

ELEMENTS™

S P A S A L O N



Escape, Relax, Rejuvenate...

About Your Spa Experience



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

Spa Etiquette

Allow us to create a customized spa experience, designed to help you escape, relax and rejuvenate. Our services are personalized with an aromatherapy blend to bring well being not only to your body, but to rejuvenate the mind...after all, it's your vacation too.

Many guests are new to spa services, or have questions regarding the experience. The following items will help make you spa savvy and prepare you for your service.

Scheduling

Please contact our spa staff to schedule your appointment. Our staff will be happy to assist you and offer suggestions on the services to fit your needs. We recommend you schedule two weeks in advance to ensure an appointment time. A credit card is required to hold your reservation.

Elements™ Spa is perfect for hosting Bridal Parties, Girls Day/Night out, Birthdays, Anniversaries, Mother's Day, Valentine's Day and even office parties. We recommend booking group parties at least four weeks in advance. Hours may vary.

Preparing for Your Appointment

We request arriving 15 minutes prior to your service to relax and fill out a brief intake form. Arriving late will simply limit the time of your service. Your treatment will end on time so the next guest will not be delayed.

If you need to make any adjustments to your appointment time, you must do so 48 hours prior to your appointment. Cancellations will be charged the full value.

Shaving is not recommended prior to any body treatment or hair removal service. We do not recommend consuming alcohol prior to your reservation since most of our treatments promote circulation and detoxification.

Your Service Experience

Elements therapists are state licensed technicians, trained to our specific services. They will guide you through your experience and answer any questions you may have.

Wear what you will be comfortable leaving in. If you have consecutive services, a robe will be available to you. The therapist will exit the room for you to get undressed to your comfort level. Our technicians are trained to discreetly drape areas of your body not involved in the treatment to protect your privacy at all times.

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

Payment Options

All major credit cards, travelers' checks and cash are accepted. Guests who are staying at the lodge may charge their service to their room. Gratuities are not included in the price of your spa service. It is customary to give your technician a minimum of 15% - 20% gratuity. Gift cards are a wonderful way to give the gift of health, relaxation and beauty to the special people in your life. Gift cards can be purchased for any dollar amount for Elements Spa and Scoops® Kid 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.

Element's Signature Massage

Our signature massage using relaxing to firm pressure is a personalized experience customized to your body's needs.*

60 minutes \$95

90 minutes \$135

*This massage can be personalized for the expectant mother to ease the physical and emotional strains of pregnancy. We recommend physician approval. Not recommended for expectant mothers in their first trimester.

Foot Reflexology Massage

A pressure point massage for your feet. Relieves blockages and stress in different areas of your body.

45 minutes \$75

Upgrade your Massage Service

Fusion Stones \$20

Deep Tissue \$25

Couples Massage* \$20

*(Not available at all locations)

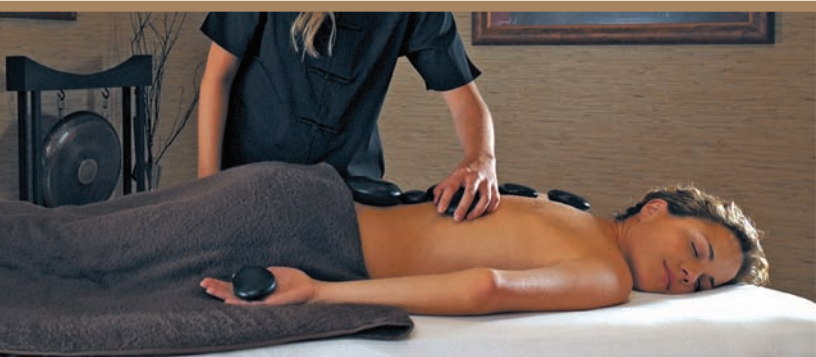
Body Treatments

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

Elements Signature Body Treatment Package

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

120 minutes \$225



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 scented massage oil to warm the muscles before the body is enveloped in warm, herb-infused linens.

45 minutes \$80

Skin Care

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

Element's Signature Facial

Restore balance to your skin with this custom aromatherapy facial that will cleanse, tone, exfoliate and hydrate your skin. This facial is for both genders and personalized for your skin's specific needs.

60 minutes \$100



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.

60 minutes \$115

Upgrade your Facial Service

Eye Contour Treatment \$20

Outer Peace Acne Treatment \$10

Back Facial \$50

Nail Therapy

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

Elements Signature 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.

Manicure, 45 minutes \$45

Pedicure, 60 minutes \$55

Classic Manicure/Pedicure

Enjoy this service that includes buffing, shaping of the nails and a cuticle treatment with a polish.

Manicure, 30 minutes \$35

Pedicure, 45 minutes \$45

Upgrade your Nail Service

French Polish \$5



Makeup

Full Face \$45

Special Occasion \$55

*(May not be available at all locations)

Waxing

Define, enhance and accent. We use the highest quality wax available for facial, full body and bikini areas. It will leave your skin soft, while diminishing the discomfort normally associated with waxing.

Face Waxing \$15 - \$40

Body and Legs \$20 - \$75

Bikini Area \$30 - \$75

Spa Packages

Spoil yourself or that special someone to a day of beauty and relaxation when you schedule one of the following services.

Escape

Pamper and beautify your hands and feet with a combination of our Signature Manicure and Signature Pedicure services.

105 minutes \$100

Relaxation

Relax your mind, body and soul with a one hour Signature Massage combined with a one hour Signature Facial.

2 hours \$175

Rejuvenate

The ultimate day of pampering - one hour Signature Massage, one hour Signature Facial, Signature Manicure, Signature Pedicure and Make-up Application.

4 1/2 hours \$300

Mini Escape

The perfect package to experience our spa - the Mini Escape allows you to pamper yourself with a 30 minute massage, a 30 minute facial and a 30 minute manicure.

90 minutes \$125



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S P A S A L O N

Located in Great Wolf Lodge®
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Traverse City, MI 48684
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