones will uplift and restore the body and mind.

Deep Tissue... Tension in the body is released through slow strokes using firm pressure. The therapist will address areas of concern and tailor the massage exclusively to you—working within your comfort level. This will enhance circulation, detoxify the muscles and ensure deep relaxation.

Sports Therapy... A full body target-specific massage specifically for the active athlete, or for anyone on the go. A medium to firm pressure massage that incorporates stretching for optimum results that invigorates tired, sore muscles, decreasing muscle tension while promoting flexibility.

Reflexology... This ancient healing therapy stimulates the reflex points of the hands and feet. While relaxing and rejuvenating each part of the body, it restores energy and balance. It also helps eliminate toxins from the body and stimulates circulation.

Aromatherapy... Enhance your massage experience with the therapeutic benefits of synergistically chosen aromatherapy blends to directly affect your mind, body and spirit. A light to medium pressure, this massage will leave you feeling relaxed and renewed.

Therapeutic Massage... Our therapeutic massage incorporates long, fluid strokes of varying depth of light to medium pressure. You will have improved circulation, relaxed muscles, diminished stress and enhanced immune functioning.

Golfer's Delight... Massaging the neck, back, shoulders, forearms and hamstrings relaxes and increases flexibility.

Maternity... A nurturing full body massage releases tensions and eases the discomforts of pregnancy.

Indulgent Additions... Enhance any massage with an aromatic blend of natural oils.

SKIN CARE

Glow with the radiance of healthy skin. Elements' technicians expertly apply natural cleansers, scrubs, toners, masques, moisturizers and serums that are rich in therapeutic minerals and extracts from the earth to purify, rejuvenate and firm your skin. All skin care treatments are 50 minutes hands-on.

Radiance Jessner Treatment... A synergy of exfoliants to optimize the skin renewal process. Exceptionally strong antioxidants protect the skin's structure. The recipe of ingredients is made for oily, acneic, dry, dehydrated, sun-damaged or hyperpigmented skin.

Copper Firming Facial... Firm, resurface and tone your skin with this professional strength exfoliation treatment. Hydroxy acids or enzymes remove dulling surface debris to reverse signs of aging while a nourishing cocktail of copper peptides, vitamins and botanical extracts firm and restore your skin to optimal health. A professional peel appropriate for your skin type is included in this facial.

Enzyme Facial... Customized by your esthetician, with a choice of herbal, pumpkin or papaya enzymes. This specialized exfoliation treatment will unclog pores, increase cellular turnover and bring clarity to your skin tone.

Glycolic Peel... Promotes the repair and regeneration of skin with two levels of intensity – 30% or 60%. The synergistic compound of ingredients provide clarity and a refreshed complexion elective treatment for uneven tone or textured skin, oily, acne and sun-damaged.

Lactic 15%... A mild exfoliant with moisture retention properties to promote softer and smoother skin. A medley of berry extracts to strengthen and brighten the complexion. The hydrating ingredients make this an ideal treatment for dry, dehydrated or sun-damaged skin conditions.

Vitamin C Facial... Rejuvenate and refine sallow complexions caused by chronological and environmental skin aging. A powerful blend of hyaluronic acid and pure vitamin C helps to combat free radicals that attack collagen and elastin that cause skin to age.

Back Treatment... A deep cleansing for the back. Steam, cleanse and exfoliation followed by a customized mask. This treatment ends with a relaxing back rub with a wonderfully hydrating lotion.



SKIN CARE (Continued)

Clear Skin... Calming, purifying and anti-inflammatory benefits. By infusing powerful essential oils, your skin is left decongested, refined and balanced. Designed for those with oily, problematic skin types.

Sensitive Skin Calming... Designed to leave even the most sensitive skin clean, soft and radiant. Ultra mild – perfect for hyper sensitive skin. Redness and inflammation are calmed.

Glo... Revitalizing facial charged with multi-vitamins, antioxidants and essential nutrients is suitable for all skin types including the most sensitive. Your skin will look toned, healthy and hydrated.

Spa Potion Facial... Luxurious June Jacobs Signature Facial is an essential part of any skin care regimen. Combining natural botanicals, vitamins, antioxidants and plant-derived proteins, this customized facial will nourish and revitalize your skin.

Gentlemen's Facial... Formulated for men's skin. This treatment is designed to deep cleanse, detox, purify and hydrate your skin. Customized for your individual needs.

Microdermabrasion... Treatment combines the topical exfoliation of microdermabrasion, with the rejuvenating effects of our spa potion facial, offering immediate results. The machine's vacuum system removes dirt and dead skin cells encouraging healthy, vibrant skin cells to the surface which prepares the skin to receive the nutritive benefits of our spa potion facial. This remarkable treatment will leave the skin looking and feeling refreshed and glowing. For more dramatic results, a series of 6 treatments is recommended.

LAVISH SKIN ENHANCEMENTS

Vitamin C Hand Repair... Improve the overall appearance of the hands with this age-defying hydrating treatment.

Restorative Eye... Firm and hydrate the delicate eye area, improve elasticity, leaving a youthful appearance.

Hydrating Lip... Combat rough, dry, dehydrated lips with this hydrating, soothing treatment.

Pure Collagen... Improve skin's tone and texture with this results-driven mask, revealing a smooth, healthy complexion.

Décolleté Treatment... This lush, age-defying treatment leaves the skin on the décolleté and neck with a more youthful appearance.



HANDS & FEET

Specialized treatments soften skin and cuticles by replenishing lost moisture, strengthen nails for a healthy, youthful appearance and relax and recharge tired hand and foot muscles.

Polish Change • Manicure • Pedicure
French Polish Change • French Manicure • French Pedicure

Elements Hand Ritual... Nourish, heal and condition hands with a manicure, warm aromatic mask and soothing lotion.

Elements Foot Awakening... Treat feet to a pedicure, soothing scrub, hydrating foot mask and relaxing foot and leg massage.

Golfer's Foot Renewal... A stimulating scrub, restorative mask, pedicure and deeper foot and leg massage are par for the course.

HAIR SERVICES

Cleanse, condition and style your hair with the earth's bounty, a blending of pure essential oils from fruits, herbs and the flowers of aromatic plants. At Elements, herbal therapy and botanical nutrient science combine to strengthen and condition your hair. Hair service prices are starting rates and may vary.

Just For Her... Women's Design Cut, Wash & Style, Upstyle, Deep Conditioning

Just For Him... Men's Design Cut, Men's Color Camo Color... Single Process, Full Highlight, Partial Highlight

Keratin Express Blowout... Give hair a softer, smoother and silkier texture for up to six weeks. Perfect for all hair types.



SIGNATURE TREATMENT FOR TWO

ELEMENTAL JOURNEY

Escape the stress of your world as you step into ours... A magical, healing place where the wonders of nature combine to cleanse and revive the mind, body and soul. Begin your elemental journey in the first of four unique treatment rooms with a relaxing side-by-side back and neck massage and the Elements body polish to exfoliate and detoxify... Be massaged by cascading waterfalls as you relax in the swirling mineral waters of the spacious soaking tub... Replenish and condition skin and thrill the senses with nutrient-rich mineral muds in the wet-treatment sanctuary, enhanced with moisturizing steam and gentle rain showers... Finish with intoxicating natural washes and emollients.



DAY COLLECTIONS

Select complimenting therapies and create unique two hour to full day spa excursions to indulge the body and transform the spirit. Choose one of our suggested collections, or allow us to create a personal collection just for you.

Day Dream... Luxuriate the day away with a Therapeutic Massage, Spa Potion Facial, Elements Body Polish, Elements Hand Ritual, Elements Foot Awakening, Shampoo, Hair Styling and delicious Spa Cuisine Lunch. [6 hours]

Earth Elements... Look and feel your best with a Sacred Stone Therapy Massage, moisturizing Mountain Rain Body Treatment, Elements Hand Ritual, Elements Foot Awakening, shampoo, hair styling and delicious Spa Cuisine lunch. [5 hours]

Mom's Time-Out... Take a well-deserved break from the everyday routine with an Aromatherapy Massage, Spa Potion Facial, Elements Hand Ritual and Elements Foot Awakening. [4 hours]

Fitness Renewal... Achieve your personal best with a stimulating Sports Therapy Massage, detoxifying Mineral Mud Mask and Pedicure. [3 hours]

Gentlemen's Journey... The ultimate treatment for him includes a Deep Tissue Massage, Gentlemen's Facial and Pedicure. [3 hours]

Elements Escape... Relax with your choice of a Spa Potion Facial or Therapeutic Massage, followed by a Manicure and Pedicure. [2.5 hours]

Sport N' Spa... Enjoy Minerals Sports Club including use of the steam room, sauna, whirlpools, 7 heated indoor and outdoor pools, weight and fitness room, cardiovascular center, sports court and scheduled exercise classes, with your choice of a Spa Potion Facial or Therapeutic Massage. [full day]



WAXING & LASH SERVICES

Gently wax away unwanted hair for smooth, moisturized skin. Waxing service prices are starting rates, and may vary.

Full Legs • Half Legs • Bikini • Eyebrow Sculpting
Brazilian • Lip • Back • Full Arm • Half Arm

Eyelash Tinting

Teeth Whitening... Gentle, enamel-safe formula whitens with no sensitivity of the teeth or gums.

Elements is proud to feature...

**June Jacobs spa collection,
Glo Skin Care and Biotone Spa
products in its services**



POLICIES

Hours... Monday through Saturday 9am–9pm and Sunday 10am–8pm. **Check-In...** Please arrive at least 30 minutes prior to your scheduled services. Your prompt arrival is greatly appreciated. As a courtesy to the next scheduled guest, your treatment will end on time, regardless of when your service began. **For Your Convenience...** Elements provides robes, slippers, lockers, showers, towels, hair and body products and hair dryers. **For Your Comfort...** To preserve Elements' tranquil environment, we respectfully request that you leave pagers and cell phones turned off. To ensure a pure environment, Elements has a non-smoking and no alcohol policy. Pets are not permitted. **For Your Protection...** Elements is not responsible for loss or damage to personal articles. Please leave all jewelry and valuables at home. **For Younger Guests...** Young adults age 13-17 may engage in limited spa services as determined by Elements. Proper behavior is required at all times. **Cancellation...** In the event that you are unable to keep your scheduled appointment, please contact an Elements' reservationist at least 24 hours prior to your appointment time. If notification is not received within the 24 hours, you will be charged the full cost of the service. **Gift Cards...** Gift cards are available in any denomination at the Elements reception desk. **Prices...** May be subject to change without notice. Tax and gratuity are not included in the cost of our services. Gratuities are greatly appreciated. **Payment...** Elements accepts American Express, Discover, Mastercard, Visa and cash. A credit card is needed to hold all appointments. [August 2011]



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*Route 94 , Vernon, NJ 07462
Located just one hour from New York City and
Newark Liberty International Airport*



For more information about Elements Spa
and Crystal Springs Resort,
call 973.864.5850 or visit
TheCrystalSpringsResort.com

So Much ... So Close!