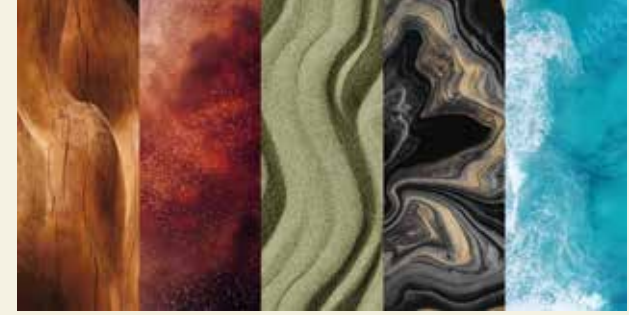




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elemental
herbology



Wood



Fire



Earth



Metal



Water

Here at Bellevue Spa, we are exclusive stockists of Elemental Herbology, we are very proud to collaborate with this distinct brand that challenges the status quo in the world of beauty.

Elemental Herbology is more than just skincare, it's a brand that creates a holistic wellness experience that connects deeply with community, culture, and sustainability.

With a fresh, clean approach, Elemental Herbology is dedicated to helping you achieve balance in every aspect of your life through our thoughtfully crafted spa treatments at Bellevue Spa and the brand's innovative products.

Elemental Herbology is inspired by The Five Element Theory: Wood | Fire | Earth | Metal & Water. The brands' philosophy stems from the belief that life is in a constant state of flux and that every aspect of our lifestyle and environment can impact our flow of energy and disrupt our balance. Their mission is simple but profound, to restore harmony and help you feel aligned both inside and out. With Elemental Herbology, it's not just about caring for your skin; it's about cultivating a sense of balance and wellbeing in everything you do.

Our products at Bellevue Spa have incredible textures and contain exquisite aromatherapy blends, giving you a complete sensory experience. At Elemental Herbology, we will help you discover your individual balance of the five elements on the day of your spa experience and will then aim to bring about a better state of balance through our products, aromas, and spa treatments



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elemental
herbology



WOOD

The Wood element is most predominant during the season of spring and represents new beginnings, growth and development. The Wood dominant skin type is normal or combination, and the Wood dominant character is drawn to new possibilities; they are often determined, seek out challenges and do well under pressure, but when out of balance, they can become irritable and frustrated and can suffer from headaches and tight, aching muscles.

Treatments to balance the Wood Element at Bellevue Spa

FACE

	MINUTES	PRICE
◇ WOOD BALANCE FACIAL	60	135

Perfect for normal, combination or imbalanced skin, this treatment combines healing botanicals and marine extracts to feed the skin and restore equilibrium. Incorporating deep cleansing and exfoliation as well as Swedish and acupressure massage techniques and a bespoke mask, this facial features products to balance, repair and protect, leaving your skin feeling both nourished and clarified.

BODY

	MINUTES	PRICE
◇ HO-LEAF AND ROSEMARY MUSCLE MELT	60	135

Combining the stimulating and warming essential oils of ho-leaf, lemongrass, nutmeg and rosemary with deep massage, this targeted treatment will help to unravel tension in sore, tight muscles and will encourage post-workout muscle recovery. Incorporating hot stones and a warm steam towel to the back, this treatment is highly recommended for anyone suffering from chronic stress or deep-seated tension.




FIRE

The Fire element is most predominant during the season of early summer and represents power and transformation. The Fire dominant skin type is oily, congested or blemished, and the Fire dominant character is energetic, charismatic, sociable and approaches life with an infectious enthusiasm. They make great leaders because of their ability to “fire up” other people, but exert a lot of mental energy, and when out of balance, they can become impatient and hyperactive, leading to them feeling mentally exhausted.


Treatments to balance the Fire Element at Bellevue Spa

FACE

	MINUTES	PRICE
 FIRE PURITY FACIAL	60	135

Restore clarity to an oily or blemish-prone complexion with this purifying facial, which uses natural antibacterial botanicals to reduce excess oil and calm breakouts. Incorporating gentle steam and extractions if needed and featuring clarifying products, targeted lymphatic drainage and acupressure massage, as well as a mattifying clay mask, your skin will be left looking clearer and feeling revitalised.

BODY

	MINUTES	PRICE
 FIRE ZEST AROMA MASSAGE	60	135

This treatment combines the energising Zest Body Oil blend with warm steam towels, heated stones and a skilful blend of eastern and western massage techniques to deliver the ultimate massage experience. Featuring acupressure points to help balance the Fire element, you will leave feeling relaxed yet energised, and with greater mental clarity.




EARTH

The Earth element is most predominant during the season of late summer and represents stability but also transition and continuity. The Earth dominant skin type is dull or pigmented, and the Earth dominant character is considered to be nurturing, grounded and reliable. When out of balance, they can often worry unnecessarily and can feel emotionally depleted, due to giving too much of themselves to others.

Treatments to balance the Earth Element at Bellevue Spa

FACE

	MINUTES	PRICE
 EARTH VITALITY FACIAL	60	135

Enhance skin's radiance and texture with this brightening and revitalising facial. Featuring gua sha massage, acupressure and our Earth elemental product range rich in kombucha and exfoliating fruit acids, this facial will dramatically brighten the skin as well as help to reduce the appearance of pigmentation.

BODY

 THAI-QI FLOW MASSAGE	60	135
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This therapeutic, warming and nurturing massage integrates our Harmony Body Oil blend with Thai herbal compresses, hands-on massage, acupressure techniques and stretches to help release any stagnation and restore a healthy flow of Qi energy, resulting in a more balanced body and mind. Thai-Qi Flow Massage will also aid the release of tight muscles, promoting a feeling of optimum wellbeing.



METAL

The Metal element is most predominant during the season of autumn and represents the processes of separation, refinement and elimination, and in TCM, autumn is the season for eliminating impurities through detoxification. The Metal dominant skin type is mature, and the Metal dominant character is self-disciplined, organised and methodical. Perfectionists in everything they do, they are detail-oriented and good problem solvers. When out of balance, they can feel sluggish and bloated, and their mind can feel cluttered with too many plans and ideas.

Treatments to balance the Metal Element at Bellevue Spa

FACE

 METAL LONGEVITY FACIAL

MINUTES	PRICE
60	135

This intensive facial treatment combines a powerful blend of high-tech plant ingredients with targeted anti-ageing massage techniques to address the signs of physiological skin ageing such as fine lines, deeper wrinkles, loss of elasticity and lack of radiance. Acupressure massage will encourage a release of tension in the facial muscles, while a firming and hydrating mask combined with a rose quartz roller massage will leave the skin looking plump and rejuvenated.

BODY

 METAL DETOX AROMA MASSAGE

60	135
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This treatment combines the purifying Detox Body Oil blend with warm steam towels, heated stones and a skilful blend of eastern and western massage techniques to deliver the ultimate massage experience. Featuring acupressure points to help balance the Metal element, you will leave feeling relaxed, less sluggish and with a clearer and more focused mind.




WATER



The Water element is most predominant during the season of winter and represents tranquillity, creativity and imagination. The Water dominant skin type is dry, dehydrated or sensitive, and the Water dominant character goes with the flow, but with a strong will to get things done. They are known for their determination and are often described as self-sufficient and quietly philosophical. They seek out solitude and tranquillity, but when out of balance they can become fearful and indecisive, which can often lead to insomnia.

Treatments to balance the Water Element at Bellevue Spa

FACE

 WATER HYDRATION FACIAL	MINUTES	PRICE
Ideal for dry, dehydrated and even the most sensitive skin, this treatment features our Water elemental product range, containing patented hydration technology rich in hyaluronic acid, to dramatically increase skin's moisture and strengthen the protective barrier. A combination of rich botanicals and Swedish and acupressure massage techniques will leave the skin looking nourished and plumped and feeling soothed and comforted.	60	135

BODY

 WATER SOOTHE AROMA MASSAGE	MINUTES	PRICE
This treatment combines the deeply relaxing Soothe Body Oil blend with warm steam towels, heated stones and a skilful blend of eastern and western massage techniques to deliver the ultimate massage experience. Featuring acupressure points to help balance the Water element and encourage restful sleep, you will leave feeling deeply nurtured and relaxed.	60	135
 ROSE HYDRATOR BODY WRAP	MINUTES	PRICE
Nourish and soothe parched skin with this warming and soothing treatment for the body. A gentle exfoliation removes dead skin cells before a rich rose and neroli cream body mask is applied. Whilst the body is enveloped in a warm wrap, an aromatherapy scalp massage is performed to help reduce tension in the scalp and clear the mind, and the treatment finishes with an application of a soothing body oil.	60	135



BESPOKE TREATMENTS TO BALANCE ALL ELEMENTS

	MINUTES	PRICE		MINUTES	PRICE
FIVE ELEMENT AROMA FACIAL	60	135	FIVE ELEMENT BESPOKE BODY WRAP	60	135
Every step of this bespoke facial will be customised to your skin concerns. Our Five Element Face & Body Profile will reveal your dominant element, allowing your therapist to tailor our products to your specific needs. Skin is deeply cleansed and exfoliated, then treated to a luxurious face, neck and décolleté massage, leaving you with a beautiful, healthy glow.			A powerful yet deeply relaxing treatment designed to condition the skin and stimulate circulation. A body scrub, warm clay wrap, scalp and foot massage and full body application of a nourishing aromatic oil will all be customised to either: rejuvenate a tired body; promote mental clarity and focus; balance emotions and centre the mind; detoxify and reduce fluid retention; or destress and relax a busy mind.		
FIVE ELEMENT AROMA MASSAGE	60	135	FIVE ELEMENT BACK, SCALP AND FEET RETREAT	60	135
This treatment combines the use of therapeutic essential oils with warm steam towels, heated stones and a skilful blend of eastern and western massage techniques to deliver the ultimate massage experience. Our Five Element Face & Body Profile will reveal your dominant element, allowing your therapist to select the most beneficial oil blend for you, ensuring a truly bespoke treatment.			Feel restored and centred with this targeted treatment, which focuses on three key areas of physical and mental tension. Beginning with a back exfoliation and massage that combines your chosen Five Element Oil with heated stones and warm steam towels, the treatment continues with a nourishing acupressure scalp massage and warm hair wrap, and concludes with a soothing foot and leg massage, leaving you feeling both relaxed and rejuvenated.		
FIVE ELEMENT BESPOKE BODY SCRUB	60	135	PRE-NATAL WELLBEING MASSAGE	60	135
Reveal smooth and nourished skin with an aromatherapy full body exfoliation. Your chosen Five Element Oil will be blended with mineral salts to buff away dry skin cells, a full body application of your chosen oil will condition the skin, and a deeply relaxing scalp massage will leave you feeling balanced and restored.			A treatment developed specifically to address the body's needs during pregnancy, this massage is the perfect remedy to ease any pregnancy-related aches and pains, help reduce fluid retention and promote a state of calm and relaxation. The Pre-Natal Wellbeing massage is a must for any mother-to-be after their first trimester.		



Wood



Fire



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TREATMENT ENHANCEMENTS

	MINUTES	PRICE
FIVE ELEMENT EYE LIFT	15	40

Perfect for hydrating and brightening the delicate eye area.

FIVE ELEMENT FOOT SOAK AND MASSAGE	30	65
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Perfect for reviving tired, aching feet.

FIVE ELEMENT ACUPRESSURE SCALP MASSAGE	30	65
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Perfect for centring the mind and releasing deep-seated tension.

