

e l u .

## Signature Indulgence

(120 mins)

Our signature spa experience combines our two most popular treatments at elu - Aromatherapy Massage and Gemstone Facial. Using a chosen oil from a choice of healing and balancing aromatherapy oils, this nurturing massage uses massage techniques only learned at elu to relieve muscular tension and encourage lymphatic drainage. Our Gemstone Facial includes the technique of jade rolling completed by gemstone face mask leaving your skin feel radiated and moisturised.

Aromatherapy Massage	60 mins
Gemstone Facial	60 mins

..... \$1,650

## Reviver Spa Day

(90 mins)

This pampering and rejuvenating experience is designed to provide serenity that combines a 30 minute foot spa and massage to revive your tired feet with a 60-minute full body Signature Massage designed to recuperate and energise your muscles.

Foot Spa & Massage	30 mins
Signature Massage (Aromatherapy, Deep Tissue or Lymphatic)	60 mins

..... \$1,260

## Detox & De-stress Spa Massage

(90 mins)

This specialised treatment combines the benefits of a 60-minute lymphatic massage and 30-minute hot stone therapy to promote detoxification and relaxation. This combination eliminates toxins, reduce stress, and achieve a state of deep relaxation leaving you feeling detoxified , rejuvenation and re-stored.

Lymphatic Massage	60 mins
Hot Stone Enhancement	30 mins

..... \$1,480

## Body Wellness Treatment

(135 mins)

A holistic approach to well-being by combining Chinese Gua Sha facial rejuvenation techniques and an aromatherapy massage enhanced with hot stones experience. This comprehensive 135 minute treatment addresses both the physical and mental aspects of relaxation, leaving you renewed and revitalised.

ESPA Gua Sha Facial	60 mins
Aromatherapy Massage	60 mins
Hot Stone Enhancement	15 mins



**\$2,030**

## Birthday Pamper

(120 mins)

Immerse yourself in blissful relaxation, indulge in rejuvenating treatments and celebrate your birthday in style with Elu any time during your birthday month. This birthday experience begins with our 30-minute Signature Coconut Melts and Coffee Body Scrub followed by any 90-minute signature massage of your choice. We also understand the importance of sharing special moments with loved ones. That's why with the Birthday Pamper, you are welcome to bring someone to enjoy the same value deal creating beautiful relaxing memories together.

Coconut Melts & Coffee Body Scrub	30 mins
Signature Massage (Aromatherapy, Deep Tissue or Lymphatic)	90 mins



**\$1650**

## Signature Massages

(60/90 mins)

### Aromatherapy Massage

Unwind and de-stress with this aromatic bespoke treatment. This soothing massage uses our signature aromatherapy blends with uniquely relaxing massage techniques to melt your tension away. Designed to soothe tired feet and revive a fatigued body, leaving you feeling thoroughly relaxed, rejuvenated and reconnected both physically and mentally, bringing your body and mind back to harmony.

### Swedish Massage

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Using Swedish and cross muscle fibre massage techniques, it involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. This is also combined with movement of the joints and essential oils known for their beneficial effects on the circulation. By relieving muscle tension, Swedish therapy can be both relaxing and energising.

### Lymphatic Massage

Purify your body, boost circulation and immune system, and reduce the appearance of cellulite in this deeply detoxifying and contouring full body massage. Using a combination of feather light lymphatic drainage and fast-paced deep massage techniques, it helps to increase circulation and reduce water retention, leaving the body contoured, toned and refined.

### Oriental Massage

This massage follows the ancient form of therapy which uses Chinese techniques and deep pressure to release blocked pressure points, relieve pain and tension in joints and muscles. This enhances circulation of blood and preserve an overall healthy body and peaceful mind, therefore balancing your "chi".

### Deep Tissue Massage

Restore your body with this powerful massage designed to ease muscular stress and deep-seated tension. Using firm pressure as well as deep movements concentrated on specific areas of concern, this massage leaves you feeling of revitalised and relaxed.

..... \$1,080/\$1,380

## Signature Massages

(60/90 mins)

### Sport Massage

Using the application of massage techniques which follows physiological consideration combined with basic musculoskeletal evaluation ensuring the health and well-being of an athlete and enhancing athletic performance. Popular with athletes or individuals who engage in regular physical activity and are prone to sport-related injury. It is designed to relieve muscular tension and aches, improve vitality as well as soothe the mind and calm the body.

..... \$1,080/\$1,380

### Hot Stone Massage

(60/90 mins)

A healing and rejuvenating massage using warm volcanic stones as well as integrating aromatic oil and therapeutic strokes. Moderate to deep pressure is applied to intensively melt away tension, relieve muscle stiffness, encourage blood circulation throughout the body as well as boost metabolism and promote deep relaxation.

..... \$1,280/\$1,480

### ESPA Inner Calm Massage

(60/90 mins)

Quieten your mind, release tension and nourish your skin with this holistic, ultimate restorative experience. Personalised to your physical and emotional needs with carefully chosen aromatherapy blends to help relax, cleanse or energise, while advanced massage techniques alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

..... \$1,280/\$1,480

## Foot Indulgence

(60 mins)

Soaked in an aroma herbal bath, your hard working feet are then gently exfoliated with an organic Eminence Scrub. This calming warm foot bath not only gives you naturally beautiful smooth feet but also promotes blood circulation throughout your whole body. It is then followed by a knee-to-toe reflexology massage, which restores the flow of energy and reduces stress by applying pressure to specific points on your feet, using the finest natural hand-blended essential oil.

Foot Scrub and Bath

15 mins

Foot Massage

45 mins

.....

**\$800**

## Head, Neck, Shoulder Massage

(30 mins)

Exactly as it says on the tin, this simple massage is for busy individuals who need to unwind, relieve tension, and restore balance quickly.

.....

**\$680**

## Pre-Natal Massage

(60/90 mins)

Using the traditional aromatherapy pressure points for the upper back and special attention to dizzy heads and tight neck and shoulders, this massage helps to relieve stress and tension during times of constant changes to your body. Also emphasising on tired legs, this massage eases the heavy feeling that can come with pregnancy.

.....

**\$1,280/\$1,480**

## Massage Add-Ons

30 mins Bubble Bath

15 mins Hot Stone Enhancement

.....

**\$380 each**

30 mins Head, Neck, Shoulder Massage

30 mins Coconut Melts & Coffee Body Scrub

.....

**\$480 each**

In the fast-paced modern world, it can often be challenging to carve out quality time to spend with our partners or friends. However, we all yearn for moments of respite and connection. That's why we invite you to indulge in a luxurious urban escape, free from external distractions and digital interruptions. Our serene couple's room and lounge provide the ideal sanctuary to rekindle your bonds and unwind from the pressures of everyday life. Step into a world of tranquility, where you can reconnect with your loved ones and find solace in each other's company.

el u COUPLE'S EXPERIENCE

## Ultimate Wellness Escape

(180 mins)

Indulge in a lavish elu experience that spans three blissful hours and is tailored entirely to you and your partner's needs. Immerse yourself in a world of personalised luxury as the treatment commences with ESPA Sea Salt Body Scrub, followed by a luxurious Sea Salt Bubble Bath. Afterwards, you have the freedom to select any of our 60 mins Signature Massage and finished off with any of our 60 mins Signature Facials of your choice, ensuring a truly bespoke and unforgettable experience.

ESPA Sea Salt Body Scrub	30 mins
Sea Salt Bubble Bath	30 mins
Signature Massage (Aromatherapy, Deep Tissue or Lymphatic)	60 mins
Signature Facial (any of our 60 mins Facials)	60 mins

.....

**\$4,380**

## Relax & Rejuvenating Spa Package

(150 mins)

Signature Massage (Aromatherapy, Deep Tissue or Lymphatic) 90 mins  
 Anti-Pollution & Extreme Recovery Facial 60 mins



\$3,570

## Just the two of us

(105 mins)

ESPA Salt Foot Scrub & Spa. 15 mins  
 Signature Massage (Aromatherapy, Deep Tissue or Lymphatic) 75 mins  
 Hot Stone Enhancement 15 mins



\$3,160

## Elu Spa Combo for Two

ESPA Salt Arm Scrub & Spa or  
 Head, Neck, Shoulder Massage 30 mins (90 mins)

Signature Massage or  
 Gemstone Facial 60 mins



\$2,680



**Eminence 8-Steps Hungarian Massage Facial** (75 mins)

A luxurious and rare facial treatment that is both nurturing and nourishing to the skin and soul. It consists of 8 essential skincare steps and incorporates our unique Hungarian massage techniques, leaving you with improved circulation, a clear and glowing complexion, and revitalised skin as a result of this 75 minutes deeply relaxing treatment.



\$990

**Signature Gemstone Facial** (60/90 mins)

This signature facial uses the unique technique of facial rollers, jade stones and masks to increase the level of lymphatic drainage. Perfect for tired and dull skin, the relaxing facial will leave skin appearing brighter, firmer and radiant.



\$990/\$1,180

**ESPA Natural Face Lift Facial** (90 mins)

This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant. This facial is completed with a relaxing scalp massage resulting in a pampered experience.



\$1,180

## ESPA Gua Sha Facial

(60 mins)

Dull, lethargic complexions are brightened and refreshed with the power of a sweeping *Gua Sha* massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximize results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.



\$1,080

## ESPA Inner Beauty Facial

(60 mins)

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.



\$1,080

## Skin Renewal Calming Facial

(75 mins)

For individuals with sensitive or eczema-prone skin, as well as those who have experienced sunburn or undergone laser treatment. This facial is designed to help regenerate skin and promote a smoother complexion whilst using gentle and fragrance-free products to minimize the risk of further irritation.



\$1,280

## Anti Pollution & Extreme Recovery Facials (60 mins)

### Power Oxygen Facial

Involves the use of a machine to infuse oxygen into the skin. The oxygen is combined with a serum that contains vitamins, minerals, and antioxidants. This facial helps to rejuvenate the skin, increase oxygen levels, and promote collagen production. It can also improve the overall texture and tone of the skin, leaving it looking refreshed and glowing.

### Aquatherm Facial

This is a specialized treatment that focuses on hydrating and soothing the skin. It utilizes products that are rich in thermal mineral water and marine ingredients. These ingredients help to replenish and retain moisture in the skin, making it ideal for individuals with dry or sensitive skin. The Aquatherm facial can also help to reduce redness, calm inflammation, and improve the skin's natural barrier function.

..... \$780

## Firming & Anti-Aging Facials

(60 mins)

### Collagen Boost Facial

This a treatment that aims to boost collagen production in the skin. Collagen is a protein that helps maintain the skin's firmness and elasticity. During a Collagen facial, products containing collagen or ingredients that stimulate collagen production are applied to the skin. This can help to improve the skin's texture, reduce fine lines and wrinkles, and promote a more youthful appearance. Collagen facials are often recommended for those with mature or aging skin.

### Ultimate Lifting Facial

This is designed to lift and tone the facial muscles. This facial typically involves the use of specialized massage techniques, facial exercises, and products that help to tighten and firm the skin. The Uplifting facial can help to improve the overall contour of the face, reduce sagging or drooping skin, and provide a more lifted appearance. It is often sought after by individuals who want to combat the effects of gravity and achieve a more youthful look.

..... \$1,080

## Men's Facial

(60 mins)

Welcome to our exclusive men's facial, where we provide the rejuvenating and luxurious experience tailored specifically for the modern man. Our facial is designed to cater to the unique skincare needs of men, providing a range of specialised treatments to promote relaxation, improve skin health, and enhance overall well-being.



\$880

## Facial Add-Ons

- 15 mins Eye Treatment
- 15 mins Gua Sha Facial Massage
- Eye-brow Shaping



\$280

Brazilian	\$380
Bikini	\$280
Hollywood	\$380
Full Leg	\$430
Half Leg	\$380
Full Arm	\$400
Half Arm	\$300
Under Arm	\$230
Lip Wax/Threading	\$150
Eyebrows Wax/Threading	\$180
Face Threading	\$300
After Care Mask - Small Area	\$180
After Care Mask - Large Area	\$280

# Value Plan

elu Membership

## *Gem*

*\*6 months validity*

\$5000 Value Plan

15%off on all individual treatments

.....

\$5000

## *Crystal*

*\*9 months validity*

\$10000 Value Plan

20%off on all individual treatments

10% Off products discount

.....

\$10000

## *Jade*

*\*12 months validity*

\$20000 Value Plan

20%off on all individual treatments

10% Off products discount

.....

\$20000

## *Diamond*

*\*15 months validity*

\$30000 Value Plan

30%off on all individual treatments

15% Off products discount

.....

\$30000