



**Elemis**  
spa

LOEWS MIAMI BEACH HOTEL



beauty... is

**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 .**

### Facial Mapping Analysis

Highly recommended before a facial! Through highly advanced clinical imaging, your skincare therapist will show you what your skin looks like both above and below the surface. Several images will assess any UV spots, sun damage, pores, evenness (color variation in skin tone) and porphyrins (evidence of bacteria lodged in pores, which can lead to acne). This highly technological method of analyzing the skin has the ability to define the cause of many skin problems and clarify the best skincare solutions for your unique condition. The results of your analysis will determine which facial treatments are best for you along with the best products for continued care at home. *30 minutes*

### Tri-Enzyme Resurfacing Facial

This new breakthrough anti-aging facial treatment is clinically trialed to bring unprecedented resurfacing results. Targeting fine lines and wrinkles, acne and superficial scarring and uneven skin tone, the Tri-Enzyme Resurfacing Facial 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. Clinically trialed to prove that in one treatment up to 74% resurfacing and up to 32% increased skin smoothness.\* *50 minutes*

### Visible Brilliance Facial

Independently tested with revolutionary results, this anti-aging face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. Moisture levels of the skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment. Specialized micro-circulatory massage techniques are combined with the powerful proven formulations of Liquid Radiance, Cellular Recovery and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance and plumpness. This superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy. *50 minutes*

### Urban Cleanse Facial for Men

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. *50 minutes*

### La Thérapie HydraLift Facial

This anti-aging lifting and hydrating facial has been created by Parisian scientists to target your specific skincare needs. A fully qualified aesthetician will carry out a thorough skin analysis and consultation in order to prescribe the most beneficial products. Galvanic Frequency is used to encourage active ingredients to deeper layers of the skin where cell renewal takes place and the stimulating effects of High frequency boost the circulation and enhance oxygen absorption, whilst creating a protective, antibacterial layer on the skin. The results are a deeply cleansed skin, smoothed and hydrated... "Skin Perfection." *50 minutes*

### La Thérapie Intensif Age Zone Treatment

Add any two of the following intensive treatments to your La Thérapie HydraLift Facial: **Intensif Eye Treatment** Patented antioxidants target visible signs of aging to effectively diminish fine lines and wrinkles and reduce dark circles. **HydraLip Intensif** Potent antioxidants increase collagen production to plump out and enhance the contours of the lips. **HydraNeck Intensif** The power of Caviar extracts is used to help lift and firm the delicate skin around the neck and décolleté. **HydraPeel Hand Treatment** A combination of Dermatological products effectively resurfaces the skin to reduce brown spots, dryness and signs of aging.

### La Thérapie Intensif Vitamin Anti-Oxidant Treatment

To maximize the full potential of any La Thérapie Facial, supplement it with a powerful dose of vitamin protection. These potent Vitamin C and Vitamin A anti-oxidant serums provide superior free radical protection for the ultimate anti-aging boost. Exclusively patented formulations offer solutions for fine lines and wrinkles, scarring and blemishes.

### 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*

### Deep Tissue Muscle Massage

Excessive physical activity can cause deep muscular and joint distress. Our Deep Tissue Sports Therapy massage helps to warm and relax the muscles and improve range of motion. Enjoy before physical activity to prevent injuries and after to help the speedy recovery of strained muscles. *50 minutes 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 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*

### 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 on our unique beanbag is used ensures comfort and relaxation. *50 minutes*

### Swedish Massage

This traditional massage uses lymphatic drainage techniques to remove lactic acid build up and toxins that cause tension in the body. Indulge yourself in a full body massage today. *50 minutes or 80 minutes*

### 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, tension in the body. *50 minutes*

A photograph of a woman with dark hair pulled back, sitting and looking over her right shoulder towards the camera. She has a soft, neutral expression. Her skin is smooth and appears to be in good health. The background is bright and out of focus, suggesting an indoor setting with natural light.

beauty...

is an evolving body

A close-up photograph of a person's back and shoulders being treated with a thick, grey mud. The mud is applied in large, textured strokes, covering the skin. 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. The text 'beauty...' is written in a large, white, lowercase, sans-serif font across the upper part of the image, and 'is a healing touch' is written in a smaller, white, lowercase, sans-serif font below it.

beauty...  
is a healing touch

### Exotic Lime and Ginger Salt Glow

Warm oil is dripped luxuriously all over the body before our Exotic Lime and Ginger Salt Glow is applied. Your skin will be polished to perfection before being utterly indulged in our signature massage. *With a 30 minute Deep Tissue Back Massage 60 minutes / With a 60 minute Deep Tissue Muscle Massage 90 minutes*

### Exotic Coconut Rub and Milk Ritual Wrap

A ceremony of pure sensuality to tantalize and delight! A traditional Balinese recipe with Coconut, Mungbean, Spices and Lavender polishes the skin, while exotic body oil indulges your senses. Bask in the ritual as warm Milk Bath is poured lavishly over your body before being cocooned in a comforting wrap. *With a 30 minute Deep Tissue Back Massage 60 minutes / With a 60 minute Deep Tissue Muscle Massage 90 minutes*

### Exotic Frangipani Body Nourish Wrap

From the exotic shores of Tahiti, Coconut and Frangipani flowers are soaked together to produce Monoi, which literally means "scented oil." With the most exotic aroma and texture imaginable, Polynesian women traditionally use this to protect their beautiful bodies and condition their lustrous hair. Drench yourself in its moisture and bathe in sensuality in a comforting foil wrap. *With a 30 minute Deep Tissue Back Massage 60 minutes / With a 60 minute Deep Tissue Muscle Massage 90 minutes*

### Cellutox Aroma Spa Ocean Wrap

Combining the richness of sea plants and marine algae with aromatherapy, this treatment is deeply detoxifying at all levels. A warm seaweed body mask containing a synergy of cleansing Juniper and Lemon Essential Oils is applied to your body before you are cocooned, either in a comforting foil wrap, or weightless in the unique dry float. Let your thoughts drift away, while you have a soothing face and scalp massage and let the active ingredients work to detoxify, decongest and stimulate your body systems. *With a 30 minute Deep Tissue Back Massage 90 minutes / With a 60 minute Deep Tissue Muscle Massage 120 minutes*

### Musclease Aroma Spa Ocean Wrap

The power of aromatherapy is combined with the riches of the ocean in this deeply warming treatment. A heated seaweed mask containing a warming blend of Essential Oils such as Pine and Rosemary is applied to your body before you are cocooned in a warm wrap. Relax, weightless and will-less in the unique sensory dry float bath or in foil wrap, while the active ingredients work to ease arthritis, fatigue and muscle spasm. *With a 30 minute Deep Tissue Back Massage 90 minutes / With a 60 minute Deep Tissue Muscle Massage 120 minutes*

*The following medi-spa services are results focused and straddle the line between medical and cosmetic skin and body care. If you wish to evoke a more youthful appearance, reduce discoloration and sunburn damage, treat acne, relieve severe joint pain, fit into the little black dress or improve your overall well being then try any or all of these services. Expect amazing results immediately.*

### **Acupuncture Facial Rejuvenation**

Get a younger more vibrant look without undergoing an invasive procedure. This natural approach to anti-aging uses acupuncture needles in specific energy points upon the face to reduce lines and wrinkles. An immediate difference will be noted. *60 minutes*

### **La Thérapie HydraPeel Facial**

Developed by leading dermatologists, this resurfacing facial combines the controlled use of cosmeceuticals with an advanced treatment program for fast, dramatic results. Safe for all skins, unbuffered Glycolic preparations offer immediate, visible results for aging, sun damaged, acne-prone and hyper-pigmented skin. A fully qualified aesthetician will carry out a thorough skin analysis and consultation in order to prescribe the most beneficial products for individual skincare needs. Results are immediate. Lines and wrinkles appear finer, scars and blemishes are soothed. The complexion glows with renewed health. *50 minutes*

### **Miracle Micro-Therapy**

Discovered in France, Micro-Dermabrasion has gained the reputation of being the most effective non-invasive face therapy for the softening of fine lines, skin discoloration, enlarged pores, sun and age spots, blemishes and both chicken pox and acne scars. Miracle Micro-Therapy takes this technology to another level by replacing the traditional Aluminum Oxide crystals with the kinder and more organic Baking Soda crystals. Miracle Micro-Therapy is so gentle we can work upon sensitive areas, including the eye lids and mouth. The result is a youthful, vibrant skin tone. After just one treatment a difference will be noted, but for ultimate results we recommend a series of 5 or 10 treatments. *30 minutes or 50 minutes*

A close-up profile of a woman's face, looking down and to the right. Her skin is smooth and has a natural glow. Three acupuncture needles are inserted into her shoulder, with their handles visible. The background is a soft, light gray.

beauty...

breaks boundaries

## Acupuncture

This traditional Chinese medicine has been practiced for thousands of years in China and uses sterilized needles on specific pressure points of the body to help ease pain and eliminate or ease ailments. The World Health Organization has identified that Acupuncture can treat the following conditions successfully: Acute and Chronic Pain, Insomnia, Menopause/PMS Cramps, Muscle Cramping, Obesity, Osteoarthritis, Rheumatoid Arthritis, Sciatica, Stress, Smoking Cessation, Alcohol Dependence. *60 minutes*

## Cupping

This ancient therapy can be added to your Acupuncture experience. Part of the Chinese healing system, cupping is a method of releasing heat from the body and eliminating upper back pain, stress and tension. The procedure: A torch is placed in a glass cup for a few seconds creating suction. The cup is then placed on the back. Multiple cups are used and left in place and/or moved around the back, picking up the skin. It is so powerful you will witness the tension leaving your body. This treatment improves circulation and motivates the blood to nourish the skin and release excess heat from the body. Add this treatment to your Acupuncture session. *15 minutes*

## Chinese Herbal Medicine Consultation\*

Sit down for 30 minutes for an indepth consultation with a licensed practitioner. During your consultation your blood pressure will be checked, along with your pulse and a thorough examination. Of course focus will be guided towards your area of concern. Chinese Herbal Medicines offer alternative and integrative measures for most of the common ailments in USA including: diabetes (type 1), high cholesterol, anxiety, hyper-tension, nervous conditions, depression, joint pain and bad digestion. \*Check for availability. *30 minutes*

## Ionithermie Cellulite Reduction Program

Created by a surgeon in France, Ionithermie is the only therapy available that helps to detoxify the body, reduce the appearance of cellulite and offer substantial inch loss in a single session. Using both galvanic and faradic stimuli, products rich in sea vegetation like Algae, Ivy and Kelp, are propelled into the fatty areas of the body, normally the thighs, buttocks, abdomen and/or upper arms. The detoxifying properties of the ingredients help to drain away the fluids from the trapped fat cells and smooth away the puckered appearance, giving the body more definition. Series of 3 or 5 recommended. *50 minutes*

*Keep fit at Loews in our fully facilitated gymnasium and Motion Studio. Pick up your class schedule from the gym or spa. Classes are offered multiple times daily. Day passes are available for purchase and include full use of the amenities.*

### **Personal Training**

Work with the Elemis instructor to create a work out plan that will help you achieve your fitness goals. Your personal trainer will be there while you work out, motivating you and ensuring that your posture and alignment is correct at all times.

### **Personal Yoga Instruction**

Like a class for one, your yoga instructor will take you through each move and ensure that your posture is perfect. Your instructor will also monitor and help push you deeper into each pose.

### **Personal Pilates Instruction**

Using the Pilates Reformer, your instructor will devise a program to help tone your areas of concern. Your instructor will help you focus on each move and set your repetition targets. As with yoga, posture is of utmost importance – and your instructor can ensure your alignment and posture is correct.

### **Nutrition and Fitness Assessment**

How fit are you? Find out with a fitness assessment that measures your vital signs to give you a clear indication of what your fitness focus should be. During this consultation your nutrition intake will be analyzed and alternative options, if necessary, recommended.

### **Body Composition Analysis**

Using bio impedance measuring gages we can test your body fluids and ascertain your fat to water ratio. This tells us a lot about your overall health and what adjustments could be made to attain great health and well being.



beauty...

is a smile



*The Salon at Elemis Spa will make you look as beautiful as you feel.*

### **Nurture Hair, Hand and Sole!**

Our spacious beauty clinic is equipped with experts and treatments to condition and beautify your hair, hands and feet. A full service salon, you can come to us for colors, permanent waves and styling solutions. We have multiple state-of-the-art comfy pedicure thrones and a very sociable manicure bar for nail work including traditional manicures and pedicures, exotic hand rituals and Acrylic or Pink and White Fills. Some of our 'simply-must-try' services are listed below. You simply must try them!

### **Exotic Hand Ritual with Manicure**

Pure pampering for your hands and nails to restore beauty and suppleness. Warmed aromatherapy oils nourish and condition, while the sublime sensation of Skin Nourishing Milk Bath lavishes its richness and healing action on your skin. This opulent ritual includes a Paraffin Wax for the Hands and a traditional manicure.

### **Sole Delight with Pedicure**

This indulgent ritual includes an exfoliating treatment using the luxurious Elemis Exotic Lime and Ginger Salt Glow and a Elemis Exotic Moisturizing Mask to nourish and moisturize with Mimosa and Honey. We finish this treatment with Paraffin Wax and a complete pedicure.

### **Exotic Frangipani Hair and Scalp Conditioning Treatment**

We use rich Frangipani Monoi Oil, legendary for its ritual uses in Tahiti, where it has been used as a protector for both the skin and hair for centuries. After cleansing your hair, we massage the scalp with this precious ingredient to ease away stress and give the hair a vibrant, healthy shine. To ensure the full benefits are received, we wrap the hair in a warmed towel. Add this to any hair service.



# spaceremonies

*Celebrate. Here you are in a tropical oasis surrounded by chic bars and clubs, beautiful people and simply too much to do. Now is your time to relax instead. Enhance your spa ceremony with an Emeril's Enlightened Eating selection available for purchase at Elemis Spa. Please ask to see their delicious menu at the front desk.*

## **Passion in the City**

*Fuel passion with this love ceremony for two. Acupuncture for two • Yoga for two personal instruction • Elemis Aroma Stone Therapy for two • Choice of one each of the following facials: Elemis Visible Brilliance, Elemis Tri Enzyme Resurfacing Facial or Elemis Urban Cleanse Facial for Men • Elemis Sensuality Kit • Optional Upgrade: Strawberries and Champagne/Wine or Orange Juice • 4-5 hours*

## **The Age-Less Cure**

*Miracle Micro-Therapy • La Thérapie HydraPeel Facial • La Thérapie HydraPeel for the Hands • Go Smile Whitening • Elemis Anti-Aging Kit • 4-5 hours*

## **SOBE Weekend Recharge**

*Evoke health and wellness. Great for the morning after the party. Acupuncture assessment and treatment • Elemis Deep Tissue Muscle Massage (2) • Choice of one each of the following facials: La Thérapie HydraLift Facial or Elemis Urban Cleanse Facial for Men • Personal Training Instruction • Fitness and Nutrition Assessment and Body Composition Analysis • Elemis Body Kit • 4-5 hours*

## **Beauty and the Beach**

*Acupuncture Facial Rejuvenation • Elemis Tri-Enzyme Resurfacing Facial • Fitness and Nutrition Assessment • GoSmile Whitening for teeth • Elemis Beauty Kit • 5-6 hours*

*Appropriate treatments can be exchanged. Cost will be adjusted accordingly.*



beauty... is



**Treatment Times** Please arrive at least fifteen minutes prior to your scheduled appointment so you can relax in our Calming 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.

**Amenities** Enjoy our Calming Lounge, Jacuzzi and Steam when you come for a treatment. Amenities and showering facilities are all available for your use if you have a treatment or use the gymnasium.

**Elemis Spa Gift Cards** Treat friends and family with a gift of the sublime. An Elemis Spa Gift Card means that you can let your friends choose the treatments they want to enjoy. When you spend \$250 or more on your gift card it is presented in a beautiful Balinese Box with a Sensory Heaven Bath Oil.

**YSPA Teen Menu** Teenagers under the age of eighteen must be accompanied by an adult in both the spa and fitness center. For a full list of our age restrictions and policies please see our YSPA teen menu.

**Cancellation Policy** We require a credit card for all appointments and 4 hours notice for cancellation to avoid being charged the full price for your treatment.

**Service Charge** For your convenience a 20% service charge will be added to the price of your treatment.

**Prices and Services** All our service offerings and prices are subject to change without notice.

**Purchase Policy** You may exchange your unused products to the spa for fifteen days after your date of purchase. Products that have been opened may not be returned.

**Pre-Booking Your Spa Appointments** We get very busy, so you may book up to six months in advance. We require a credit card to reserve your appointment, but will not actually charge your card until after the service has been rendered. Cancellation Policy applies to all pre-book appointments. Simply call 305-695-3400 to make your reservation.

**Group Bookings** Our Spa Group Co-ordinator welcomes groups both large and small. If you are interested in pre-booking spa treatments for a group, we can co-ordinate this for you and help with the details.

**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.

**Location** We are located on the pool level in the St Moritz building at the Loews Miami Beach Hotel, 1601 Collins Avenue, Miami Beach, FL 33139, telephone 305-695-3400.

**Keep In Touch** Make the spa part of your lifestyle and visit us at [www.timetospa.com](http://www.timetospa.com). Here you may repurchase your skin, body and hair care as well as read our inspiring articles, find some delicious healthful recipes and be privy to our special offers.



Elemis

EXOTIC  
FRANGIPANI  
MONOI  
MOISTURE MELT

EXOTICA

100 ml e 3.5 fl.oz.

Visit the following Elemis Spa locations:

**USA**

**Loews Miami Beach Hotel**

Miami Beach, Florida  
305-695-3400

**Mohegan Sun Hotel**

Uncasville, Connecticut  
860-862-4500 / 1-866-877-Mohegan

**Village of Merrick Park**

Coral Gables, Florida  
305-774-7171 / 1-866-ELEMIS SPA

**UK**

**Elemis day-spa**

Mayfair, London  
+44 (0)20 7499 4995

**Hong Kong**

**Elemis day-spa**

Central, Hong Kong  
+852 2521 6660

[www.elemispa.com](http://www.elemispa.com)