



elemara



SPA & SALON

Menu

WELCOME TO *ELEMARA SPA & SALON* AT LA CONCHA!



An oceanfront oasis that embodies the epitome of the art of living well through experiences that bring powerful results through our unique methods, distinguished treatments, and our exclusive high performing products. The lushly comforting materials are specifically curated for the organic nature, calming sight and soothing textures, offering all-encompassing sensations that intimate the soon-to-had unique experiences administered by highly trained professional spa therapists, estheticians, nail technicians, and hair specialists, all second to none.

Chosen for their high-level efficacy, brand equity, uniqueness, and select placement criteria, the products one will experience through treatments and services at Elemara Spa & Salon are above and beyond in their performance, organic vegan- botanical ingredients, textures, aromas, and efficacy.

Inviting elements of the outdoors in - and indoor luxury to the outdoors, this healing partnership naturally creates the balance that Mother Nature intended for one's wellness.

The Core Four Elements of Air, Water, Fire and Earth are uniquely woven into the spa... not in traditional ways, but subtle nuances, merging nature and nurture, the ebb and flow of anticipation and reception, the beginning, and the conclusion of all that can be experienced in pockets of time that seem suspended in time.

△ AIR

Treatments and experiences that work with unseen vibration and resonance that produce powerful healing effects through sound and energy. Products for sensitivity, having no aroma yet powerful ingredients yielding results both beneficial and inspiring.

▽ WATER

Elements from the ocean, gifts from the sea. Products that embody the very birth of life on our planet with marine essences and oceanic fundamentals. Services that flow with touch, evoking a sense of calm waves, and energizing tides delivering valuable a perception of balance, healing.

▽ EARTH

Nature is the best chemist providing a multitude of plants for every need, every preference, everybody--man, woman, all people, all inclusive. Products teeming with uniquely rare and high-frequency elements. Treatments inspired by our own Mother Earth, Mother Gaia, deeply healing.

△ FIRE

Warm, exotic ingredients that elicit a sense of comfort, nurturing warmth, a sense of cocooning. Services that balance heat, soothe inflammation, return one to a state of balance.

ADVANCED SKINCARE



HIGH PERFORMANCE FACE TREATMENTS

Using and fusing plants and elements of Earth, water, and vibration, as well as natural chemistry, to provide innovative correctives and exceptional results that put your best face forward. Feed, nurture, and assist the body's restorative process with these high-performing face treatments that leverage the bounty from the Earth to deliver outstanding results that visibly define healthy and clean beauty.

LUZERN SKINCARE LINE

Botanical Bespoke *(for all skin type)*

50 min ~ 155

Perfect for those seeking to improve their overall skin health and vitality with an impactful and restorative skincare treatment. Prestigious, customized, and purely lux with organic pristine Swiss botanicals restore skin's vitality.

Botanical Bespoke PLUS *(for all skin type)*

80 min ~ 240

All the above PLUS a skin-clearing Proteolytic enzyme peel AND a probiotic derived masque to restore skin's natural balance, boosting its ability to repair and optimize its natural defenses.

Life-Force Oxygen Face Treatment *(anti-aging)*

80 min ~ 265

Advanced, result-driven treatment seamlessly blends the high-touch sensorial facial experience, revolutionary correctives and technology that infuses pure potent skin-boosting oxygen to reveal the most luminous and revitalized complexion.

Sculpting Crystal Gua Sha Facial

80 min ~ 250

A relaxing, sculpting, and detoxifying journey that blends crystals from earth and is designed to lift, tone, and tighten skin. Plums and hydrate profoundly reduce tension for a vibrant glow.

ADVANCED SKINCARE



OSEA SKINCARE LINE

DEEP OCEAN MARINE-BASED FACE TREATMENTS

It is said that Life emerged from the ocean. What better source for ingredients than elements that have been nurtured with marine nutrients, sunshine, and the resonance of the sea to deliver the only type of results that mother nature can provide?

Ocean Elements Custom Facial *(For All Skin Type)*

Inspired by the aura-shifting technique in craniosacral therapy, this facial transforms your skin and mood. Customized to your unique needs, it deeply infuses skin with nutrients, soothes inflammation, and includes craniosacral massage for balancing. Finish off with high frequency for a fresh and glowing look.

50 min ~ 165
80 min ~ 250

Gentle Waves *(Sensitive skin)*

The antidote for skin affected by rosacea, razor burn, or sun damage. This gentle treatment transcends the issue and calms, replenishes, and naturally soothes away irritation, replacing it with healthy, regenerated skin. It's a great option for the gents.

50 min ~ 155

FACIAL TREATMENT ENHANCEMENTS

Life-Force Eye and lip Treatment

Perfect for addressing concerns such as fine lines, dark circles, and puffiness around the eye area. Swiss extracts, targeted cosmeceuticals, an invigorating oxygen-infused massage, and a luxurious botanical eye mask synergize to revitalize. Suitable for all skin types and beneficial for both women and men.

Reveal the allure of your lips with our plumping and hydrating lip treatment perfect for anyone looking to reveal the beauty and health of their lips.

25 min ~ 55

ADVANCED SKINCARE



Beach Repair Facial for Men

50 min ~ 165

Inspired by the aura-shifting techniques in craniosacral therapy, it uses a specially formulated Vagus Nerve oil to bring balance to your breathing. Deeply infuses skin with nutrients and soothes inflammation. It is customized to your unique needs, leaving It leaves your skin fresh and glowing. Includes cranial touch massage and High-Frequency treatment.

MORE ENHANCEMENTS

Facial Massage

15 min ~ 40

Hand and Foot Massage

20 min ~ 45

DEPILATION MENU

DEPILATION

Developed over 40 years ago, using only the finest natural ingredients available. A natural approach to waxing long before it was popular to do so, always maintaining that nature is the best chemist.

FACE

Eyebrow **25**

Lip or Chin **25**

Ears **25**

Full Face **65**

BODY

Under Arms **35**

MASSAGE AND BODY WORK



MASSAGE OF THE CORE FOUR ELEMENTS OF NATURE

80 min ~ 265

ZENTS ORGANIC OILS

The journey begins by selecting an enticing aroma blend that resonates with you today. Choose from one of the Core Four Elements of Nature and allow her wisdom to soothe, infuse and balance whatever ails you. Choose your time, depth of touch, and aroma preference for a session that is uniquely yours.

Air ♦ Unzented

From earth comes the surprise of non-aromatics fused together with hydrating shea butter, neutral scents of passion lower, aloe, probiotics, and neem. Fruit extracts, Icelandic moss, lotus flower, ginkgo, and oolong tea form a gentle and effective recipe for healing sensitivities.

Water ♦ Aqua

Refreshing & Renewing, the scents of blue chamomile, coriander, lemon, mint, anise blend together for a session that simply flows.

Fire ♦ Sun

Calming & Sensual, the warm aromatics of vanilla, sandalwood, and amber merge beautifully with a touch of blood orange, and grapefruit to brighten your massage journey.

Earth ♦ Plants | Mandarin

Warming & Exotic ginger plays off the mandarin's unique powers while cardamom, nutmeg, saffron, vanilla bean encourage a deep sense of release and a most welcome rejuvenation.

UNZENTED

Mother to Be

50 min ~ 135

Designed to nurture and support both mother and baby, this gentle massage focuses on the body areas most affected by pregnancy. Aroma neutral massage products are used for prenatal massage that deepens a sense of calm, relaxation and helps improve sleep.

MASSAGE AND BODY WORK



Deep Sea Body Massage

A deeply relaxing and skin-softening full-body massage follows, using seaweed-infused oils combined with heavenly passion fruit, grapefruit, and cypress. Skin is left feeling firm, supple, and glowing. Next, a face massage with sea actives smooths and has an instant plumping effect. The pinnacle of the journey is a stimulating marine mineral scalp and conditioning treatment.

50 min ~ 165

80 min ~ 250

Meditative Massage

Focus on the Vagus Nerve, which plays an important role in brain and organ health, this massage is inspired by craniosacral therapy and uses a specially formulated Vagus Nerve Oil to create an uplifting, Zen-like state of being. Aromatic juniper and chamomile enhance techniques to quiet the mind, still the body and activates the soothing effects of the Vagus Nerve response.

50 min ~ 165

80 min ~ 250

Duo Massage - La Concha's Couples Massage

A massage experience for two—romantic couples, friends, mother/daughter, or father/son-- that benefits physical, mental, and relationship wellness. As a shared experience the massage therapists will start at the same time and coordinate the massage sequence—whilst each therapist creates the unique depth of touch, flow and aroma preferred by each of the duo—and conclude the experience simultaneously.

50 min ~ 330

80 min ~ 500

**Couples Packages and Birthday/Anniversary special touches upon prior request.*

MASSAGE AND BODY WORK



ANTARA ORGANIC CBD OILS

CBD MASSAGE WITH HOT STONES

50 min ~ 165

80 min ~ 250

Enrich any massage option. Balance, restore, and relieve with profoundly relaxing and healing natural hot stones.

CBD Balance Massage

Bring harmony to the body with this CBD and arnica enhanced service that cares for tired muscles, soothes skin and re-boots the mind.

CBD Restore Massage

Access all the mind body benefits of CBD alongside an infusion of age-defying paracress plant extract in this restorative, hydrating massage.

CBD Relief Massage

Deliver soothing relief to the whole body and targeted attention to sore back, joints, hands, and feet with gently warming, tingling cayenne and arnica.

CLEANSE AND EMBRACE



SCRUB AND WRAP

Embrace of the Sea

80 min ~ 250

A brisk dry brush increases circulation, softens and exfoliates dull skin to prepare it for envelopment in a decadent hydrating marine body mask. This age defying blend is infused with Algae, White Tea, Copper and Zinc Peptides to plump, firm, tone and deeply moisturize. Cocooned as scalp, hand/arm foot massage deepens relaxation. Lotion with vital sea elements is smoothly and soothingly applied.

CBD Restore Wrap

50 min ~ 165

Revitalize from head to toe after everyday exposure to the elements with this warm shea butter, lotus, and CBD wrap that nourishes the body and the mind. Firming paracress plant extract offers age defying benefits for the skin, while a grounding foot massage with warming cayenne and CBD brings relief from aches and pains.

Sun Salutation

80 min ~ 250

Give your over done sun-kissed skin a full body refresh from head to toe with a hydrating scalp, face and body mask. Mineral-rich sea algae, cooling aloe vera and antioxidant green tea extracts. Reduces redness and irritation while soothing sun-soaked skin. Cool compresses soaked in sea minerals and a fresh Gigartina algae gel mask replenishes dehydrated skin whilst a hydrating body mask gently envelopes your body.

Marine Elements Body Contour

80 min ~ 250

A blissful organic blend of algae, pumice, açai and guarana polishes skin and purifies pores. Experience head to toe body mask with healing skincare ingredients, vitamins, minerals, and essential fatty acids to support your skin's natural regeneration process and stimulates cell renewal. Melt away tension and sluggish areas with a deep tissue toning massage to break up stored toxins.

BODYWORK



INTEGRATED THERAPIES

Offering deeper levels of well-being that cannot always be achieved through touch, harnessing the power of quantum physics, everything is vibration, unseen, like the Element of Air. Addressing all dimensions of wellness helps individuals understand what it means to be holistically well by focusing on their whole person, environment, and lifestyle.

Reflexology

This specialized foot and hand experience begins with soothing warm towels steeped in aromatic essential oils, enhanced with an energizing cream combined with specific massage techniques to improve circulation, relieve fatigue, and awaken the senses.

25 min ~ 80
50 min ~ 165

** Available as an add-on to facials and massage*

Reiki Experience

For those who want a subtle experience in stress reduction and relaxation, this subtle technique based on enhancing life force energy is a special treat. Your therapist will attune to your energy and work towards clearing blocked pathways to allow your Qi, or energy, to flow freely.

80 min | 110 min

**Ideal for those who have a modest comfort level as no disrobing is needed.*

*** Call to Book. Based on availability.*

Manual Lymphatic Drainage

A gentle massage with feather light pressure technique to improve the flow of lymph fluid to accelerate natural elimination of toxins. An essential treatment to counteract sluggish or blocked areas and prevent swelling, relieve fatigue, and enhance the immune system. For the best results it is recommended to drink plenty of water.

50 min ~ 165

BODYWORK



Cranial Sacral

50 min ~ 165

This globally renowned technique releases tensions and restrictions in the body to relieve pain and dysfunction. Subtle, gentle yet powerful, the body releases, the mind relaxes and the senses reboot.

*** Call to book. Based on availability*

Myofascial Release

50 min ~ 165

80 min ~ 250

Gentle pressure and release techniques are used to reduce restrictions, alleviate pain, and restore motion. The technique involves locating the trigger point in the fascia tissue and applying gentle pressure until the tension releases. This service is designed to create a shift in the mind/body. Multiple sessions are recommended for long-lasting results and total wellbeing.

***Add 20min Reflexology / 80*

MANICURE AND PEDICURE



| | |
|---|---------------------|
| Dazzle Manicure Begin with a nourishing seaweed soak, followed by a brightening hand mask. Includes cuticle care and a hand and arm massage. <i>Add Polish for 15</i> | 50 min ~ 65 |
| Ocean Mineral Manicure A mineralizing manicure for tired, travel-worn hands. <i>(No polish included).</i> <i>Add Polish for 15</i> | 30 min ~ 40 |
| Elemara Wellness Manicure Awaken the senses with a luxurious manicure featuring polish removal, nail shaping, aromatic spearmint and eucalyptus soak, cuticle grooming and conditioning with nutrient-rich oils, gentle exfoliating treatment and a massage of moisturizing bio-available lipids and ceramides. Manicure is finished with a fortifying lacquer application, your choice of color. | 60 min ~ 70 |
| Dazzle Pedicure This luxurious pedicure includes a mineral-rich foot soak, seaweed scrub, cuticle care, and reflexology foot massage. May be completed with an application of Dazzle Dry polish. <i>Add Polish for 15</i> | 80 min ~ 80 |
| Uplifting Pedicure Designed to energize and invigorate legs and feet with a stimulating caffeine and mint foot massage, aromatic exfoliation, and mineral soak. May be completed with an application of Dazzle Dry polish. <i>Add Polish for 15</i> | 50 min ~ 95 |
| Elemara Wellness Pedicure Indulge in the ultimate pedicure treatment featuring an aromatic spearmint & eucalyptus foot soak, nail shaping, cuticle detail, callus reduction and a gentle exfoliating treatment to brighten and renew the skin. Legs and feet are massaged with deeply penetrating bio-available ceramides and phospholipids as well as 11 essential oils to stimulate circulation and relax tired feet. Pedicure is finished with a fortifying lacquer application, your choice of color. | 80 min ~ 105 |

MANICURE AND PEDICURE



Dazzle Dry Lacquer Refresh

25 min ~ 35

Revive nails with a fortifying Dazzle Dry lacquer refresh. Polish is removed, nails are re-shaped and lightly buffed then finished with our signature four-step nail care application.

Add gel mani pedi

Other Nail Services

| | |
|------------------------|-----------|
| Change Polish | 20 |
| One Nail Fix | 8 |
| Add Gel | 20 |
| Paraffin Hands or Feet | 20 |

LA CONCHA SALON COLLECTION

GAL'S

| | |
|---|--------------------|
| Shampoo, Blowout Medium to Long and Flat Iron | 80 & UP |
| Shampoo, Blowout Short and Flat Iron | 60 & UP |
| Flat or Curling iron | 40 & UP |
| Haircut | 60 & UP |
| Hair Trim | 40 & UP |
| Deep Conditioning Treatment | 50 & UP |

Does not include Blowout.

| | |
|---------------------------------|---------------------|
| Make-up Application Preview | 195 & UP |
| Make-up Application (Any Event) | 185 & UP |
| Bridal Up-Do Style Preview | 195 & UP |
| Bridal Up-Do Style (event) | 185 & UP |
| Up-Do Style | 85 & UP |

IN ROOM SERVICE

Please Inquire for details and Pricing

LA CONCHA SALON COLLECTION



GENT'S

| | |
|-----------------------------|---------|
| Basic Hair Cuts | 50 & UP |
| Beard, Eyebrow and Mustache | 40 |
| Trim | 40 |
| Head Shave | 35 |

FACE WAX

| | |
|-------------|----|
| Eyebrow | 20 |
| Lip or Chin | 20 |

SPECIAL OCCASION

Allow us to get you ready for that special event with hair design just for you! *A consultation is suggested prior to your event.*

SCALP AND CONDITION

15 mins/ 35

Hair and Scalp Conditioning Treatment: Stand-alone treatment that replenishes the scalp and rejuvenating for hair. Or add on to your braid/twist for time-saving elegance.

Scalp Care Bald Men/Women: Alleviate dryness, razor burn and ensure skin is both conditioned and protected.

ELEMARA'S SIGNATURE SERVICES



MASSAGE OF THE CORE FOUR ELEMENTS OF NATURE

80 min ~ 265

The journey begins by selecting an enticing aroma blend that resonates with you today. Choose from one of the Core Four Elements of Nature and allow her wisdom to soothe, infuse and balance whatever ails you; Unzented, Aqua, Sun or Mandarin scents. Choose your time, depth of touch, and aroma preference for a session that is uniquely yours.

Life-Force Oxygen Facial (*Anti-aging*)

80 min ~ 265

Advanced, result-driven treatment seamlessly blends the high-touch sensorial facial experience, revolutionary correctives and technology that infuses pure potent skin-boosting oxygen to reveal the most luminous and revitalized complexion.

Elemara Wellness Manicure

60 min ~ 70

Awaken the senses with a luxurious manicure featuring polish removal, nail shaping, aromatic spearmint and eucalyptus soak, cuticle grooming and conditioning with nutrient-rich oils, gentle exfoliating treatment and a massage of moisturizing bioavailable lipids and ceramides. Manicure is finished with a fortifying lacquer application, your choice of color.

Elemara Wellness Pedicure

80 min ~ 105

Indulge in the ultimate pedicure treatment featuring an aromatic spearmint & eucalyptus foot soak, nail shaping, cuticle detail, callus reduction and a gentle exfoliating treatment to brighten and renew the skin. Legs and feet are massaged with deeply penetrating bio-available ceramides and phospholipids as well as 11 essential oils to stimulate circulation and relax tired feet. Pedicure is finished with a fortifying lacquer application, your choice of color.

PACKAGES



A TIMELESS CHOICE FOR THE BRIDE-TO-BE

RELAXED, REFRESHED AND BEAUTIFUL FOR YOUR SPECIAL DAY!

The pinnacle of spa bliss for the soon-to-be-wed. Prepare your mind, body, and soul and set nerves at ease with a relaxing 50-minute meditative massage inspired by cranio sacral therapy to create an uplifting, Zen-like state of being. This is followed by a relaxing, sculpting, and detoxifying journey that is cool, calm, and releases tension while naturally plumping the skin. Then sit back, relax, and enjoy the ride for our dazzling manicure and pedicure as one of our professional nail techs gives you special gentle care to your hands and feet. The final touches will be a soothing, refreshing glass of sparkling wine and a light lunch from our spa menu.

| | |
|-----------------------------------|--------|
| Sculpting Crystal Gua Sha Facial | 80 min |
| Meditative Massage | 50 min |
| Dazzle Manicure | 50 min |
| Dazzle Pedicure | 80 min |
| <i>4 hrs plus of pure joy 550</i> | |

GROOM ME TIME

DISCONNECT, UNWIND, AND LET OUR SKILLED TECHNICIANS PAMPER YOU BEFORE YOUR SPECIAL DAY.

Warm stones will melt away tension as your mind and body relax during a full body Firm Pressure Massage infused with CBD oil (80 min). Next, enjoy a customized facial designed for men that is deep cleansing, hydrating, and rejuvenating. Your skin will feel relaxed and refreshed! Finally, be ring-ready with a dazzling manicure and pedicure. An efficient treatment that focuses on the nails and cuticles and is designed to clean, shape, and buff the nails to a smooth, healthy shine. The final touches will be a soothing, refreshing glass of sparkling wine and a light lunch from our spa menu.

| | |
|-------------------------------------|--------|
| Gentle Waves | 50 min |
| CBD Massage with Hot Stones | 80 min |
| Dazzle Dry Lacquer Refresh Manicure | 25 min |
| Dazzle Pedicure | 80 min |
| <i>4 hrs plus of pure joy 520</i> | |

PACKAGES



BLISSFUL ESCAPE

FOR YOU OR IN THE COMPANY OF YOUR SIGNIFICANT OTHER!

Embark on a journey of a blissful experience at our spa, whether it is my alone time or a romantic couple, friends, mother/daughter, or father/son. Immerse yourself in luxury and elegant, minimalistic treatment rooms where every touch, aroma, and sound is designed to enliven your senses for an unforgettable experience.

| | |
|--|--------|
| Deep sea Massage | 50 min |
| CBD restore Wrap | 50 min |
| Botanical Bespoke Facial | 50 min |
| Uplifting Pedicure | 50 min |
| Dazzle Dry Lacquer Refresh | 25 min |
| 4 hrs plus of pure blissful time / Single 600 Duo 1,200 | |

SPA ONE DAY PASS

Be transported on our relaxing one-day voyage. Let us take you on a stimulating journey with a healing spa treatment. Choose from a 50-minute facial or customized massage tailored to your specific needs. Savor a healthy light lunch and your preferred beverage, and enjoy access to our adult infinity pool. You can add various wellness activities, including yoga, meditation, fitness, and more – the choices are endless and tailored to your intentions. Please don't go home without taking a piece of Elemara from our exquisite retail selection.

One 50 min service; massage or facial.

10% off on any other service

10% off on products

Molecular Hydrogen Water

A glass of sparkling wine

Light lunch from our spa menu

Enjoy our exquisite Marena -adults only- infinity pool before or after your treatment for the entire day.

Use of the spa lockers during operating hours

Towels and chair

200

PACKAGES



SPA ONE DAY PASS

RATES AND CONDITIONS

Prices for the day pass service are available starting at 200 per person.

- Price per person in US Dollars. Prices do not include taxes.
- Rates are subject to change without notice.
- Only 5 Day Passes will be sold per day during high season.
- Elemara Spa limits the number of day visitors; thus, it is recommended to reserve.
- Day Pass confirmations are subject to availability.
- Reservations are limited to a maximum of 5 guests traveling together.
- Bringing a change of clothes is strongly recommended.

****Complimentary:** a soothing, refreshing glass of sparkling wine and a light lunch from our spa menu.

WELLNESS RETREAT PACKAGE

Reset and Refresh

Reset and refresh your physical and emotional health to a bliss body and rejuvenation from wellness services that will take you to a profound level of relaxation. Infused Molecular Hydrogen water, nourishing food to heal you in spirit, body, and mind, and help you return home feeling stronger and healthier than ever before.

CBD Restore Wrap 50 mins

Meditative Massage 50 mins

Choose from a 50 min Yoga or Reiki session (outdoor or indoor)

Light Lunch and Frozen Drink

Enjoy the Marena - adults only - Infinity Pool (until 4:00 PM)

3 hours of balance and wellness 460

** This Package must begin at 10:00 AM to have the whole experience. We advise guests to check in by 9:30 AM.*

MINDFUL TOUCH SERVICES



Our exclusive mollycoddle services and carefully selected vegan, organic, and botanical products are meticulously designed for your complete well-being. They are tailored to lavish you with undivided attention, heartfelt care, and utmost comfort, precisely customized to cater to your individual needs and to restore your sense of normalcy and quality of life.

Oncology massage uses a modified technique specific to a person who is living with cancer or has a history of it.

Our therapists have been professionally and expertly trained by Christine Clinton, a Cancer Care touch therapy Educator, to offer safe and effective spa treatments that enhance the well-being of our guests.

We invite you to explore the services our team has carefully curated for this holistic wellness experience.



STANDARDS AUTHORITY FOR TOUCH IN CANCER CARE

MINDFUL TOUCH SERVICES



MASSAGE SERVICES

| | |
|---|--------------|
| Bespoke Lymphatic Technique | 50 min ~ 110 |
| This massage is dedicated to reducing pain, alleviating stress, relieving nausea, reducing depression and anxiety, improving sleep, lessening fatigue, preventing chemotherapy-induced peripheral neuropathy, and relieving Lymphedema. | |
| Aromatherapy Light pressure Massage with breathing Techniques | 50 min ~ 110 |
| This service is aimed at reducing anxiety levels and providing relief from emotional stress, pain, muscular tension, and fatigue for cancer patients. | |
| Myofascial Release with light stretches to reestablish the Range of motion | 50 min ~ 130 |
| This service employs gentle pressure and release techniques to reduce restrictions, alleviate pain, and restore motion, initiating a profound shift in both mind and body. | |
| Balance of the Vagus Nerve | 50 min ~ 130 |
| This service is designed to calm the body after a stressful situation by focusing on the vagus nerve, a crucial component of the parasympathetic nervous system. | |

HOLISTIC SERVICES

| | |
|---|--------------|
| Reiki session | 50 min ~ 100 |
| This subtle technique is based on enhancing life force. It proves to be a remarkable aid in helping cancer patients cope with anxiety and pain while also improving their overall quality of life and well-being. | |
| Craniosacral session | 50 min ~ 130 |
| This therapy is dedicated to helping you feel more relaxed, centered, and grounded, enhancing your overall quality of life and sense of well-being. | |
| Meditation and Sound Therapy with Tuning Forks | 50 min ~ 100 |
| This meditation and sound wave treatment blend induces profound relaxation, healing emotional anguish, and scars. | |

MINDFUL TOUCH SERVICES



FACIAL SERVICES

Bespoke Facial with Lymphatic Drainage

50 min ~ 130

This facial care is tailored to increase circulation, hydrate dry skin, soothe red and irritated skin, and revive dull skin with gentle exfoliation and cell renewal, resulting in a healthy glow.

ENHANCEMENTS

Brazilian Toe Technique

15 min ~ 20

This pressure point technique is proven to induce relaxation and alleviate aches and pains, making it highly recommended for those struggling with insomnia.

Scalp Massage (if no recent brain or head surgery)

15 min ~ 20

Our skilled therapists use gentle techniques to promote body and mind relaxation.

Breathing Technique

20 min ~ 30

These breathing techniques help manage stress, improve relaxation, and enhance immune function. Our therapists incorporate deep, mindful, and guided techniques like diaphragmatic and alternate nostril breathing to support overall well-being during cancer treatment and beyond.

Please call to inquire and consult with one of our certified professionals.



SPA ETIQUETTE

Here are a few suggestions to enhance and maintain your experience to make your transition flawless in our spa.

- **Book in Advance:** To reserve your desired date and time, online booking or a call to pre-book is advisable; however, we accept walk-ins and will do our best to accommodate them.
- **Arrive Early:** Arrive at least 30 minutes early for your appointment. You would need to fill out a waiver/liability form. You'll be taken on a tour of the facility. For comfortability, you will be assigned a locker to change into your robe. It helps you get into that Zen state to truly enjoy your massage. Plus, you won't feel stressed about rushing into your appointment. You can also enjoy tea or filtered water infused with **Molecular Hydrogen** and snacks while listening to soft music in our relaxing lounge before your treatment.
- **Please be aware that should you arrive late** for your service, the service provider may shorten the duration of your service to not compromise the next guest's experience.
- A full rate may apply if this were to be happened.
- **Our talented therapist is female and male**, please advise ahead if you have a gender preference, otherwise we will assign the next therapist in line.
- **We are not responsible for any stolen items.**
- **We invite you to take a leisurely shower.**
- **Ask all pertinent questions.** Don't go into your service with doubts. This is your divine time; the less in your head, the better and flowless your experience will be.
- **Quiet Time:** Detox from technology, have time for yourself, and indulge in a complete state of nirvana. We recommend leaving cells in your locker. Disconnect, relax, and enjoy. Use a Spa voice so as not to interrupt other guests.
- **Comfortability: You may undress to the degree of comfort.** The Therapist will only expose the body part they are working on; the rest will be covered. We suggest that you leave everything that may jeopardize your state of comfort inside the locker.
- **Online Booking:** The system will ask for a mayor credit card to hold the reservation. Your card will not be charged until you get serviced or for cancellation policy. The system will process a pre authorization and release once you complete the check-out process. At that time, you have the option to change the payment method.

ELEMARA SPA & SALON



SPA HOURS

Monday through Sunday from 10:00am to 6:00pm

CANCELLATION POLICY

To ensure your reserved time, we require a credit card for all appointments and at least a 6-hour notice for cancellations to avoid being charged the full price of your selected treatment. Groups of 3 or more require 72 hours' notice for cancellation.

SERVICE CHARGES

A 20% service charge will be added for each Spa service you receive. This service charge will be allotted to the Spa team that assisted you during your visit and may be adjusted at your discretion.

GRATUITY

The amount is based on your gratitude for the service provided. If you wish to leave a cash gratuity, please ask the concierge. Each service provider has an envelope for cash gratuity.

SOMETHING TO TAKE WITH YOU

Original gifts and experiences that go beyond the ordinary. Organic, Vegan, and botanical skincare products unique to Puerto Rico are essential to take home with you to continue the journey to wellness.

GIFT CERTIFICATES

Elemara Spa & Salon Gift Certificates are available for service or specific amounts. Share your experience with that special one, demonstrate gratitude, or just because you deserve a day at Elemara Spa & Salon. Inquire at the Spa reception.

Elemara Spa & Salon at La Concha Resort
1077 Ashford Avenue
San Juan PR 00907
787-977-3392 or 787-721-7500 Ext. 6012
Elemarasp@laconcharesort.com
www.laconcharesort.com



Nourishing Delights

NOURISHING DELIGHTS



EARLY DAY

Every day until 12:00 PM

House Made Granola 14

Berries & Honey Choose Milk or Greek Yogurt

Acai Bowl 15

Tropical Fruits, Berries, Coconut Oil, Toasted Oatmeal
Add Peanut Butter or Nutella 3

Fruit Plate 18

Seasonal Fruits Banana Nut Bread, Cottage Cheese

Mango Chia Pudding 12

Greek Yogurt, Fresh Mango & Kiwi

Egg-White Frittata 25

Spinach, Shitake Mushrooms, Feta, Greens Salad

Egg and Avocado Toast 21

Local Sourdough, Avocado, Cherry Tomatoes, Goat Cheese, Sunny Side Eggs, Pickled Onions

Green Cardamom Oatmeal 12

Lemon Zest, Raw Sugar, Candied Pecans

NOURISHING DELIGHTS



LIGHT EATERY

Every day 11:00 AM-6:00 PM

Cannellini Beans Hummus 14

Tahini, Crudit , Taro Chips

Tuna Poke 17

Sushi Rice, Tuna Tartar, Pineapple, Avocado, Furikake, Edamame, Pickled Onions, Spicy Mayo, Crispy Onions

Chopped Salad 16

Bacon, Grape Tomatoes, Cucumber, Red Onions, White Cheddar, Avocado, Feta, Grilled Corn, Buttermilk Ranch

Add:

Grilled Chicken Breast 11

Grilled Steak 16

Saut ed Shrimp 15

Salmon 12

Local Caesar Salad 14

Romaine Hearts, Local Cheese, Plantain Croutons, Caesar Dressing

Add:

Grilled Chicken Breast 11

Grilled Steak 16

Saut ed Shrimp 15

Salmon 12

Falafel Wrap 18

Falafel, Roasted Pepper Hummus, Cucumber-Tomato Relish

Fish Sandwich 25

Grilled Branzino, Buttermilk Ranch, Cole Slaw, Cilantro, Sobao Bread

NOURISHING DELIGHTS



ALL DAY BEVERAGES

Homemade Fresh Press 9

| | |
|-----------------|----------------------------------|
| Fresh Sunrise: | Granny Smith Apple & Lemon |
| Las Marías: | Fresh Orange Juice |
| Rehydrated Way: | Watermelon & Cucumber |
| Be Well: | Beet, Ginger, Orange, Carrots |
| B Boost: | Orange & Carrots |
| Green Goddess: | Apple, Celery, Cucumber, Spinach |

Smoothies 10

| | |
|---------------------|--|
| Energy Boost: | Oatmeal, Banana, Cinnamon, Brown Sugar, Greek Yogurt |
| Honey Green Breeze: | Spinach, Honey, Pineapple, Coconut Water |
| Tropical Madness: | Papaya, Mango, Coconut Milk & Cream |
| Keto Chocolate: | Keto Chocolate Protein, Coconut Milk, Almond Butter, Unsweetened Cocoa Powder |
| Berry Awesome: | Mixed Berries, Orange Juice, Simple Syrup |

Add: Protein, Ginseng, Vitamin C, MCT Oil 2 each