



CONRAD® SPA
INDIANAPOLIS

MASTERPIECES

ART OF CELEBRATING

60 MINUTES

This treatment includes a Swedish Massage intended to relax the entire body and increase the oxygen levels in the blood while improving circulation and flexibility. To enhance your massage, the aroma of Ambre® Blends Aromatherapy will fill the air, eliminating any lingering stress and anxiety. Enjoy champagne and dark chocolate to end the experience.

LOVE IS AN ART

180 MINUTES

This treatment includes a custom facial and a Signature Manicure and Pedicure to reveal beautiful, polished hands and feet. Enjoy Ambre® Blends Aromatherapy, champagne and dark chocolates.

ART OF IT ALL

240 MINUTES

The ultimate pampering experience! This treatment begins with a 60 minute Massage of your choice (Swedish, Deep Tissue or Prenatal), a 60 minute custom facial and our Signature Manicure and Pedicure. Enjoy the luxury of choosing Two (2) Enhancements and indulge in champagne and chocolates to end the experience.



SWEDISH MASSAGE

60 MINUTES

90 MINUTES

An exquisite relaxation massage using long strokes, as well as, light, rhythmic, motions on the topmost layers of muscles combined with movement of the joints to release built up tension and discomfort.

DEEP TISSUE MASSAGE

60 MINUTES

90 MINUTES

This intensive and restorative massage eases stiff, tight, aching muscles. Targeted deep tissue and pressure point massage techniques are combined with passive stretching to instantly relieve pain and tension.

PRENATAL MASSAGE

60 MINUTES

90 MINUTES

The ideal treatment for new and expecting moms. Pressure point massage eases stiffened back and shoulders while lymphatic massage strokes ease heavy feeling legs. 90 minute treatment includes a facial mask treatment for total pampering. Must be more than 12 weeks pregnant.

Aromatherapy not recommended for Prenatal Treatments

LYMPHATIC MASSAGE

SERIES OF 6

SERIES OF 10

Lymphatic massage is a manual technique that helps stimulate lymph and drain waste or toxins from the body. Continued treatments are recommended for best results.

*Series gives one lymphatic massage complimentary when purchased as a package. 6 for the price of 5.

COUPLES MASSAGE

Customize any of our treatments to receive side-by-side relaxation.

IN-ROOM MASSAGE

60 MINUTES

90 MINUTES

Enjoy a relaxing massage from the comfort of your room. Personalized to each guest, the massage therapist will use varying techniques to address your needs.

DYNAMIC STRETCHING

30 MINUTES

60 MINUTES

This treatment is done by deliberately flexing or stretching a specific muscle or tendon to increase muscle control, flexibility and range of motion.

**Fully Clothed Treatment*

BODY POLISH

60 MINUTES

Our all over body polish is designed to gently exfoliate the skin to remove dead skin cells, increase blood circulation and cleanse the skin through exfoliation. Available in Lavender, Rosemary Mint and Vanilla.



THE ART OF GLOWING

SIGNATURE FACIALS

30 MINUTES

This mini facial will reveal healthier skin through gentle exfoliation and hydration to soothe even the most sensitive skin.

60 MINUTES

A completely customized facial for all skin types. Let us melt away any skincare concerns including problem areas, sensitive skin, dehydration and premature aging with our award-winning products.

90 MINUTES

Extend your custom facial to achieve an even brighter glow. This extended facial includes a hand rejuvenation treatment for a more youthful appearance.

DERMAPLANE FACIAL

60 MINUTES

90 MINUTES

Our dermaplane facial is a customized facial with an additional step of physical exfoliation to remove the top-most layer of dead skin cells along with fine, vellus hair using a sterile, surgical scalpel. A rejuvenating hand treatment is included with the 90 minute treatment for a more youthful appearance.

ENHANCEMENTS

Micro Current Eye Treatment

Glycolic Peel

Dermaplane

Dermaplane cannot be added on to express facials

CUSTOM HAIR REMOVAL

Brow, Lip or Chin

Underarms

Back

Additional Available Upon Request

THE ART OF STYLE

SIGNATURE MANICURE

60 MINUTES

Our Signature Manicure consists of shaping the nails and exfoliation of the hands and arms while enhanced with beautifully-scented Ambre® Blends Aromatherpy and Gel Polish.

SIGNATURE PEDICURE

60 MINUTES

Our Signature Pedicure consists of shaping the nails and exfoliation of the feet and legs enhanced with beautifully-scented Ambre® Blends Aromatherapy.

Gel Add On for Additional Fee

MINI MANI + PEDI PACKAGE

60 MINUTES

This mini manicure and pedicure includes shaping of the nails, moisturizing lotion application and polish of choice (if desired).

Can be done as individual treatment, if availability

GEL REMOVAL

Please let us a know if you will need your current gel polish removed.

ENHANCEMENTS

Revitalizing Eye Mask

French

CBD

NAIL MEMBERSHIP

Signature manicure OR pedicure

*Series gives one treatment complimentary when purchased as a package.
6 for the price of 5.

Series of 6

Series of 12



ENHANCEMENTS

CBD ENHANCEMENT

Enhance your massage experience with the healing and regenerative powers of CBD extracts and other natural botanical ingredients. Our locally-sourced CBD helps relieve sore muscles from inflammatory conditions such as fibromyalgia, arthritis, sprains and strains.

HOT STONE THERAPY

Hot stone therapy helps melt away tension, ease muscle stiffness, increase metabolism and circulation. Hot stones, when coupled with a massage, encourages blood flow.

DRY EXFOLIATION

This 15 minute full body exfoliation upgrade uses techniques to slough off dead surface skin cells and encourage lymphatic drainage. The perfect addition to prepare the skin to fully absorb the nourishing ingredient used during massage treatments.

FOOT + LEG SCRUB

Relieve tired, achy legs and feet with our 15 minute Foot and Leg Treatment. Using our special blend of sea salts, this formula helps to rid the skin of dry, dead cells accumulated as a result of travel, sun exposure, or aging. Following a vigorous scrub, your feet and legs are wrapped in aromatherapy-infused towels. This treatment is designed to leave your skin smooth and silky soft.

CUPPING

Cupping is performed by a therapist placing cups on an isolated area of the body. The cups create a suction force that pulls the blood to the surface of the skin. New blood is then allowed to enter the isolated area to stimulate a natural healing process for the targeted area.

HEAD & SCALP MASSAGE

This treatment can be added on to increase circulation to the head and neck. May also help to ease and reduce tension.

REVITALIZING EYE MASK

Reinvigorate tired eyes and eliminate dark, puffy under eye circles with our revitalizing eye mask, perfect for those who experience frequent eye strain or fatigue. This enhancement will leave you with refreshed and brighter-looking under eyes.

THE ART OF WELLNESS

ART STAYS HERE

Conrad Spa Indianapolis is curated by Long-Sharp Gallery and each piece has been hand selected to leave you feeling refreshed and inspired after your time with us. Long-Sharp Gallery can be found on the 1st floor of the Conrad and has been named one of the top 500 galleries in the world. The gallery's primary focus is on works by some of the best known names in modern and contemporary art, including: Picasso, Warhol, Basquiat, Haring, Frankenthaler, Indiana, Lichtenstein, and Miró.

Conrad Spa Indianapolis includes works from Indiana artists: Amy Kirchner, Tamar Kander, Jason Myers and Dale Enochs. Larger-scale sculptures can be found by Patrick Hurst and kinetic sculpture by Tarik Currimbhoy to elevate the sensory and visual calm of the spa.

RELAXATION ROOM

Calm, unwinding space curated with inspiring museum quality art to inspire your spa experience. The Relaxation Room is for the use of Conrad Spa guests only.

INFINITY POOL + JACCUZI

Our infinity-edge, indoor lap pool is the perfect place to relax before or after your treatment. Available to hotel guests only.

FITNESS CENTER

Get physical in our fitness center located on the sixth floor. We have free weights, cardio equipment, weight machines, locker rooms and personal trainers. Available to hotel guests only.

SAUNA + STEAM ROOMS

Dry Sauna + Steam Rooms are available for Conrad Spa guests and are discretely located in our locker rooms.

WELLNESS DAY PASS

Day passes are available to non-hotel guests for \$75 and grants full access to the spa, pool and fitness center located on the sixth floor.



SPA ENVIRONMENT

In an effort to create a serene place of comfort for all of our guests we request that all spaces be cell phone free for privacy and quiet.

RESERVATIONS & CANCELLATION

To maximize your time with us here at CONRAD SPA, we recommend that you schedule your spa appointments in advance of your stay. We will guarantee your reservation via credit card and confirmation number. Please allow 24-hour notice for cancellation or rescheduling to avoid a 50% charge. For changes or cancellations, you may contact us by phone or email.

ARRIVAL

We suggest arriving 30 minutes prior to your scheduled appointment to allow time for check-in and preparation for your service, we recommend utilization of the relaxation room and steam room before or after your treatment. Late arrival will limit the length of your treatment to honor the proceeding guest appointments.

PARKING

Valet parking is available for spa guests for \$14.

ATTIRE

Robe and slippers will be provided inside your locker, where you may also store your personal belongings. Please disrobe to your level of comfort, noting that all of our therapists are thoroughly trained in skilled discreet draping of your privacy and comfort. If you prefer, undergarments may be worn during your treatment.

REQUIREMENTS

Spa treatments are available for guests 16 and over. Guests 16-18 are welcomed to locker rooms, steam rooms and fitness center with the accompaniment of a responsible adult.

GRATUITY

A service charge of 20% will be added to each service.

GIFT CARDS

Give the gift of relaxation. CONRAD SPA Gift Cards make it easy to present your loved ones with an experience they can truly treasure.

WAIVER

A digitally signed waiver will be required for all spa guests.

POOL + FITNESS CENTER

The pool and fitness center are accessible to hotel guests only.

CONRAD[®] SPA

CONRAD Spa Indianapolis

50 West Washington Street, 6th Floor

Indianapolis, IN 46204

(317) 524-2575 | @conradindy