



Essential Elements  
*day spa*

**PAMPER DAY UPGRADE**

Indulge in a tranquil moment alone or gather your friends to share in a day of pampering and relaxation. Upgrade any Spa Treatment to a Pamper Day Package for only an additional \$35 per person

Upon arrival at the Essential Elements Day Spa you will be provided with a robe and slippers to wear and escorted to the Relaxation room, where you can enjoy the peaceful surrounds of the Spa or soak up some sun on the daybeds by the pool.

Your delicious fruit & cheese platter and glass of bubbly will then arrive to tantalise your taste buds.

We then recommend a visit to the steam room, which will cleanse your skin, boost your immune system and help remove toxins from your body. Then immerse yourself in the therapy pool, raising your body temperature helping to increase your bodies' circulation and reduce joint and muscle tension.

Take time to allow your mind and body to unwind and relax before you are invited by one of our professional and intuitive therapists to experience your choice of spa treatment in the privacy of one of our spa rooms.

You are then treated to a scrumptious light lunch while you enjoy your new found tranquil state of mind.