

MATERNITY

60 minutes – \$165

Enjoy the benefits of prenatal massage, which aids in alleviating lower back discomfort, circulation in the feet and fatigue. It nourishes the skin and improves elasticity.

REFLEXOLOGY

60 minutes – \$165

Begins with cleansing the feet and legs with warm towels; followed with stimulating the reflexology points on the feet, aiding in stress relief, improved circulation and increased energy.

SPECIALISED FACIALS

CUSTOMISED HOLISTIC FACIAL

1 hour 20 minutes – \$229

Beginning with a facial assessment to determine your skin type, our therapist will select products from our ESPA facial range to create a facial experience tailor-made to your skin's needs.

MENS PURIFYING FACIAL, SHOULDER & SCALP MASSAGE

1 hour 20 minutes – \$229

Works at a deep molecular level to purify, balance and hydrate the skin. The triple cleanse procedure, which includes steaming hot towels, promotes drainage and aids in preventing blocked pores. An acupressure face massage, purifying mask and deep shoulder and scalp massage are also included.

TO FINISH

SPA MANICURE

1 hour – \$65

For ultimate grooming of the hands.

SPA PEDICURE

1 hour – \$75

For ultimate grooming of the feet.



+1 (441) 239 8900

spa@elbowbeachbermuda.com
www.elbowbeachbermuda.com

60 South Shore Road, Paget PG 04, Bermuda Facsimile: (441) 236 8043

Join us on



The Spa at Elbow Beach
Treatment Menu

PHILOSOPHY

The Spa at Elbow Beach was created to provide a sanctuary for guests to escape and embrace wellness. Our distinctive, individual spa suites blend island and Asian influences to create a private haven in which to enjoy an array of unique treatments from our team of highly-trained international therapists.

PRODUCTS

Using only the very purest extracts, ESPA biochemists distil active ingredients into products that keep their promises. Each ESPA product is an expression of the company's belief in the remarkable power of nature to calm, refresh and renew. The product range incorporates a complete facial line for men and women, body oils, bath and shower oils, body scrubs, body wash and body lotion for instant, lasting results, both at the spa and every day at home, with your personal care regime. The Spa at Elbow Beach is the exclusive on-island distributor of ESPA products.

SUITE EXPERIENCES

Your own private sanctuary awaits you in our Spa Suites; offering you your personal rain shower, vanity area, luxurious granite bath and a balcony overlooking the azure Atlantic. Couples' suites include a steam shower with a private vanity area, and a large, granite soaking tub for two. Both types of suites have a relaxing and cozy daybed to nestle into, whilst enjoying the beauty and serenity of your environment.

JOURNEYS

RUM SWIZZLE RITUAL *3 hours – \$435*

Bermuda's signature beverage, the Rum Swizzle, is now a signature spa experience. Includes a welcoming foot ritual, full body scrub, bath, Rum Swizzle cocktail and full body and scalp massage.

BERMUDA SHORES *3 hours 20 minutes – \$375*

Enjoy the true experience of our Bermuda shores. Includes a welcoming foot ritual, full body exfoliation, Hibiscus bath, customised facial treatment and foot massage.

BODY SCRUBS

All body scrubs are completed with a relaxing scalp massage and full body lotion application.
50 minutes – \$110

DETOXIFYING SALT SCRUB

A stimulating ritual for renewed radiance. Refining natural sea salts gently sweep away dull cells while invigorating grapefruit, cypress and eucalyptus stimulate circulation and help eliminate toxins.

FULL BODY ROSEMARY AND ORANGE SCRUB

Using a blend of hand-picked rosemary and fresh-squeezed oranges, this scrub helps to boost the lymphatic system while exfoliating the skin to create radiance and softness.

FULL BODY LEMONGRASS AND GINGER SCRUB

Lemongrass and fresh ginger are blended with sea salt in this warming body scrub that helps to improve circulation and digestion.

FULL BODY COCONUT GINGER SCRUB

This deliciously scented full body scrub creates soft, smooth skin and head to toe vibrancy using a potent combination of skin nourishing ingredients, powerful anti-aging antioxidants and vitamins.

BODY WRAP

PERSONALISED OCEAN BODY WRAP *1 hour 20 minutes – \$185*

This wrap begins with skin brushing and a body exfoliation. Customised aromatherapy oil is applied before the completely enveloping marine mud body wrap. Ultimate tranquility is achieved with a mind-calming head massage.

BODY MASSAGES

OASIS *1 hour 20 minutes – \$225*

This massage uses various techniques including, gliding, kneading and cross-fibre friction to release and dissolve muscle knots. It promotes relaxation, increases oxygen flow and rids the body of toxins.

THERAPEUTIC *1 hour 20 minutes – \$229*

This truly effective massage helps dissolve aches and strains. The oil is applied to the body using the therapist's elbows and forearms in this stimulating and deeply energising massage.

AROMA STONE *1 hour 20 minutes – \$229*

This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension.

AROMATHERAPY *1 hour 20 minutes – \$225*

A deeply therapeutic holistic treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm.

THAI *1 hour 20 minutes – \$255*

This massage does not utilize oils or lotions and the guest remains clothed during the treatment. There is constant body contact between the therapist and guest and the body is compressed, pulled, stretched and rocked in order to clear energy blockages and relieve tension.

THAI HERBAL POULTICE *1 hour 20 minutes – \$229*

This energizing massage applies a heated herbal poultice filled with lemongrass and ginger to pressure points on the body to relax muscles and release tension. It also includes Eastern and Western massage techniques combined with personalised essential oils.