

ELEMIS WAS BORN IN BRITAIN AS A SPA-THERAPY BRAND TO ANSWER A NEED FOR SKINCARE THAT IS SCIENTIFICALLY ADVANCED BUT GROUNDED WITHIN NATURE.

By carefully selecting and harvesting medicinal grade plant and marine extracts and combining these with the power of touch, we have developed a brand that promises divine indulgence with incredible results. Elemis is a lifestyle brand. Every skin or body care product you experience is available for purchase so you may continue your quest for well being and beauty at home. The alchemy of touch and aroma is an ancient formula. Rediscover it here, at Elemis Spa.

To help in your selections, look for this Elemis symbol



which identifies our

signature services and most popular treatments.

E L E M I S . D E F I N E D B Y N A T U R E . L E D B Y S C I E N C E .



facialtherapies

Pro-Collagen Quartz Lift Facial

This anti-wrinkle facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment.* The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energize cell communication, while Laminaria Digitata and Red Coral optimizes cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance. *Independent Clinical Trials 2007 60 minutes / \$170

Tri-Enzyme Resurfacing Facial

This ground breaking anti-aging facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just one treatment, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.* Pioneering the precision layering of three targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion. *Independent Clinical Trials 2006 60 minutes / \$180

Visible Brilliance Facial

Independently tested with revolutionary results, this anti-aging face and eye treatment instantly firms, rejuvenates and plumps up the skin, while helping to reduce dark circles. Moisture levels of the skin are proven to increase by up to 61% and elasticity by 40% after just one treatment*. Specialized micro-circulatory massage techniques are combined with the powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance. This amazing treatment is further enhanced by a luxurious hand, arm and scalp massage. *Independent Clinical Trials 2004 60 minutes / \$165

Skin Specific Facial

A deep cleansing, active aromatherapy facial for men and women. This facial combines the power of premium grade essential oils to help de-stress and oxygenate the skin cells. Choose from: *Herbal Lavender Repair* to help heal and balance combination skin types, *Exotic Moisture Dew* for dry, dehydrated skin and *Fruit Active Glow* to revive dull, lifeless complexions 60 minutes / \$145



beauty...
is a loved face

La Thérapie HydraLift Facial

This youth-enhancing facial produces results that are fast and dramatic. With the use of galvanic stimuli the appearance of fine lines and wrinkles are reduced, skin tone and texture are restored and the complexion becomes smoother and more radiantly youthful after just one treatment. If you want to concentrate on those areas vulnerable to the first signs of aging such as your eyes, neck and lips then this highly effective skin treatment is for you 50 minutes / \$160

La Thérapie HydraPeel Facial

Safe for all skins, unbuffered Glycolic preparations offer immediate, visible results for aging, sun damaged, acne-prone and hyper-pigmented skin. Following a thorough skin analysis and consultation you will be prescribed a treatment regimen appropriate for your specific needs. With the use of galvanic stimuli, the active ingredients are propelled into the deepest surface layers of the skin, helping to remineralize, rehydrate and rehydrate beyond the surface. Results are immediate after one treatment and lines, wrinkles and scarring appear finer and lighter 50 minutes / \$180

La Thérapie Intensif Facial

Upgrade your La Thérapie HydraLift or HydraPeel Facial and target those areas most vulnerable to premature signs of aging. This facial includes booster treatments using patented formulas to minimize visible signs of aging around the eyes, the lip and delicate skin on the neck. Combining potent formulas that include plant collagen to plump up the cells, Caviar to help lift the skin and vitamins and anti-oxidants to offer powerful protection against free radical damage, this facial promises to provide your skin with a positive boost of reinforcement. As an added treat, La Thérapie Intensif also includes the HydraPeel Hand Treatment, a facial for the hands, that helps resurface the skin and fade the appearance of brown spots and dryness 50 minutes / \$220

La Thérapie Micro-Therapy Facial

Using the latest computerized technology and fine granules we gently exfoliate the skin's surface to reveal the healthy, undamaged skin underneath; then we nourish and deeply cleanse the skin using special formulas to withdraw deeply embedded impurities. Microdermabrasion non-invasively helps soften fine lines, reduce skin discoloration, tighten the pores and reduce the appearance of age spots and scarring. When combined with La Thérapie HydraLift, it is as indulgent as it is effective 50 minutes / \$200



skinintelligenceformen

Skin IQ for Men Facial

Helping to calm irritation and minimize the skins of aging, this facial is the ultimate overhaul for male skin. Incorporating the Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-aging treatment protects against the harsh effects of shaving and environmental damage. This treatment includes a relaxing scalp and foot massage *60 minutes / \$140*

Urban Cleanse for Men Facial

This super-grooming facial decongests the skin, works overtime to eliminate blocked pores, rapidly accelerates skin repair and neutralizes impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean *60 minutes / \$130*

Men's Spa Escape

Men can enjoy revitalizing spa skin and body care without the fuss, starting with an Skin IQ Facial for skin cleansing and anti-aging followed by a Deep Tissue Muscle Massage for pure relaxation and de-stress ... *2 hours / \$275*
With a Men's Sports Manicure and Pedicure *3 hours / \$345*



beauty...

is a healing touch



massage**therapies**

Aroma Stone Therapy

Harnessing the properties of Basalt stones, we bathe them in warm water, anoint them with the spicy, sensual aromas of the Orient, and massage them on key energy points of your body to balance the spirit. The deep penetrating heat of the volcanic Basalt Stones, combined with traditional massage techniques and warmed oils is an experience that is nothing short of divine! *50 minutes / \$165 or 75 minutes / \$210*

Deep Tissue Muscle Massage

Excessive physical activity can cause deep muscular and joint distress. This massage helps to warm and relax the muscles and improve range of motion. Enjoy before physical activity to increase flexibility and afterward to help the speedy recovery of strained muscles *50 minutes / \$135 or 80 minutes / \$195*

Swedish Massage

This classical European technique of manipulating muscles with aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems *50 minutes / \$125 or 80 minutes / \$185*

Hawaiian Wave Four Hand Massage

From Hawaii, traditional Lomi Lomi massage movements sweep the length of the body like a synchronized dance. The experience of having two intuitive therapists working at the same time is the closest that one could imagine to such a mystical experience of the sublime. Four expert hands complement and follow each other to caress and comfort your body's energy flow, resulting in the ultimate experience ... *50 minutes / \$250*

Reflexology

This ancient Chinese therapy uses pressure point massage on specific energy channels on the feet. Based on the philosophy that the soles of the feet mirror the vital organs within the body, reflexology can release blocked energy that leads to excess fatigue and tension in the body *50 minutes / \$130*

Nurturing Massage for Mother-to-Be

Connecting with mother and baby, through the power of touch, tried and tested safe pregnancy massage techniques are adapted to each stage of pregnancy. Specialized positioning is used to ensure the ultimate in comfort and relaxation *50 minutes / \$150*

Couples Massage

What a perfect way to spend time with someone you love. Both of you will enjoy a full body massage side by side 50 minutes / \$260

massageupgrades

Fancy a bit more? Choose from the following indulgences to upgrade your treatment.

Bathing Rituals Add a 25-minute luxurious bathing experience to any massage or body treatment ... +\$40

Sensory Dry-Float Bed Experience Any wraps can be enjoyed in our floatation bed enhancing both the physical and relaxation benefits of our treatments +\$40

Hot Stone Therapy We use the vitality and energy of heated stones to soothe away stress and relieve muscular tension, aches and pains +\$40

Conditioning Foot Treatment An indulgent treat for the feet that rejuvenates and revitalizes +\$30

Frangipani Nourishing Hair and Scalp Treatment Restores luster to the hair and scalp and promises unadulterated relaxation +\$30

Prolong-the-Bliss 50 or 80 minutes just not enough for you? Add a 30 minute segment to your massage to prolong the bliss a little longer +\$60

Exotic Lime and Ginger Salt Glow Add a 25-minute exotic body polish to your massage +\$70

Elemis on-the-go!

In-Suite Massage Let us bring the spa to you. Allow the power of touch combined with the healing qualities of Aromatherapy relax your mind, body and soul in the comfort of your room. All In-Suite Massages are booked with the same gender therapist *available upon request*

 **Aroma Spa Seaweed Massage** *Cellutox or Musclease*

Combining the richness of sea plants and marine algae with aromatherapy, this treatment is deeply detoxifying at all levels for women and men. A warm seaweed body mask containing a synergy of cleansing essential oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away and relax with a scalp massage and foot massage while the active ingredients work to detoxify, decongest and stimulate your body systems. Then we follow with a half or full body massage focusing on the main areas of tension. Choose from *Cellutox* for detoxification or *Musclease* to help relieve sore joints and muscular tension.

With a 50 minute massage 100 minutes / \$255
 With a 25 minute back massage 75 minutes / \$175

Body Sculpting Cellulite and Colon Therapy

Elemis has developed a clinically proven body sculpting treatment that target cellulite, helps to reduce retention, firms and tones the body. This treatment included an abdominal massage that will cleanse the body from the inside-out, and a relaxing scalp massage. It also contains a special fennel mask to firm and tone the hip and thigh area 60 minutes / \$150

 **Ionithermie Cellulite Reduction Treatment**

This detoxification treatment will reduce the appearance of cellulite, firm and tone the skin, cleanse the body, and promote inch loss (up to 8 inches) in just one session. Using two gentle stimuli, your therapist will focus on problem area such as the stomach, thighs and buttocks. By propelling marine rich elements into affected areas, this treatment can drain fluid, smooth the skin and give the body more definition. For ultimate benefits and detoxification, we recommend you book in for a course of three treatments during your stay 60 minutes / \$150 or a course of 3 (save \$50) / \$400 or a course of 5 (save \$100) / \$650

Ionithermie Cheek Lift

This acclaimed cheeky treatment will help to give your buttocks a lift while firming and toning the skin. Active ingredients are applied to the area before we apply a soothing Clay, Algae and Pine Mask. Gentle stimuli are then placed on the buttocks, thighs and tummy to stimulate muscle tissue and firm the skin 60 minutes / \$150



beauty...

breaks boundaries



nourishingtherapies

Exotic Lime and Ginger Salt Glow

This exotic exfoliation ritual invigorates and brings vitality to your body. After light body brushing, warm oil is drizzled luxuriously all over the body, before our Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed, polished and softened to perfection.

With a 50 minute massage 75 minutes / \$205
With a 25 minute back massage 50 minutes / \$145

Exotic Coconut Rub and Milk Ritual Wrap

This traditional Balinese coconut recipe polishes the skin while the sensation of warmed Exotic Frangipani Monoi Moisture Melt and Milk Bath being drizzled over your body is simply divine. The natural ingredients work to heal while you enjoy a relaxing scalp massage

With a 50 minute massage 75 minutes / \$205
With a 25 minute back massage 50 minutes / \$145

Exotic Frangipani Body Nourish Wrap

Inspired by a Tahitian recipe, this wrap blends fragrant Coconut and Frangipani Flowers to produce Monoi Oil, a scented oil traditionally used by Polynesian women to protect and condition their bodies from environmental stressors. We anoint your body with this warm, rich and creamy formula before you are cocooned in a comforting wrap while you enjoy a conditioning scalp massage.

With a 50 minute massage 75 minutes / \$205
With a 25 minute back massage 50 minutes / \$145

Experience the ultimate indulgence in the following ceremonies. Now is your time to relax. All packages include access to the relaxation areas and the fitness center.

RECHARGE

Invoke health and wellness. Experience revitalization through the Exotic Lime and Ginger Salt Glow and a Deep Tissue Muscle Massage. Rejuvenate your skin with a Visible Brilliance Facial 2 hours 30 minutes / \$370
 With a Classic Manicure and Pedicure 4 hours / \$440

BLISS

Bask in the pleasures of an Aroma Stone Therapy, then emerge radiant from your La Thérapie HydraLift Facial. Enjoy light fare from our healthy spa cuisine menu, followed by a luxurious and pampering Pro-Collagen Hand and Nail Treatment with Manicure and the Sole Delight Foot Treatment with Pedicure. Treat yourself to a shampoo and blow dry and personalized makeup application. Leave feeling refreshed and beautiful all over 5 hours 30 minutes / \$605

RENEW

Firm and Tone with your choice of the Aroma Spa Seaweed Massage or Body Sculpting Cellulite and Colon Therapy and then resurface your skin with the Tri-Enzyme Resurfacing Facial. After your treatments enjoy a light fare from our healthy spa cuisine menu 2 hours 30 minutes / \$355

LOVE

Indulge in a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body massage side by side and then relax while you enjoy a light lunch. The finale... a facial elixir, for her the Visible Brilliance and for him the Urban Cleanse for Men 2 hours 30 minutes / \$625

DREAM

Get over jet lag and long business meetings in half the time with this ritual. Your journey begins with a nourishing Frangipani Wrap, scalp and foot massage to help replenish your body while you take a 30 minute nap, cocooned in our unique Sensory Dry-Float Bed. To complete the renewal of the body and mind we will give you a rejuvenating 50 minute Swedish Massage. This wonderful treatment will leave you feeling re-energized like you've slept for days 2 hours / \$245



beauty...

is inspired

Our spacious beauty salon offers treatments by experts to condition and beautify your hair, hands and feet. A full service salon, equipped with personalized airbrush tanning and mineral makeup. We have multiple pedicure thrones and a social manicure bar for nail work including traditional manicure and pedicure and rituals for the hands and feet. Some of our signature salon services are listed below. For a full list of salon services and prices please see our price list.

Frangipani Conditioning Hair and Scalp Ritual

We use rich Frangipani Monoi Oil, legendary for its ritual uses in Tahiti. After cleaning your hair, we massage the scalp with this precious ingredient to ease away stress and give the hair a vibrant, healthful shine. To ensure the full benefits are received, we wrap the hair in a warm towel. Add this to any hair service *50 minutes / \$80*

Pro-Collagen Hand & Nail Treatment with manicure

Redefine the hands of time. An anti-aging treatment to soothe dry, chapped hands and nails. Conditioning and strengthening nails, this treatment targets age spots, reduces crepiness and leaves hands beautifully smooth and youthful looking *50 minutes / \$55*

Sole Delight Foot Treatment with pedicure

This is the most rejuvenating foot therapy. Indulge your feet in warmed aromatherapy oils combined with the decadence of milk, followed by a Classic pedicure. You will feel like you are walking on air ... *60 minutes / \$85*

Eyelash Extensions

Our eyelash treatment is a safe and easy way to lengthen your lashes and reveal your most glamorous eyes. Synthetic lashes are bonded to your own lashes for a natural or dramatic look that can last between 4 to 6 weeks depending on your natural lash cycle
..... *Semi-Permanent Lashes from \$200 / Fills from \$75 / Temporary Lashes from \$30*



fitnesscenter

The Fitness Center at the Mohegan Sun Hotel offers cardiovascular and strengthening equipment as well as fitness classes. For those looking for extra motivation, book in for a Personal Training session or soothe sore muscles by experiencing our Alpha Capsule system. Monthly membership programs are available. Please ask to see our class schedule and membership plan for more details.



specialservices

Wedding Day Make-Up and Styling

Let us develop an individual service tailored to the needs of you and your wedding party. Prices are based on time and number of persons participating. Ask your Spa Group Coordinator for details.

Elemis Spa Gift Cards

Gift Cards are available for all services and spa packages and may be requested by calling 24520 from your room or 860-862-4520 from outside the resort. Gift Certificates are packaged in an attractive envelope ready for presentation. At your request, we will mail Gift Certificates to the designed recipient at a nominal fee. We will also customize special packages for you.

Spa Groups Events

If you are bringing a group to stay at Mohegan Sun Hotel, don't forget to pre-plan spa arrangements for your guests. Our Spa Group Coordinator will be happy to ensure your spa appointments are scheduled, and that you and your group are indulged completely. Please call us at 860-862-4520 to find out about our group programs.



Hours of Operation

The Spa and Beauty Salon are open from 8am-9pm weekdays, and 8am-10pm weekends. Fitness Center is open from 6am-9pm daily.

Reservations

To schedule treatments at the spa during your stay, please call our spa directly from the Mohegan Sun Hotel by dialing ext. 24520. If you are calling from outside the resort, dial 860-862-4520 or for more information go to www.elemisspa.com. We accept most major credit cards which are required to hold your reservation. We suggest making appointments in advance. However, we will always do our best to accommodate your requests.

Treatment Time

Please arrive at least fifteen minutes prior to your scheduled appointment so you can relax in our Relaxation Lounge and make full use of the facilities. Regretfully, if you are late for an appointment we may have to shorten your treatment time to be on schedule for the next guest.

Valuables

For the safety of your valuables, we suggest that you leave them in the safe provided in your hotel room. The spa will not assume any liability for valuables.

Cancellation Policy

We require a credit card for all appointments and at least four hours notice for cancellation to avoid being charged the full price for your treatment.

Purchase Policy

You can exchange unopened products within 14 days of purchase if you have a receipt. We cannot exchange any opened products.

Service Charge

An additional 20% service charge will be added. Gratuity for exemplary service is discretionary. All our service offerings and prices are subject to change without notice.

Minimum Age Requirements

Spa guests under 16 must be accompanied by a parent or guardian for all Spa Services. Swimsuits are required. Minimum requirements for the fitness center and spa amenities are 16 and up. Salon services are available to guests of all ages.

Comments

We would love you to fill out our comment card and tell us about the service you received and how it compares to your other spa experiences. Please pick up a comment card from the front desk.

Keep In Touch

Make the spa part of your lifestyle and visit us at www.timetospa.com. Here you may purchase your skin, body and hair care products as well as read our inspiring articles, find some delicious healthful recipes and be privy to our special offers.