



Elemis
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MOHEGAN SUN HOTEL



beauty...

is a changing face

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

Eleemis Tri-Enzyme Resurfacing Facial

This groundbreaking 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.* This superior treatment is further enhanced by a luxurious hand, arm, décolletage and scalp massage. *Independent Clinical Trials 2006 60 minutes

Eleemis 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.* Empowered with Quartz micro-crystals and the anti-oxidant properties of other precious minerals, this treatment will slow down the visible signs of aging, leaving the skin firmer and uplifted. This exceptional therapy includes a hand, arm and scalp massage. *Independent Clinical Trials 2007 60 minutes

Eleemis Visible Brilliance Facial

Independently tested with revolutionary results, this anti-aging face and eye treatment instantly firms, rejuvenates and plumps the skin while helping to reduce dark circles. The skin's moisture levels are proven to increase by up to 61% and elasticity by 40% after just one treatment.* Specialized micro-circulatory massage techniques are combined with 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

Eleemis 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

Eleemis Purifying Back Facial

The skin on the back can be prone to breakouts, so care for it with a deep cleansing and nourishing treatment. Impurities will be lifted, dry skin eliminated, and blemished skin will be soothed and calmed 50 minutes

Eleemis Skin IQ for Men Facial

Helping to calm irritation and minimize the signs 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

Eleemis Urban Cleanse for Men Facial

This super-grooming, deep-cleansing facial decongests the skin, working overtime to help eliminate blocked pores, rapidly accelerate skin repair, and neutralize 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

Micro-Therapy Facial

This revolutionary face therapy takes the technology of micro-dermabrasion to another level by using a gentler approach to beautiful skin that will not cause irritation. This treatment non-invasively helps to soften fine lines, reduce skin discoloration, tighten pores, and reduce the appearance of age spots and scarring. 50 minutes

In a hurry? Try our **Express Microdermabrasion** 25 minutes

Breakout-Busting Facial

The ultimate in deep cleansing, this anti-acne facial combines an oxygen wrap, deep pore purging, massage and a targeted task mask to keep breakouts at bay 60 minutes

Glow and Behold Facial

This complexion-reviving facial starts with a resurfacing peel followed by an oxygen wrap, the necessary extractions, facial massage, an application of the face-freshening Triple Oxygen Cream, and face and eye masks. It's like a breath of fresh air for your face – literally! 60 minutes

Looking to enhance your facial? Add a glycolic peel for anti-aging or a salicylic peel for oily skin.

Build-on a bilberry & vitamin C seaweed task mask to soothe, rejuvenate and refine the skin or a breakout-busting task mask to heal and replenish problem skin.



beauty...

is a loved face





massage**therapies**

Eleemis 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 or 75 minute

Eleemis 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 or 80 minutes

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 or 80 minutes

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 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

Reflexology

An ancient healing therapy that is as blissful as it is beneficial, reflexology works on the principle that all body organs are connected to reflex points in the feet via constantly flowing energy channels. Massaging these reflex points restores natural energy flow and improves overall health by sending waves of deep relaxation throughout your body 25 or 50 minutes

Eleemis Nurturing Massage for Mother-to-Be

Specially designed for mothers-to-be, this massage promotes relaxation, increases circulation, and provides comfort during this wondrous time of change. The treatment helps to relieve tension and alleviate swelling in the hands and feet while uplifting the spirit. Comfort and safety is ensured with supportive pillows and Japanese Camellia Oil 50 minutes

Couples Massage

What a perfect way to spend time with someone you love. Enjoy a full-body massage side by side.

..... 50 or 80 minutes



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.

Conditioning Foot Treatment An indulgent treat for the feet that rejuvenates and revitalizes.

Exotic Lime and Ginger Salt Glow or Citrus Body Gloss Add a 25-minute invigorating body polish to your massage.

Frangipani Nourishing Hair and Scalp Treatment Restores luster to the hair and scalp and promises unadulterated relaxation.

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

Prolong-the-Bliss 50 or 80 minutes just not enough for you? Add 30 minutes to your massage to prolong the bliss a little longer.

Sensory Dry-Float Bed Experience Enjoy any wrap in our floatation bed, enhancing both the physical and relaxation benefits of our treatments.

Warming Paraffin Treatment Stimulates circulation and relieves stiff necks, sore lower back, and chapped dry hands or feet. Complements any massage, skincare or nail service.

Cabana Massage Enjoy complete relaxation in your deluxe poolside cabana. Please contact a Spa Concierge for further details.

In-Suite Massage available upon request.

A photograph of a woman with dark hair pulled back, sitting and looking back over her right shoulder towards the camera. She is unclothed. The background is bright and out of focus, suggesting an indoor setting with large windows. The lighting is soft and natural, highlighting her skin tones.

beauty...

is a healing touch



nourishingtherapies



Elemis Exotic Lime and Ginger Salt Glow

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

With a 25-minute back massage 50 minutes
With a 50-minute, full-body massage 75 minutes

Citrus Body Gloss

A citrus infusion for the senses. Your body will be polished and smoothed to a glow with our uplifting bliss® blood orange + white pepper sugar scrub, complete with an application of body butter to hydrate the skin.

With a 25-minute back massage 50 minutes
With a 50-minute, full-body massage 75 minutes

Elemis Exotic Coconut Rub and Milk Ritual Wrap

This traditional Balinese coconut recipe polishes the skin while the sensation of warmed Exotic Frangipani Monoi Oil and Skin Nourishing 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 25-minute back massage 50 minutes
With a 50-minute, full-body massage 75 minutes



Elemis 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. The body is anointed with this warm, rich and creamy formula before being cocooned in a comforting wrap while you enjoy a conditioning scalp massage.

With a 25-minute back massage 50 minutes
With a 50-minute, full-body massage 75 minutes

Airbrush Tanning

Bronze your body to perfection. Our custom tailored spray tan helps you acquire a healthy, natural looking golden brown glow in just minutes. This fast, sunless and flawless spray tan is personalized for your body and skin tone. We promise not to tell. Perfect for men and women 30 minutes

A close-up photograph of a person's back and shoulders being treated with a thick, grey mud mask. Two hands are visible, applying the mask in circular motions. The person's head is tilted back, and their dark hair is visible in the lower-left corner. The background is a bright, out-of-focus blue.

beauty...

breaks boundaries

 **Elemis 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 and foot massage while the active ingredients work to detoxify, decongest and stimulate your body systems. Then, we follow with a 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 25-minute back massage 75 minutes
- With a 50-minute, full-body massage 100 minutes

 **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 areas 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 a course of three treatments 60 minutes

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 is then placed on the buttocks, thighs and tummy to stimulate muscle tissue and firm the skin 60 minutes

“Slim” and Proper

Elemis has developed a body sculpting treatment that targets cellulite, helps to reduce fluid retention, and firms and tones the body. A detoxifying fennel and birch peel-off mask is combined with beneficial massage techniques on the hips and thighs to boost blood flow and drain away fluid, leaving your skin firmer and smooth to the touch. This treatment includes a relaxing scalp massage 75 minutes

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.

DREAM

Evoke health and wellness. Combining the Elemis Visible Brilliance Facial for lustrous skin with our relaxing Swedish Massage, this ritual will refresh your spirit and strengthen your vital energies 1 hour 50 minutes
 With a Classic Spa Manicure and Pedicure 3 hours 20 minutes

RECHARGE

Experience revitalization through the Elemis Exotic Lime and Ginger Salt Glow and Elemis Deep Tissue Muscle Massage. Recharge your skin with a deep pore cleansing Breakout-Busting Facial 2 hours 15 minutes
 With a Classic Spa Manicure and Pedicure 3 hours 45 minutes

BLISS

Bask in the pleasures of a 75-minute Elemis Aroma Stone Therapy massage, then emerge radiant from your Glow and Behold Facial. Enjoy light fare from our healthy spa cuisine menu followed by a luxurious and pampering Elemis Pro-Collagen Hand and Nail Treatment with manicure and an Elemis Sole Delight Foot Treatment with pedicure. Treat yourself to a Shampoo and Style and personalized Make-Up Application. Leave feeling refreshed and beautiful all over 6 hours

RENEW

Firm and Tone with a 75-minute Elemis Aroma Spa Seaweed Massage and then resurface your skin with an Elemis Tri-Enzyme Resurfacing Facial 2 hours 15 minutes

LOVE

Just for two, add meaning to quality time with a lovely side by side massage in our suite reserved for couples followed by an indulgent Elemis Visible Brilliance Facial for her and Elemis Skin IQ for Men Facial for him. Then, enjoy a relaxing light lunch 2 hours 20 minutes

ESCAPE

Men can enjoy revitalizing skin and body care without the fuss, starting with an Elemis Skin IQ for Men Facial for skin cleansing and anti-aging followed by an Elemis Deep Tissue Muscle Massage for pure relaxation and de-stress 1 hour 50 minutes
 With a Men's Sports Manicure and Pedicure 3 hours



beauty...
is inspired

Our spacious beauty salon offers treatments by experts to condition and beautify your hair, hands and feet. Some of our signature salon services are listed below. For a full list of services and prices see our price list.

Elemis Frangipani Conditioning Hair and Scalp Ritual

We use rich Exotic Frangipani Monoi Oil, legendary for its ritual uses in Tahiti. After cleaning your hair, we massage the scalp with this precious ingredient and wrap the hair in a warm towel to ease away stress and give the hair a vibrant, healthful shine. This treatment includes a blow dry.

Elemis Pro-Collagen Hand & Nail Treatment with manicure

Redefine the hands of time with an anti-aging treatment to soothe dry, chapped hands and nails. Designed to condition and strengthen nails, this treatment targets age spots, reduces crepiness, and leaves hands beautifully smooth and youthful looking.

Elemis 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 Skin Nourishing Milk Bath followed by a Classic Spa Pedicure. You will feel like you are walking on air.

Shellac Manicure & Pedicure

No drying time. No chipping. No smudging. This tough as nails treatment uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color, and perfect finish. It provides excellent wear and comfortable protection for up to 14 days.

Fire & Ice Manicure and Pedicure

Revitalize the hands and feet with a manicure and pedicure that will warm your senses and cool your tension. Savor the sublime as your feet and lower legs are soothed with our cooling gels and then warmed with a heated stone massage. The combination of hot and cold plus aroma-therapeutic ingredients promotes healthy-looking skin and nails.

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.



fitnesscenter

The Fitness Center at the Mohegan Sun 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. 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 Cards are packaged in an attractive envelope ready for presentation.

Spa Groups Events

If you are bringing a group to stay at Mohegan Sun, 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.

-  Prepare for your spa journey. The more relaxed you are, the more the treatments will enhance your well-being.
-  Please arrive at least 15 minutes before your scheduled treatment time. If you are late for an appointment, we may need to shorten your treatment time to be on schedule for the next guest.
-  To keep the serenity of the spa, we ask you turn off your mobile phone and electronic devices upon arrival.
-  Spa robes and sandals are provided for your comfort. You may leave personal belongings in a secure locker. The spa will not assume any liability for valuables.
-  Treatment times may vary slightly and are approximate.
-  A credit card is required to reserve all appointments. We accept most major credit cards. Please provide at least 4 hours' notice of cancellation to avoid being charged in full for your treatments.
-  A 20% service charge will be automatically added to the final bill. Additional gratuity for exemplary service is discretionary. Prices and services are subject to change without notice.
-  Spa guests are required to be 18 years or older to receive treatments or utilize the spa facilities. Guests under 18 receiving a teen or kid treatment must be accompanied by a parent or guardian. Swimsuits are required. For more information, please see our teen and kid spa menu.
-  In consideration of other guests, please leave pets relaxing at home.

Hours. The Spa is open from 8:30am-8pm Monday through Thursday, 8am-9pm Friday, and 7:30am-8 pm Saturday and Sunday. The Beauty Salon is open from 9am-7pm Monday through Thursday, and 8am-8pm Friday through Sunday. The Fitness Center is open 24 hours.

Reservations. To schedule treatments please call our spa directly from the Mohegan Sun by dialing extension 24520 or 860-862-4520 from outside the hotel. For more information visit, www.elemispa.com.

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

Comments. We welcome you to discuss your likes, concerns or questions with your therapist before and after your treatment. After your experience, we would like you to share it with us via a survey that will be sent to your e-mail account.



Elemis

EXOTIC
FRANGIPANI
MOISTURE MELT

EXOTIC

100 ml e 3.5 fl.oz.



Mohegan Sun Hotel

Uncasville, Connecticut

1-866-877-Mohegan / 860-862-4520

For Elemis Spa locations, visit www.elemisspa.com