

Step into a temple of touch and aroma to begin the

only journey that makes any difference...



Elemis Face...

Elemis Repairing Herbal Lavender Facial A rebalancing and purifying facial that combines the power of Absolutes with soothing Essential Oils. Cleansing massage techniques help to heal and repair oil-rich and congested complexions, while boosting circulation and oxygenating the skin 50 minutes / \$95

Elemis Hydrating Exotic Dew Facial A deeply hydrating facial for thirsty skin in need of a nourishing boost. Specialized Eastern massage techniques help to stimulate the face, while a dynamic synergy of Mimosa, Honey, Sea Rocket, Orange and Bergamot leaves the skin super moisturized 50 minutes / \$95

Elemis Absolute Lift Facial An anti-aging facial with immediately visible results, that treats the skin at the deepest level without aggression. The complexion feels lifted and fine lines eased away as an exquisite mask infused with the Chi-energy of Honey, Rose and Palmarosa helps improve and revitalize the skin tone 50 minutes / \$95

Elemis Active Deep-Cleansing Facial Restore a glowing complexion with this unique facial incorporating active extracts of Strawberry and Kiwi fruit. A great deep-cleansing skin pick-me-up and pre-occasion treat to promote radiant skin 50 minutes / \$95

Elemis Healing Facial for Men A therapeutic facial designed to cleanse the male complexion. Soothing Rosemary, Thyme and Lavender premium grade Essential Oils treat and restore congested skin, easing sensitivity and shaving irritation 50 minutes / \$95

Elemis Purifying Back Treatment The skin on the back can be prone to break out, so treat it with a deep cleaning treatment. Treating your back with rebalancing Essential Oils and Absolutes, lymphatic drainage massage, exfoliators and a deep cleansing mask, impurities will be lifted, dry skin eliminated and blemishes calmed. With Elemis your back will not be left behind 45 minutes / \$90





Elemis Facial Add-Ins...

Boost your Elemis facial with pure Japanese Silk Protein or Sulphur Compresses on the face and eyes, and pure pampering rituals for the scalp, hands and feet.

Pro-Collagen Seaweed Face Therapy

A revolutionary natural halouronic booster to lift mature skin add \$25

Oxygen Face Therapy

Restructures tired, fragile and sensitive skins add \$25

Vita-C Face Therapy

With added Vitamin C for problem, congested and oil-rich skins add \$25

De-Congesting Bright Eye Zone

Helps to disperse congestion and reduce puffiness around the eyes add \$25

Pro-Collagen Eye Zone

Helps to plump out, smooth and define eye contour add \$25

Hand, Arm and Nail Conditioning Treatment

Pure pampering as your hands, arms and nails are drenched in traditional Frangipani Monoi Oil from the exotic shores of Tahiti add \$20

Conditioning Foot Treatment add \$25





La Thérapie Face...

La Thérapie is a Parisian brand that specializes in advanced skin cosmeceuticals. Working with formulation experts, dermatologists and professional aestheticians to develop highly effective, targeted skin treatments.

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 / \$110

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 / \$150

La Thérapie HydraPeel Intensif Facial This intensive facial is the ultimate anti-aging, resurfacing treatment from La Thérapie. The procedure includes a complete La Thérapie HydraPeel Facial, plus the following: Hydra Lip Intensif, Intensif Eye Treatment, Hydra Neck Intensif and Hydra Peel Hand Treatment. Recommended once a month 60 minutes / \$195

La Thérapie Facial Add-Ins...

Choose two of the following Intensive treatments to add in to your La Therapie Hydra-Lift or Hydra-Peel Facial for \$50.

LT Hydra-Lip Intensive

We rehydrate the lips with special anti-aging preparations, great for fine lines around the lips.

LT Intensive Eye Treatment

We decongest the eyes with an intensive eye mask and increase circulation using gentle galvanic stimulation. Intensive Eye Treatment helps to reduce puffy eyes and smooth the appearance of fine lines.

LT Hydra-Lift Neck Treatment

Using the exclusive LT neck firming cream combined with gentle galvanic stimulation, we rehydrate the fragile skin on the neck and décolleté. This treatment helps to oxygenate the area and give an instant smoothing of the skin.

LT Hydra-Peel Hand Treatment

The ultimate "facial" for the hands, we cleanse and peel away the dead skin cells before treating the hands and forearms to a deep invigorating massage.

LT 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.





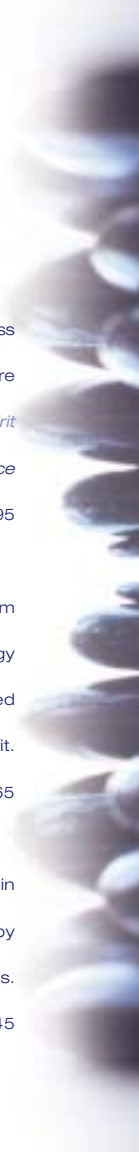
Elemis Exotic Body...


Like a dance around the body... the language of touch is fluid and understood by all cultures.

Well-Being Massage The power of Eastern massage techniques creates sensations of pleasure and wellness to deeply heal your mind and body, while soothing your soul. Your body is lightly brushed, before the pure aromatherapy massage oils are smoothed over the skin. Choose from: *Stress-a-Way* to soothe and relax. *Spirit Reviver* to uplift and detoxify. *Muscle Melt* to ease away aches and pains. *Chakra Balancing* to help rebalance mind, body and spirit 50 minutes / \$95

Aroma Stone Therapy Harnessing the properties of the volcanic basalt stones, we bathe them in warm water and anoint them with spicy, sensual aromas of the Orient. Small stones are placed on key energy points on the body, evoking an aura of warmth, while the deep penetrating heat from the stones are used to massage the body using traditional techniques to release muscular tension and balance the spirit. 60 minutes / \$165

Japanese Shiatsu An ancient Japanese healing technique, Shiatsu evokes a peaceful awareness in both mind and body. Literally meaning "finger-pressure," Shiatsu can be applied as a preventative therapy and has been used for over 2000 years in Asia as a healing art to heal diseases and their symptoms. Available at limited times 50 minutes / \$95 80 minutes / \$145





Reflexology The technique uses pressure points on the feet to re-balance energy lines, known as meridians and cleanse the energy points on the body. We recommend you follow your Reflexology with either a Well-Being or traditional full body massage. Available at limited times 50 minutes / \$95

Swedish Massage Swedish massage is the staple of the Western spa. Offering the ultimate muscle-tension relief, Swedish massage uses Effleurage, Pettrissage, Tapotement and Friction to aid the body's internal cleansing system. 50 minutes / \$95 80 minutes / \$145

Elemis Deep Tissue Muscle Massage A deep-tissue massage that reaches into the belly of the muscle, helping to warm and relax tension and improve range of motion. A preventative hands-on medicine, special manipulative techniques reduce the chances of muscle and tendon injuries. Excellent post-training as regular sessions will help speed the recovery of myo-fascial injuries 50 minutes / \$110 80 minutes / \$155

Couples Massage Enjoy a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body Swedish Massage, as you lie side by side 50 minutes / \$200 80 minutes / \$300

Couples Massage Lesson A fun and relaxing therapy. Each of you will enjoy a half body massage, plus some hands-on training! You will leave with some massage secrets and a bottle of exotic massage oil to practice your newly acquired skill 80 minutes / \$190

Massage Add-Ins...

Surrender to the calling of bliss and add some essential treats to your main therapy. These treatments are not offered a la carte.

Conditioning Foot Delight An indulgent treat for the feet, that conditions, rejuvenates and revitalizes ... add \$20

Frangipani Hair and Scalp Conditioning Restore luster to your hair and scalp as the exotic Frangipani Monoi Oil penetrates and nourishes add \$20

Bathing Rituals A beautifully sensual bathing experience in a private Jacuzzi Bath 25 minutes / add \$35

Exotic Jasmine Flower Bath *uplifting and sensuous*

Exotic Enriching Milk Bath *soothing and healing*

Detox Ocean Bath *detoxifying and cleansing*

Warming Ocean Bath *de-stressing and warming*

Exotic Lime and Ginger Salt Glow Warm oil is dripped luxuriously all over the body before our sublime Exotic Lime and Ginger Salt Glow is applied. Your skin will be polished to perfection 25 minutes / add \$60

Strawberry Herbal Back Cleanse A deep-cleansing delight for an often neglected part of the body. Using a mask with premium grade fruit Essential Oils, combined with purifying Eastern massage techniques, this treatment acts like a facial for the back 25 minutes / add \$60





Anti-Cellulite Therapy...

Cellulite is a normal skin condition caused by a build up of toxins in the body that collect in fatty areas like the abdomen, thighs and arms. Try the following non-invasive therapy to minimize the appearance and firm and tone the body.

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 life 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. Ionithermie Algae-Detox should be used as part of your well being and fitness program. Your therapist will give you nutrition guidance and recommend a home care plan for on going maintenance. Although between one and five inches may be lost during the first session, we do recommend a full course of five if possible and on-going maintenance .

75 minutes / single session / \$135 course of three / \$375 course of five / \$550



Fitness & Lifestyle Center...

Your gymnasium at home will not be missed! Equipped with the latest Life-Fitness equipment, we have treadmills, cross-trainers, stair-climbers, recumbent bikes, upright bikes and free weights. Also, to assist you on your quest for optimum well being, we have a variety of services administered by our nationally certified personal trainers.

Fitness Classes Choice of spinning, high and low impact aerobics, Cardio Kick Boxing and more. Please pick up a fitness class schedule from the spa ... \$15 per class ... 5 classes / \$60

Upgrade your class to include complete use of spa facilities and amenities for the day ... +\$10

Personal Training Our personal trainers offer custom designed programs to assist you in achieving your fitness goals. We can focus on improving your cardio-vascular capacity, muscle-mass, flexibility and range of motion 55 minutes / \$75

Body Composition Analysis The Analyzer reads the fat and water percentage of the body, and also gives you a recommended target for optimum well being. The analysis is customized, bearing in mind lifestyle, gender, height, weight and age. Once we have a reading, your Fitness Instructor can recommend a plan that you should be able to adapt to your existing lifestyle 25 minutes / \$40

Elomis Spa and Fitness Center Pass You can purchase a pass to use our facilities including relaxation area, jacuzzi bath, sauna, steam and gymnasium. Use of robes, slippers, herbal teas, refreshment and amenities are included in the price, along with selected exercise classes. If you are booked in for a spa treatment, use of the facilities are free of charge for the day including use of the gymnasium. Please contact the spa manager for more information.

Hotel Guest ... 1 day / \$15unlimited / \$25 Non-Hotel Guest ... 1 day / \$20
Spa Day Pass and one fitness class \$25



Elemis Renewal & Detox ...

Feel reborn after being cocooned in the unique sensory dry float bed.

Cellutox Aroma Spa Ocean Wrap or Float

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. Stimulate your senses and ease your aching muscles as you enjoy a warming Well-Being Massage.

With Well-Being Back Massage / 1 hour 40 minutes Wrap \$175 Float \$185

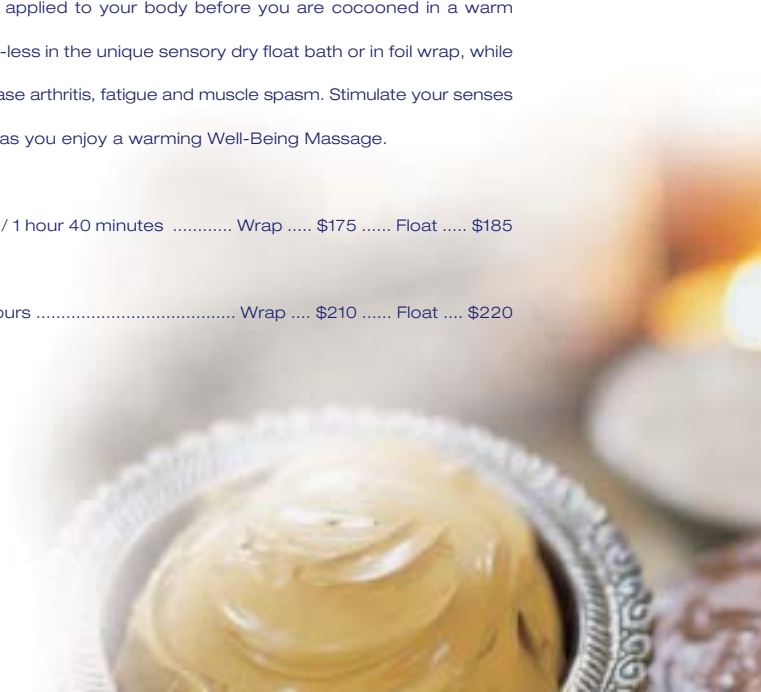
With Well-Being Massage / 2 hours Wrap \$210 Float \$220

Musclese Aroma Spa Ocean Wrap or Float

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. Stimulate your senses and ease your aching muscles as you enjoy a warming Well-Being Massage.

With Well-Being Back Massage / 1 hour 40 minutes Wrap \$175 Float \$185

With Well-Being Massage / 2 hours Wrap \$210 Float \$220



Salon at Elemis...

Take time to restore hair, hands and feet with exotic Tahitian Frangipani.

Frangipani Conditioning Hair and Scalp Ritual From the exotic shores of Tahiti, this Frangipani Monoi literally means "scented oil." Creating a perfect moisturizing combination from coconut extract and the flower of the Tahitian Frangipani, your hair is treated with the most exotic aroma and texture imaginable. After shampooing your hair, we drench it in this beautifully aromatic oil and slowly (and perfectly), massage it in circular motions around your scalp. We then cover your hair in a hot towel, allowing the magic potion to penetrate. Your ritual will include a style dry and finish. Sheer bliss approx. 1 hour / from \$75

Exotic Hand Ritual with Manicure Simply beautiful. 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. The ritual is completed with a traditional manicure 55 minutes / \$65

Sole Delight Foot Treatment Warmed aromatherapy oils nourish and condition your feet and nails while the decadence of Milk and Exotic Frangipani Monoi Oil lavish their richness and healing action on your skin. A sensory experience for your feet only which promises to leave you walking on cloud nine! ... 55 minutes / \$90

Desert Stone Foot Treatment A deep cleansing and nourishing foot treatment that includes volcanic Basalt Stone on pressure points on the feet to help relax and rejuvenate both the soul and the sole! The feet are kept warm in warmed booties, while the active ingredients are allowed to work wonders on the skin. 60 minutes / \$75

Exotic Island Flower Foot Treatment In a foot bath infused with a synergy of Jasmine, Vanilla, Ylang Ylang, Mate and an extravagance of Rose Petals, we exfoliate and massage the feet, buff and moisturize your nails and finish your toes with the color of your choice 50 minutes / \$60

For the most sublime hand or foot treatment add: **Paraffin Wax Treatments for Hands and Feet**

We dip your hands and feet into a gorgeously warm pot of soft wax and then slip them into a mitt so the wax can embellish its silken powers to your skin. This tantalizing treatment is only available with a traditional manicure and pedicure service 55 minutes / \$20 hands / \$20 feet

Traditional Manicure add on: **Citrus Soak Moisture Dew** A luxurious deep moisturizing addition to your manicure 15 minutes / add \$15

Hair Services

Frangipani Conditioning Hair and Scalp Ritual
Includes Style Dry and Finish approx 1 hour / from \$75
Mini Frangipani Conditioning Hair and Scalp Treatment
..... 15 minutes / \$25
Style Dry/Roller Setting from \$45
Trim or Restyle and Style Dry from \$55
Men's Wet Cut \$25
Men's Cut and Style Dry \$35
French Braid from \$45
Hair Up from \$65
Semi Permanent Color from \$75
Full Head Color Change from \$100
Re-growth Tinting from \$75
Hi-lights/Lo-lights from \$100
Permanent Wave from \$85

Waxing Services

Lip, Chin, or Brow \$20
Full Face \$65
Underarm \$35
Bikini \$45
Arms \$55
Half Legs \$60
Full Legs \$95
Full Legs and Bikini \$135
Back from \$65
Brow Tweezing \$25

Make Up Services

Make Up Application \$65
Make Up Lesson \$100
Brow Tinting \$25
Lash Tinting \$25
Brow and Lash Tinting \$45

Nail Services

Traditional Manicure 25 minutes / \$30
French Manicure 25 minutes / \$35
Exotic Hand Ritual w/Manicure 55 minutes / \$65
Sole Delight Foot Treatment 55 minutes / \$90
Desert Stone Foot Treatment 60 minutes / \$75
Exotic Island Flower Foot Treatment ... 50 minutes / \$60
Paraffin Wax Treatments for the Hands add \$20
Paraffin Wax Treatments for the Feet add \$20
Repolish \$20
Nail Fix \$15
Full Set Acrylic Nails \$110
Full Set Acrylic Nails Refills \$70
Full Set Pink and White Acrylics \$130
Full Set Pink and White Refills..... \$90
Rejuvenating Acrylic Nail Removal from \$25

Exotic Rituals & Ceremonies

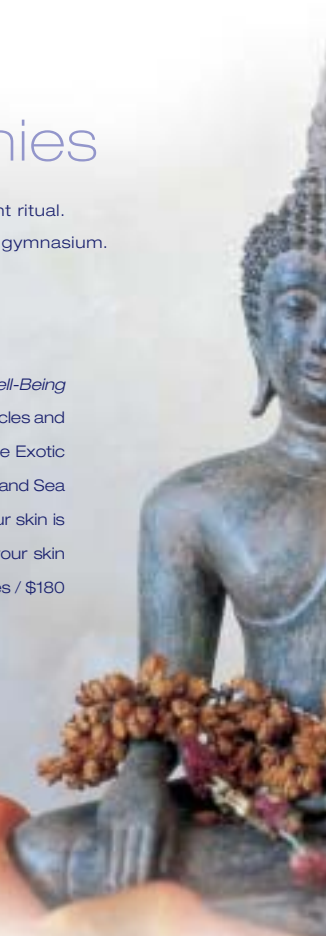
Surrender to the mystery and magic of exotic cultures through the art of ancient ritual. All ceremonies and rituals include complete access to the relaxation areas and gymnasium.

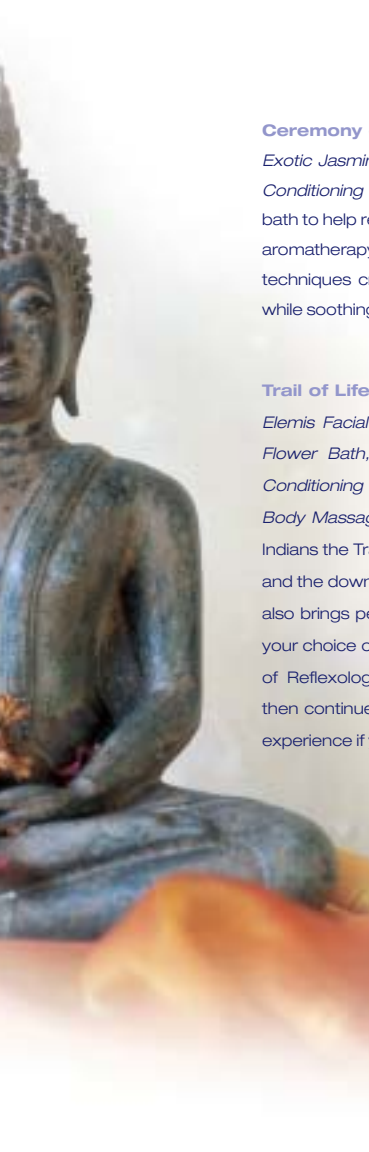
Ceremony of the Sacred Sun

Exotic Lime and Ginger Salt Glow with Total Glow Self Tanning Treatment and Well-Being Massage. Your journey begins with a warming Well-Being Massage, to ease aching muscles and relax your mind, body & soul. After lightly body brushing, we exfoliate your body with the Exotic Lime and Ginger Salt Glow—a sumptuous blend of oils combined with Lime Peel, Ginger and Sea Salt to smooth and polish your skin. Following an application of Exotic Body Lotion, your skin is massaged with Total Glow Self Tanning Cream, aka as (shhhh) the fake tan, leaving your skin dewy and radiant 1 hour 45 minutes / \$180

Ceremony of Strawberry Moon

Couples Massage Lesson and Exotic Jasmine Flower Bath for Two... A bottle of champagne and chocolate covered strawberries will be served during bath time! For the Mohegan Indians, the Strawberry Moon emanated the soft glow of love upon the earth. It appeared in the spring time, melting the last bitter cold frosts and young hearts with its warm rays of pure love. In celebration of love, we have created the Ceremony of Strawberry Moon for couples to enjoy together. Your ceremony starts as you both enjoy a splash and dip in a petal-strewn jacuzzi bath, followed by a fun and relaxing massage lesson or Couples Massage.* We also give you a bottle of exotic massage oil to practice your new skill. 1 hour 45 minutes / \$290 * with Couples Massage / add \$110





Ceremony of Whirling River

Exotic Jasmine Flower Bath, Well-Being Massage, Frangipani Hair and Scalp Conditioning and Conditioning Foot Delight. First, you are immersed in the sensuous warmth of a petal-strewn bath to help relax your mind and soften your skin. Then we lightly body brush you before warmed aromatherapy massage oils are smoothed over the skin. The power of Eastern massage techniques creates sensations of pleasure and wellness to deeply heal your mind and body, while soothing your soul 1 hour 15 minutes / \$170

Trail of Life Ritual

Elemis Facial with Eye Zone Treatment and Collagen or Sulphur Compress, Exotic Jasmine Flower Bath, Sole Delight Foot Treatment, Exotic Hand Ritual with Manicure, Frangipani Conditioning Hair and Scalp Ritual with Style Dry and your choice of either Reflexology or Full Body Massage. A lite spa lunch will be provided from our menu selection. For the Mohegan Indians the Trail of Life is a design that celebrates the somewhat bumpy ride of life—both the ups and the downs—as necessary to bring about perfect balance and harmony. Our Trail of Life Ritual also brings perfect balance and harmony by caring for you from top to toe. First you will enjoy your choice of exotic baths to prepare your body for relaxation. Then you will enjoy your choice of Reflexology or Full Body Massage, followed by your choice of relaxing facials. You will then continue your Trail of Life in the Fair Tree Hair and Nail Salon. The Trail of Life is a sublime experience if you just surrender to the calling and enjoy! approx 5 hours / \$500

Purification Ritual

Exotic Lime and Ginger Salt Glow and Cellutox Aroma Spa Ocean Float with Well-Being Massage. Cleanse mind, body and spirit by indulging in a relaxing and detoxifying package of therapies. Let the detoxifying powers of Essential Oils and Marine extracts give your body a kick start. Exfoliated with the Exotic Lime & Ginger Salt Glow and cocooned in a warm Cellutox Aroma Spa Ocean Float, a refreshing citrus Well-Being Massage completes your total body detox.

..... 2 hours 30 minutes / \$280

How to Spa

Prepare yourself for your spa journey. The more relaxed you are, the more beneficial your treatment will be to enhance your well-being.

How do I get the most from my Elemis Spa experience? Whether you spend an hour, a day or a few hours every day with us, we want the spa to be your home. Come and relax. We are happy to extend complimentary use of the gymnasium, sauna and steam with your treatment, so we recommend you arrive at least 30 minutes before your scheduled spa therapy and bring your workout clothes. When you book a spa treatment (any facial or body treatment) you can indulge in the spa for the entire day if you wish—so take advantage. Herbal teas and fresh fruit juices are available to quench your thirst and books are also available for your perusal. Upon your arrival you will be given a robe and slippers. Come and enjoy.

Facilities Elemis Spa at Mohegan Sun stretches over 23,000 square feet and encompasses 16 spa-therapy rooms, 2 multi-therapy suites, a full service hair and nail salon, complete fitness center with aerobic studio and gymnasium and a separate men and women's relaxation area.

Elemis Spa and Fitness Center Pass You can purchase a pass to the spa for either a day or the duration of your stay. Your pass includes full use of the relaxation areas, sauna steam, refreshments, access and use of gymnasium and selected aerobic classes. Robes, slippers and sundry items are provided for your comfort. Complimentary use of the facilities, either before or after scheduled spa-therapies, is offered to all guests who have either a full body or facial treatment. Please see the spa manager for more details.

Location Elemis Spa at Mohegan Sun, Mohegan Sun Hotel and Casino, 1 Mohegan Sun Boulevard, Uncasville, CT 06382

Appointments Call 1-866-877-Mohegan or 860-862-4520. We accept reservations up to one month before your scheduled arrival. Please read our cancellation policy before pre-booking your appointments. Mohegan Sun guests may call ext. 24520 or press the Spa button on your phone.

Service Charge A 15% service charge will be added to services.

Spa Hours The Spa, Salon and Elemis time to spa shop are open Monday thru Thursday from 7am to 10pm, Friday thru Sunday 7am to 11pm. The Fitness Center is open Monday thru Thursday from 6am to 10pm, Friday thru Sunday 6am to 11pm.

Minimum Age Spa guests must be 18 years old to use the facilities and have private spa treatments. We do permit children of any age to have salon services when accompanied by an adult.

How can I continue using Elemis and La Thérapie products at home? Go to: www.timetospa.com and continue using the products that work wonders on your skin, body and hair. Alternatively, call 1-800-423-5293 and speak to one of our spa consultants from 8:30am to 10pm Monday thru Thursday or from 8:30am thru 5:30pm on Friday.

Visit the Elemis time to spa shop. Located on the first floor in the Shops at Mohegan Sun. Our unique brand of Elemis face and body products are available for purchase, along with many gift ideas and travel packs. Come and indulge!

Give the Gift of Sensory Heaven Gift certificates are available from \$25 and can be redeemed for services and/or products in the Elemis Spa.

Cancellation Policy We require 4 hours notice for all cancellations. Cancellations not made within this time frame will be charged the full price of the service. If you are pre-booking appointments, do not assume your flight will arrive on time, but be prepared for delays.

Your Mohegan Sun Players Points are Welcome in the Spa!