

## *Spa in Comfort*

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It is our intention to ensure your comfort level so you may enjoy the many benefits of your spa service experience. We encourage you to communicate your questions or concerns about your body treatment to your spa service provider.

For your safety, alcoholic beverages are not recommended before or shortly after any massage or bodywork.

To maximize your spa experience, our resort amenities are available to you before and after your spa service. These amenities include our dry sauna, hot tub, crystal clear pool, our Precor® workout facility; and as always you can enjoy our excellent food and beverages out by the pool. Come, relax and spend the day.

### *Cancellation Policy*

Honoring our 4-hour cancellation policy avoids charges in the amount of the full-service price.

### *Hours of Service*

Daily 8 am to 7 pm

First Available Appointment Time - 8:30 am

Last Appointment Time - 6 pm for a 50-minute service

### **Appointment Reminder**

Date: \_\_\_\_\_

Time: \_\_\_\_\_



HILTON TUCSON EL CONQUISTADOR RESORT  
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# Elements

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## Spa Services

At Elements, every spa service is customized to you and your needs, ensuring a relaxing and renewing experience.

Our professional therapists combine ancient techniques with contemporary thought to create a wholeness of body, mind and spirit, unveiling new levels of relaxation.



**Hilton**  
TUCSON EL CONQUISTADOR  
GOLF & TENNIS RESORT

## Massage

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### Elements Custom

50 Minutes - \$100 | 80 Minutes - \$140

*Deep Tissue or Native Stone, add \$10*

Customize this full-body massage with the perfect level of touch, from traditional Swedish to deep tissue, concentrated in the areas you wish to focus on while achieving a level of relaxation and renewal.

### Add-on Relief - add to any other service

25 Minutes - \$65

Add this Swedish massage to any other spa service to focus on any troublesome areas and quickly relieve tension while improving circulation.

### Expectant Mothers

50 Minutes - \$110

For your comfort and safety, please ask about a specially tailored maternity massage.



## Energy Work

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### Craniosacral

50 Minutes - \$110

Craniosacral therapy uses light touch therapy to focus and enhance the flow of cerebral spinal fluid through the head and spine. You may experience an easing of restrictions in the nervous system and a body that is able to move with an enhanced level of performance.

### Reflexology

50 Minutes - \$110

*add-on to any spa service, 25 Minutes- \$65*

This ancient methodology focuses on points in the feet that are reflective of the entire body and with gentle pressure opens up energy pathways allowing a shift in the body's energy flow.

### Ten Zo ~ Three Heavens

50 Minutes - \$110

Ten Zo combines elements from Western and Thai massage with techniques inspired by Shiatsu. Muscle elongation, stretching and the palpation of muscle tension inspires openness for energy movement and breath.

## Wraps

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### Aroma Stone Haven

100 Minutes - \$195

Exfoliation, Wrap and Massage

Soak in the warmth from volcanic basalt stones and the relaxing essences of pure lavender or sage oil, resulting in deeply soothing and hydrating effects.

### Citrus Refresher

80 Minutes - \$165

Exfoliation, Wrap and Massage

Gently uplifting without being over stimulating, nourishes and restores depleted energy, promotes circulation and refreshes with key essential oils of rosemary, cypress, basil, and lemongrass.

### Elements Sea Wrap

50 Minutes - \$110

Soft Body Brushing, Exfoliation and Wrap

80 Minutes - \$165

Encourage cellular renewal and metabolism while promoting elimination of toxins with active vital elements from the sea. Leave feeling relaxed with skin that is nourished, hydrated, smooth and toned.

*80-minute service includes a full-body massage.*

### Pomegranate Body Quencher

80 Minutes - \$165

Exfoliation, Wrap and Massage

Gentle exfoliation, antioxidants to encourage cellular regeneration and slow cellular aging while deeply hydrating the skin.

### Body Coffee

80 Minutes - \$165

Exfoliation, Wrap and Massage

Awaken the senses and improve help improve blood flow with an invigorating, age-old inspired blend of ground Coffee Arabica, nature's own micro-cellular stimulant; Dead Sea Salt to detoxify and regenerate; and essential oils to smooth the skin.

