

# ELEMENTS™

S P A



*Escape, Relax, Rejuvenate...*

# About Your Spa Experience



*Our mission at Elements Spa  
is to provide an experience  
to balance mind, body & soul  
through a healing touch  
by using nature's ingredients.*

## ***Upon Arrival***

From the moment you walk in the door your experience will begin with a warm greeting as we guide you to our relaxation area. Enjoy a beverage while you relax, sample our products in our retail area, or receive a tour of our facility. We recommend arriving 15 minutes prior to your service to relax and fill out a brief intake form.

Our services include a sensory journey and a foot soak to begin your experience.

## ***Scheduling***

Depending on your preference, you may request to have a male or female therapist. All of our technicians are trained to discreetly drape areas of your body not involved in the treatment and to protect your privacy at all times.

## ***Arriving Late/Cancellations***

Arriving late will simply limit the time of your treatment. Your treatment will end on time so the next guest will not be delayed. If you need to cancel your appointment, you must do so 48 hours prior to your scheduled service or you will be charged the full value.

## ***Shaving Before A Treatment***

Shaving is not recommended prior to any body treatment or hair removal service.

## ***Food/Beverage***

Spa lunches are available upon request for an additional fee at the time of reserving your appointment or upon arrival. We do not recommend consuming alcohol prior to your reservation since most of our body treatments promote circulation and detoxification.

## ***Gratuities***

Visa, Mastercard, Discover, Amex, and traveler's checks are accepted. Guests who are staying at the lodge may charge the service to their room. Gratuities of 18% are added on to each service.

## ***Gift Certificates***

Spa gift certificates are a wonderful way to give the gift of health, relaxation and beauty to the special people in your life. Gift certificates can be purchased for any dollar amount.

## ***Experiencing Bliss***

To maintain our peaceful atmosphere, we ask that you turn off cell phones and pagers while visiting our spa.

# Massage Therapy

Renew your mind and body with a personalized massage experience using aromas and various massage techniques that will leave you feeling balanced.

## Elemental Nature Massage

Personalized experience using aromatherapy and Swedish techniques, connecting the mind and body to create an overall feeling of balance.

## Deep Tissue Massage

Customized intense massage that manipulates the deep muscle tissue to relieve tension in specific or general areas of the body.

## Fusion Stone Massage

Experience the contrasting sensation of warm and cool stones fused with massage techniques to balance, soothe and invigorate your mind and body.

## Maternity Massage

Modified massage for the expectant mother to ease the physical and emotional strains due to pregnancy. We recommend physicians approval prior to scheduling.

## Foot Reflexology

Pressure point massage for your feet, relieving blockages and stress in different areas of your body.

# Skin Care

Experience our skin care treatments using the highest quality of products and massage techniques tailored for your skin type. All of our facials include a scalp massage, facial or pressure point massage and a hand and arm massage.

## Elemental Nature Facial

Restore balance to your skin with this customized aromatherapy facial that will cleanse, tone, exfoliate and hydrate your skin.

## Outer Peace Acne Facial

Achieve clearer skin without over-drying or irritation that focuses on exfoliation and reducing redness. Recommended for sensitive or problematic skin types, it treats not only acne's symptoms but its cause, so skin stays clear.

## Essential Back Facial

A must have for seasonal skin changes, utilizing purifying and soothing properties to give you the appearance of more luminescent skin.

## Radiant Skin Facial

Aveda's alternative to microdermabrasion. Our hands-on approach and the power of tourmaline smoothes skin texture, reduces the appearance of fine lines, and diminishes pore size while increasing radiance. Your skin will glow with less irritation and inflammation compared to microdermabrasion.

## Antioxidant Facial

Targets skin that is damaged by the sun and environmental pollutants by using Vitamin C to awaken and leave your skin revitalized.

## Glo Facial

Renew your skin using pharmaceutical grade ingredients that are free from dyes and parabens. This facial uses concentrates enriched with active ingredients designed to create a change in the appearance of the skin.

Now offering chemical exfoliation treatments using new and innovative technology. This unique approach to chemical exfoliation offers a double layer of protection to combat inflammation, free radicals, and helps to repair the skin. Inquire with one of our skin care specialists or retail advisors about our mild to aggressive peels that are available.

# Rejuvenating Body Treatments

Our exclusive body treatments will nourish your body and bring new life to your skin.

## Caribbean Therapy Body Treatment

A rejuvenating and nurturing treatment that uses the healing touch and ingredients of the Caribbean to create inner calm and renew body and senses. A dry exfoliation followed by a smoothing, detoxifying seaweed masque and wrap. A restorative scalp, face and body massage completes this island inspired experience.

## Caribbean Therapy Body Scrub

Immerse yourself in an aromatic oasis of amyris, bay, lime and vetiver. Our invigorating and nurturing treatment will rejuvenate you and sweep you away.



## Elements Signature Treatment

Experience our aroma body wrap, a nourishing hair and scalp treatment, followed by a 90 minute massage that will leave you feeling relaxed, renewed and revived.

## Self Renewal

Head to toe experience, designed for complete relaxation and skin rejuvenation. This facial is a combination of pressure point, lymphatic and ayurvedic massage techniques, restoring the "self" to a state of renewal.

## Aqua Body Polish

A skin-refining body treatment using our natural sea salt, enhanced with a personalized, aromatic steam canopy. The result is softer, smoother, polished skin, leaving you with a new sense of balance.

## Aroma Body Wrap

Deeply relaxing, full body wrap designed to detoxify the body, soften skin, and soothe muscles. A vigorous exfoliation prepares the skin, followed by a customized massage oil to warm the muscles before the body is enveloped in warm herb-infused linens.

## Neti Massage

Designed for those who suffer from chronic sinus congestion. Pressure point and lymphatic massage is focused on the face, neck, and scalp. Steam inhalation of aromatherapy is utilized to ease sinus congestion and pressure.

## Nail Therapy

Well-maintained nails are essential for a healthy appearance. We recommend open-toed sandals for pedicure services.

### Caribbean Manicure/Pedicure

A rejuvenating and nurturing treatment using the healing touch of the Caribbean, improving the condition of the nails and cuticles. Utilizes our Caribbean product line and various massage techniques, leaving you feel as if you were on vacation.

### Elements Spa Manicure/Pedicure

Customized to your senses and needs, this restorative full service treatment includes a stress relieving hand/arm or lower leg/foot massage as well as a customized masque and everything that's in our "essential" treatment.

### Essential Manicure/Pedicure

When time is not on your side, enjoy this service that includes buffing, shaping of the nails and a cuticle treatment with polish.

### Choco-holic Pedicure

Love chocolate? Then indulge yourself in this experience for a flavorful spa treat for your feet.

## Scoops Kid Spa

Spa services designed for the 12 and under set. The "menu" of services features ice cream-themed manicures and pedicures. Included with every spa treatment is a coupon for real ice cream in the Bear Claw Cafe™.



## Teen Spa Package

Perfect package for the teen who is too old for the kids spa but doesn't have enough time for the adult spa - everything in one small package.

### Express Massage

### Teen Facial

### Mini Ice Cream Manicure/Pedicure

## Treatment Enhancements

Enhance your experience with these specialized treatments customized just for you.

## Waxing

Define, enhance and accent. We use the highest quality wax available in our industry. It will leave your skin soft, while minimizing the discomfort normally associated with waxing.

## Makeup

Enhance your professional, daytime or evening look with our full range of colors from nature's palette.

## Spa for Two

Enjoy a luxurious spa treatment with a friend, family member or partner in our spa room for two.



## Men's Domain

Treatments specifically designed for men

### Sports Massage

Heat compresses and deep penetrating massage techniques enhance your body's flexibility, releasing tension in your muscles.

### Elements Massage

Customized massage using aromas and Swedish techniques.

### Men's Hand/Foot Repair

Express treatment focusing on the needs of men.

### Men's Cleanse

Designed just for men, involves deep pore cleansing, a personalized massage and eyebrow shaping.

### Golfer's Facial

Targeted to repair sun and wind damaged skin from outside activities by using our advanced skin care line.

### Men's Back Buff

The focus is the hard-to-reach areas of your back. Incorporates a purifying masque and a relaxing neck, shoulder and back massage.

### Waxing

Just for guys.

# ELEMENTS™ SPA

Located in Great Wolf Lodge  
20500 Old Highway 99, SW • Centralia, WA 98531  
360.347.0020 or dial ext. 4965  
Open daily seven days a week - hours may vary



[greatwolf.com](http://greatwolf.com)