

# elements spa

AT MINERALS HOTEL



## BODY TREATMENTS

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.

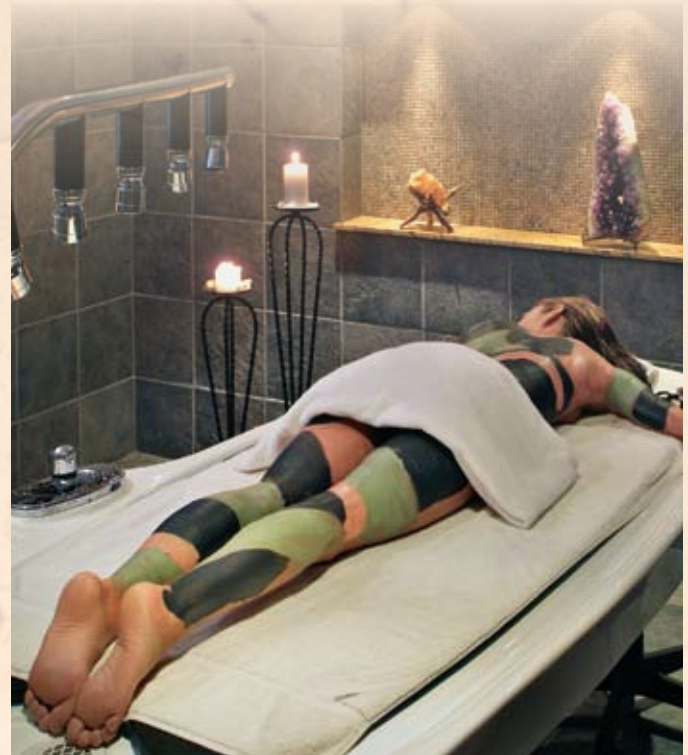
**Detoxifying Mineral Mud...** Stimulate, firm and detoxify the entire body with an active marine mud masque.

**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.

*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.*



## 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 pampers 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 Facial...** See visible results with this dual action facial. The coupling of one of our special peels combined with effective brighteners and anti-oxidants leaves the skin with a smooth, bright, luminous complexion.

**Soothing Stone Facial...** This soothing facial is designed to calm irritated or sensitized skin, decreasing redness, leaving the skin refreshed.

**Copper Firming Facial...** A powerful age-defying anti-wrinkle treatment to dramatically firm and moisturize fatigued skin.

**Lactic Acid Peel...** A gentle peel for sensitive skin hydrates, regenerates and visibly reduces wrinkles and scars.

**Vitamin C Facial...** Revitalizes skin through increased collagen activity, fights signs of aging and sun damage.

**Enzyme Facial...** Deep cleansing eliminates surface matter and stimulates circulation to regenerate skin cells.

**Back Treatment...** An exfoliating and cleansing treatment to remove impurities from the back.

**Spa Potion Facial...** Customized aromatherapy lotions, potions, mists and creams erase signs of stress and fatigue.

**Teen Facial...** Introduce good skin care habits that cleanse and heal problematic teenage skin.

**Gentlemen's Facial...** Products designed to cleanse, tone and purify while hydrating skin irritated by shaving.

**Facial Enhancement...** Restore the youthful sparkle to your face with a warm vapor collagen contour treatment added to any skin care service.

**Microdermabrasion...** An advanced skin resurfacing technique that will dramatically transform all skin types restoring smooth texture and softness with a remarkable clarity.



## 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



## 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.

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**Elements is proud to feature...**

**June Jacobs spa collection,  
Emergin-C and Biotone Spa  
products in its services**

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## 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. [June 2010]



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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](http://TheCrystalSpringsResort.com)

*So Much ... So Close!*