

elements spa

AT MINERALS HOTEL



BODY TREATMENTS

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

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

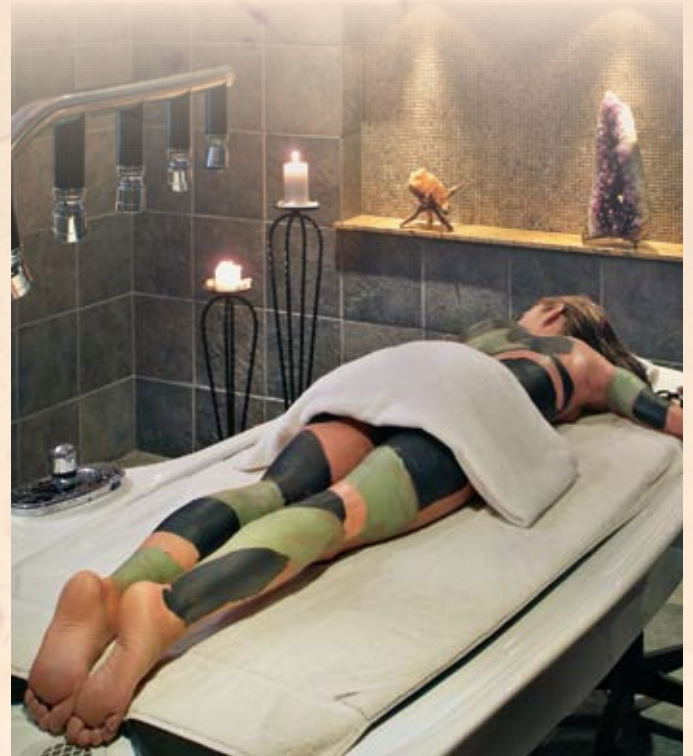
Detoxifying Mineral Mud... Stimulate, firm & detoxify the entire body with an active marine mud masque.

Crystal Salt Glow... Remove impurities & 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 & 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 partners in a luxurious & calming atmosphere.

Sacred Stone... A centuries old tradition of light full body massage & warm river stones promotes body balance.

Deep Tissue... A full body massage applying slow, deep pressure to penetrate sore muscles.

Sports Therapy... A sport-specific full body massage for the active athlete eases soreness & improves flexibility.

Reflexology... A pressure point therapy on hands & feet to restore the body's natural equilibrium & energy.

Aromatherapy... A full body massage with custom aromatic blends chosen to soothe, relax or energize the senses.

Therapeutic... A full body massage to ease overall muscle tension, reduce stress & increase circulation.

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

Maternity... A nurturing full body massage releases tensions & 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 & serums that are rich in therapeutic minerals & extracts from the earth to purify, rejuvenate & 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 & moisturize fatigued skin.

Oxygen Boost Facial... An instant face lift that hydrates & oxygenates skin to smooth fine lines & dry patches.

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

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

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

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

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

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

Gentlemen's Facial... Products designed to cleanse, tone & 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 & softness with a remarkable clarity.



HANDS & FEET

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

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

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

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

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

HAIR SERVICES

Cleanse, condition & style your hair with the earth's bounty, a blending of pure essential oils from fruits, herbs & the flowers of aromatic plants. At Elements, herbal therapy & botanical nutrient science combine to strengthen & condition your hair. Hair service prices are starting rates & 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 & revive the mind, body & soul. Begin your elemental journey in the first of four unique treatment rooms with a relaxing side-by-side back & neck massage & the Elements body polish to exfoliate & detoxify... Be massaged by cascading waterfalls as you relax in the swirling mineral waters of the spacious soaking tub... Replenish & condition skin & thrill the senses with nutrient-rich mineral muds in the wet-treatment sanctuary, enhanced with moisturizing steam & gentle rain showers... Finish with intoxicating natural washes & emollients.



DAY COLLECTIONS

Select complimenting therapies & create unique two hour to full day spa excursions to indulge the body & 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 & delicious Spa Cuisine Lunch. [6 hours]

Earth Elements... Look & feel your best with a Sacred Stone Therapy Massage, moisturizing Mountain Rain Body Treatment, Elements Hand Ritual, Elements Foot Awakening, shampoo, Hair Styling & 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 & Elements Foot Awakening. [4 hours]

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

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

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

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



WAXING & LASH SERVICES

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

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

Extreme Lash Extensions... Luscious, thicker, fuller lashes with a natural look & feel lasting 2-3 weeks.

Relashes • 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,

Peter Thomas Roth

& Erbaviva products in its services



POLICIES

Hours... Monday through Saturday 9am–9pm & 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 & body products & hair dryers. **For Your Comfort...** To preserve Elements' tranquil environment, we respectfully request that you leave pagers & cell phones turned off. To ensure a pure environment, Elements has a non-smoking & 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 & 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 & gratuity are not included in the cost of our services. Gratuities are greatly appreciated. **Payment...** Elements accepts American Express, Discover, Mastercard, Visa & cash. A credit card is needed to hold all appointments.



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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!