



CONRAD SPA
TREATMENT MENU
ORLANDO

Beginning and ending every treatment within our menu, we take you through a 5-breath meditative process. Using pressured touch and synchronized breathing, we encourage your total focus on the space you have in our spa and ensuring total treatment optimization.

Breathing is closely connected to the parasympathetic nervous system in the body, which does the opposite job of the sympathetic nervous system, which prompts the fight-or-flight response. The parasympathetic nervous system is sometimes called the rest-and-digest system because it calms and soothes your body into relaxation.

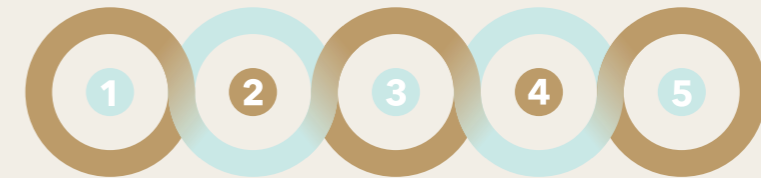
The number 5 is special: we have 5 fingers on each hand, 5 toes on each foot, 5 senses, and in turn, 5 sensory organs. Across cultures the number 5 has a special place: many associate it with freedom and curiosity.

AND BREATHE...

Take five deep breaths

Take a moment to inhale and exhale, mindfully, five times to encourage a gentle reset.

Welcome to the moment.



Conrad Spa offers limitless possibilities and the ultimate experience for the modern spa connoisseur.

We invite you to reconnect with yourself and your wellbeing, immerse yourself in the discovery of our location and feel refreshed and revived by the Conrad Spa experience.

WELCOME TO
CONRAD SPA
ORLANDO

THE DESTINATION

You have arrived. Remember who you are and what is most important to you. Delight in the beauty of plants, flowers, water and earth. Revitalize your spirit. We recommend arriving 1 hour before services to enjoy the outdoor water circuit prior to treatment.

Mineral Wellness Ritual

Begin with an apothecary mineral bath where you will create your own natural mineral spring using different minerals tailored to your specific wellness goals. Enjoy a soothing face mask while soaking in the healing power of minerals. Once your skin is cleansed and hydrated, enjoy a massage ensconced in warm, soft quartz using targeted mineral-rich body oils to relieve tension, reduce pain and restore the body.

110 mins

Ocean Essence Ritual

Revitalize the skin with this seaweed bath, body scrub and wrap designed to fight the signs of aging and improve skin elasticity. Harnessing the power of hand-harvested, wild, organic seaweed, this treatment begins with soothing soak. Next, a seaweed and sugar body scrub with aromatics of lavender and orange increase circulation. To finish a warm seaweed body mask is applied and you are cocooned in a wrap. While wrapped, enjoy a marine eye treatment and scalp massage. After a shower, nourish the skin with an application of nutrient-packed seaweed body oil enriched with rosehip and primrose.

110 mins

Sound Wave Ritual

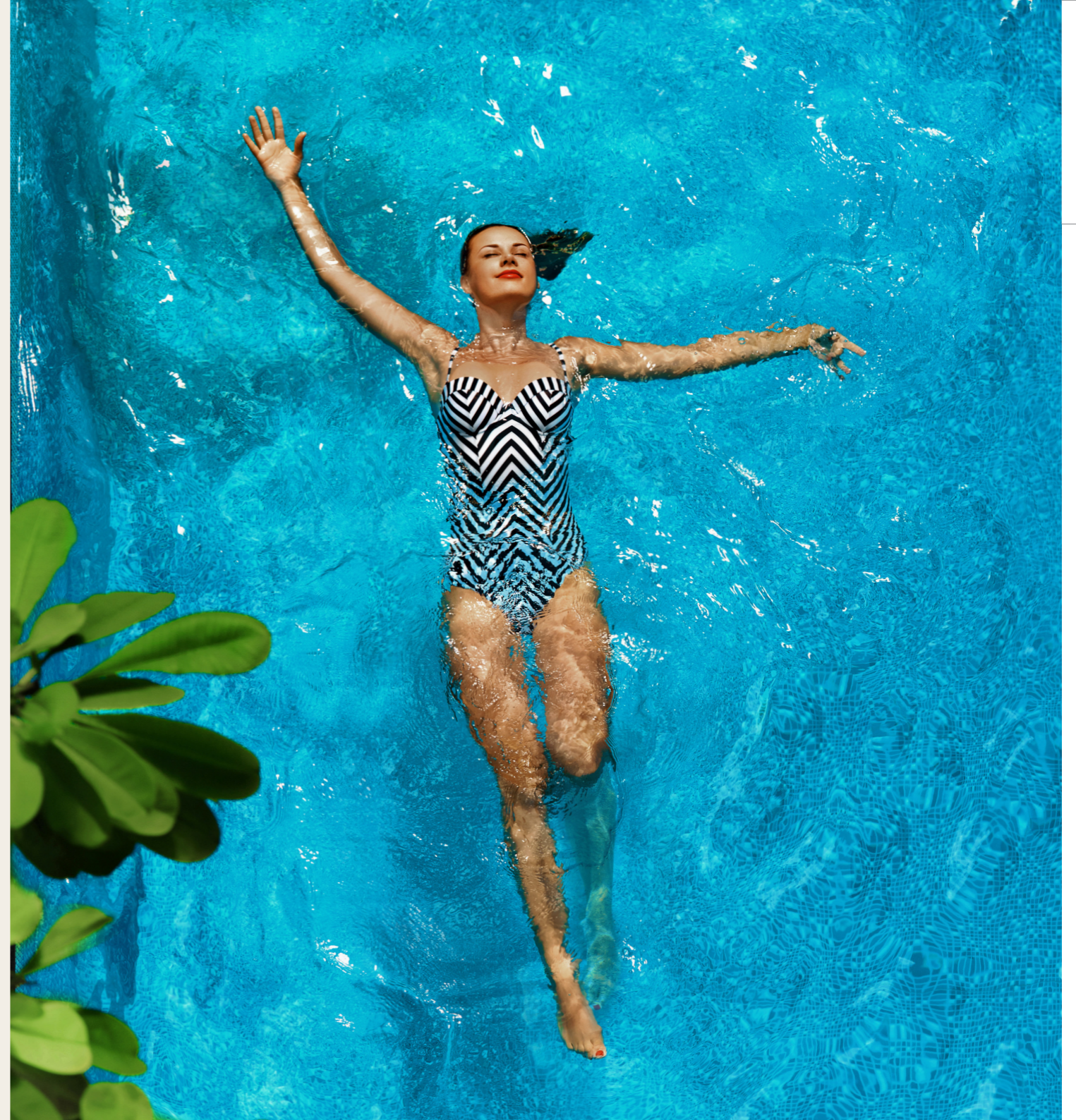
Activate the body's regenerative pathways, shift your state of mind and tap into your intrinsic energy with this sound therapy ritual designed to induce relaxation and stimulate healing. While you are securely enveloped in a warm table, Himalayan singing bowls are placed down the length of the body, allowing harmonic vibration to travel throughout, becoming the instrument of your well-being and playing the music of renewal within.

80 mins

In Full Bloom Ritual

Stabilize yourself, explore your heart and expand your awareness with this multi-sensory experience filled with botanical remedies tailored to your unique needs. This signature experience begins with a personalized selection of floral essences followed by an aura cleansing, anointing oil ritual and full body scrub. After a shower, a massage using organic oils infused with tropical flowers deeply hydrates the skin while revitalizing the mind. Finish with a piece of divine organic dark chocolate.

110 mins



COUPLES RITUALS

Relax together and strengthen your bonds with our couples shared experiences. We recommend arriving 1 hour before services in order to enjoy the spa's outdoor water circuit.

Breath of Reconnection

Dissolve muscle tension, release stress and deepen your bond in our signature couples massage performed in your private treatment room.

50 or 80 mins

Enhance your sense of togetherness with a Couples Aromatic Shower Experience and Scrub.

Unveil your brightest skin with the help of your partner. Enhance your reconnection time with an aromatic shower and body scrub together. Your spa therapist will provide you with a body scrub and instructions for applying it to one another. May be added to any 50 or 80 minute Breath of Connection massage. Not available a la carte.

20 mins

Garden Paradise

Revive together in our couples suite, complete with tables of quartz and water pillows, a shower and a private outdoor garden. A welcome aura cleanse and sound ritual begins your treatment journey. Each of you will enjoy a Custom Conrad Massage *80 minutes*, a Body Scrub *50 minutes*, and a gentle mini-facial *20 minutes*. Finish your experience with a bespoke Flower Elixir Ceremony and time reaffirming your connection on your private garden patio.

150 mins



FLORIDIAN SPRINGS

Allow yourself to surrender to the support of the water and invite healing on the mental and emotional plane. Profoundly healing and nurturing, water therapies provide an elemental reconnection to human life. All bathing experiences take place in the spa's outdoor Water Garden and require swimwear. We recommend arriving 1 hour before services to enjoy the outdoor water circuit prior to treatment.

Florida Springs Mineral Bath

Get a bit of Mother Earth's magic as you immerse yourself in the rich minerals of Florida's natural springs. Take in the local waters as your skin absorbs a blend of beneficial minerals. Reduce stress, improve blood circulation, ease intense feelings and enjoy a restful nights sleep.

45 mins

Mystic Awakening Bath

Soak in deep blue tranquility in waters of azure. Using a locally sourced blend of minerals, coconut milk, potent blue spirulina, and antioxidant-rich butterfly pea flower, this bath of purest indigo deeply soothes dry, irritated skin while promoting melatonin production. Enjoy intoxicating aromatics of Haitian vetiver, spicy cardamom, bitter orange and cedar.

45 mins

Aromatic Flower Bathing

Delight in the nurturing aroma of Florida flowers in this fragrant bath using a custom-tailored blend of botanical aromatics with muscle-easing bath salts. Enhance feelings of love, happiness, inspiration and peace while profoundly elevating your mood. Enjoy a gentle floral sheet mask while soaking.

45 mins

Sound Healing Bath

Set your intention and experience the pure energy of sound resonating through you with this bathing ritual using Himalayan Singing bowls in the water. Feel the ripples of harmonic vibration passing through the body, activating the healing response of the central nervous system, balancing neurotransmitters, and bringing your mind and body into a deep state of relaxation. Conclude with a grounding ritual to bring you into your best self.

45 mins



MASSAGE

A great massage makes everything better. Our selection of massages has been designed to offer a balance of physical and emotional benefits that only a great massage can deliver.

Conrad Custom Massage

Unwind with this fully bespoke signature massage experience developed by each member of our spa team. The embodiment of the Conrad philosophy, the treatment is inspired by the freedom to fully tailor each massage alongside highly specific massage techniques to create a treatment as unique as you.

50 or 80 mins

Ancient Mineral Massage

Performed using ancient minerals found in natural Florida springs, this massage is designed to aid the body in muscle recovery and relaxation. Targeted mineral spray and mineral-infused oil soothes fatigued muscle tissue.

50 or 80 mins

Poultice Massage

A treat for the senses, enjoy warm steamed herbal poultices of orange, clove, ginger and Fucus Serratus seaweed as they are gently massaged into the body, releasing the seaweed's natural oils, rich in Omega-3 fatty acids, and nourishing the skin.

50 or 80 mins

Flower Essence Massage

Enhance peace, clarity, joy and energy with this therapeutic healing massage including aura cleansing, personalized techniques and flower-essence infused acupressure. Emerge with an improved emotional outlook and less stress.

50 or 80 mins

Blanket of Calm

Rest and reset here with this massage using Florida-made products. Wrap yourself in the nurturing comforts of cardamom and sparkling bitter orange to melt away tensions and deeply restore the whole body through sound and breathwork. In this session, expert hands guide you to let go, immersing you in a body, face and scalp massage.

80 mins



FACE

At Conrad Orlando, we believe in skin health. We feature cutting-edge skin care, offering the most advanced technology incorporated with the most effective ingredients for maximal results. Our industry experts have curated our products for exceptional quality, sustainability, and transparency in business practices. Elevate and enhance your skin care wardrobe here.

Absolute Nobel Facial

Using Noble Panacea, the only skin care line created by a Nobel laureate, this exclusive, luxurious, skincare treatment is designed to repair, restore, and regenerate, leaving you with luminous, replenished skin. Highly anti-aging, this facial incorporates OSMV™ molecule technology, LED light therapy, microcurrent technology, and a restorative facial massage.

50 or 80 mins

5 Elements Bespoke Facial

Share in the ancient knowledge of nature with this bespoke facial using cold-processed, sustainably sourced, raw, potent active ingredients. Enjoy the quiet luxury of a facial tailored to you, including everything you need and nothing you don't.

50 or 80 mins

Dermal Infusion Facial

Maximize your skin benefits with JetPeel combined with powerful skin botanicals. Using pressurized oxygen, liquids become micro-droplets, allowing for maximum delivery of nutrients to the dermal layer. This non-invasive facial treatment includes transdermal infusion, lymphatic massage, and exfoliation. Leave with your best skin.

50 mins

Luminous Quartz Firming Facial

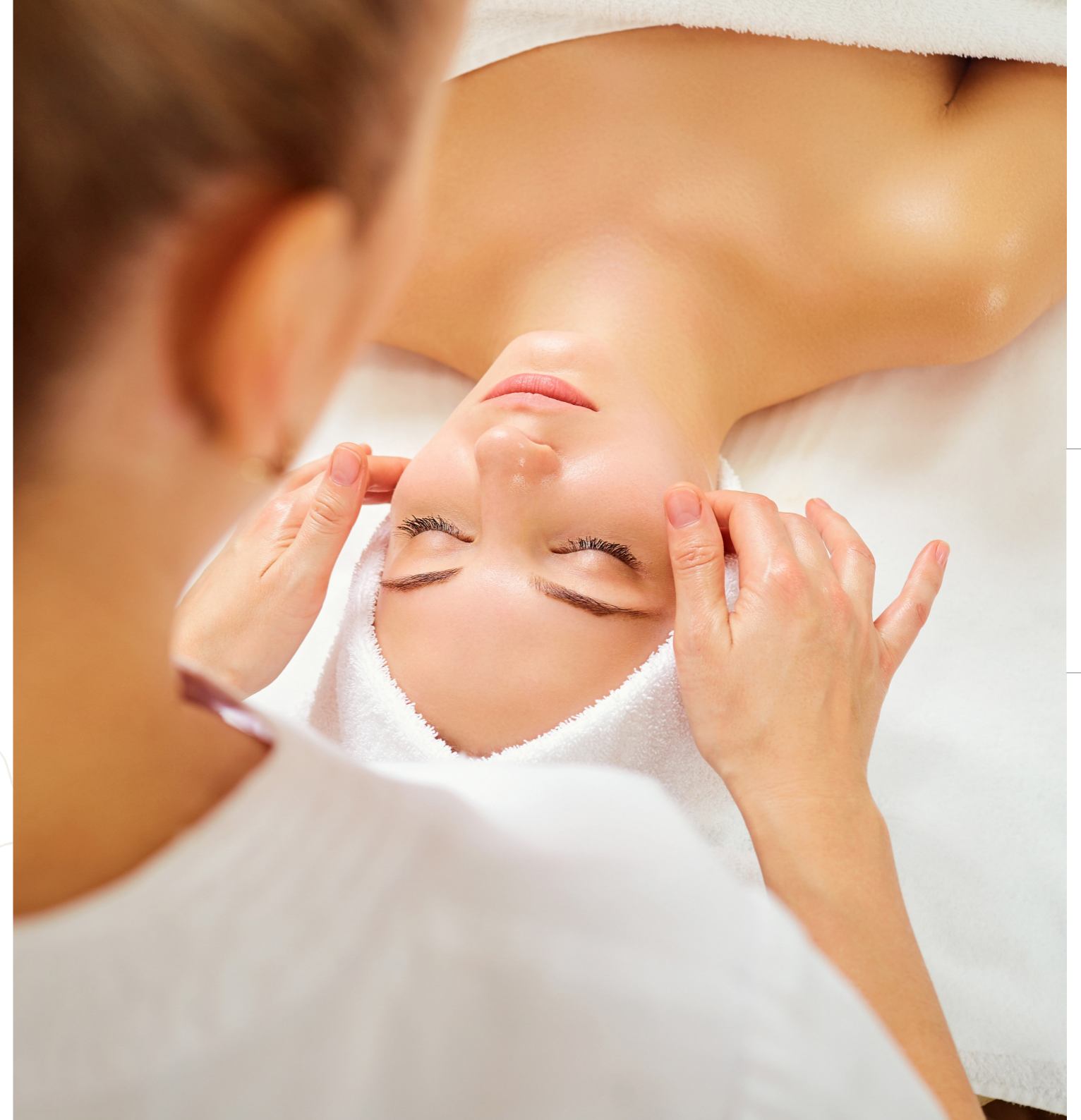
Tap into your skin's innate energy with this facial that is as unique as your skin. Using rich, botanical products customized to you, this facial focuses on brightening the complexion, reducing fine lines, healing breakouts, and minimizing pores. Facial muscles are lifted and firmed with quartz Gua Sha massage while you relax and revive.

50 or 80 mins

High Tech Rejuvenation Facial

Experience the power of results from 7 non-invasive treatments in one facial, all working together to give you the healthiest skin. A hot/cold wand softens pores for a deeper cleanse. Vortex technology provides deep cleansing, extractions, exfoliation, and infusion of the most powerful serums. Ultrasound and radio frequency technology intensify the body's natural collagen production. Microcurrent helps lift and define skin.

50 or 80 mins



BODY

Wellbeing is the focus in these body therapies designed to exfoliate, firm, nourish, and deeply moisturize skin. We recommend arriving 1 hour before services to enjoy the outdoor water circuit prior to treatment. Use of the wet facilities after body treatments is not recommended.

Florida Orange Blossom Body Polish

Using Florida-made sparking citrus oils of bergamot and bitter orange, awaken your senses through this nourishing body polish. Infuse your mood and bask in the glow of your silkiest skin thanks to alpha-hydroxy acids, polishing sugars and honey enzymes. Luxurious babbasu body butter quenches thirsty skin as you become one with the aromatics.

80 mins

Organic Seaweed Wrap

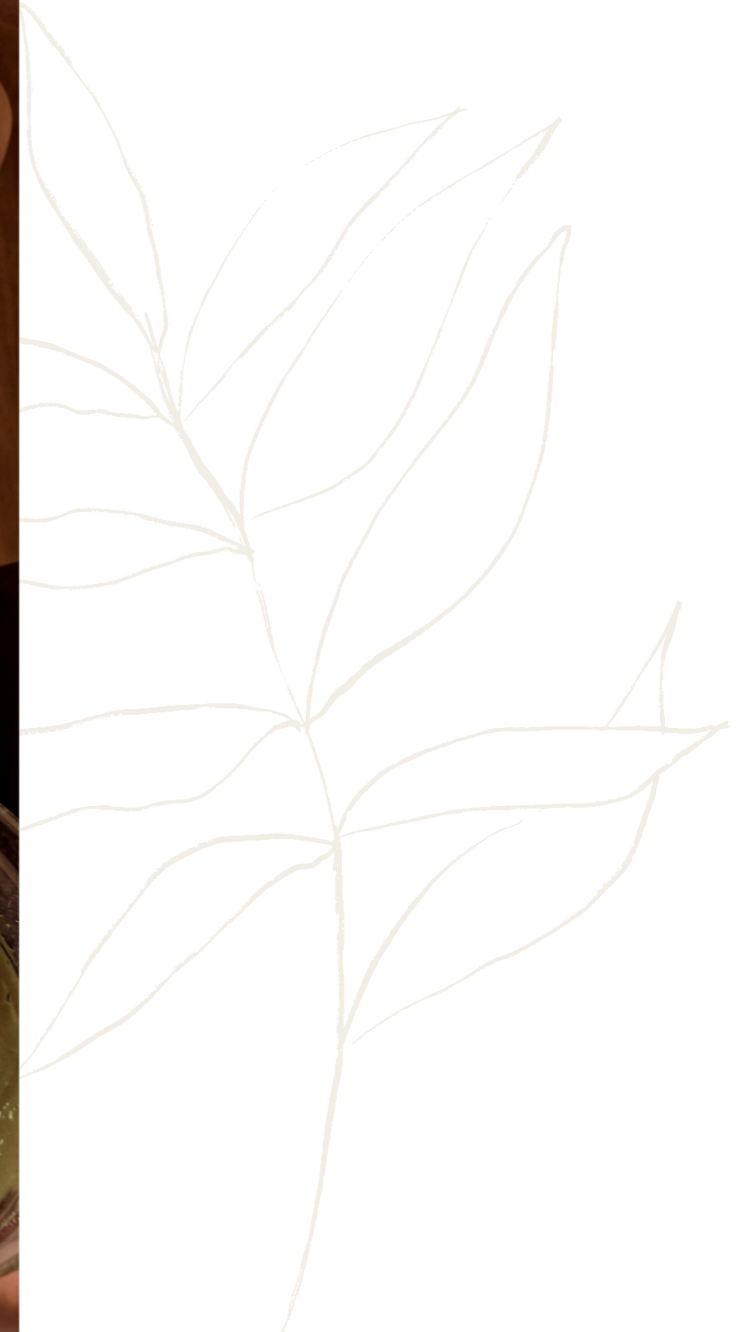
Detoxify, stimulate blood flow, and encourage lymphatic drainage with this wrap using hand-harvested, wild, organic seaweed. A full-body exfoliation with mint leaves skin feeling and smelling fresh. A wrap with long tendrils of seaweed cools and hydrates the skin. Enjoy a scalp massage while wrapped.

80 mins

Seaweed Stimulating Body Buff

Revive dull or dry skin with this invigorating full-body exfoliation to refine texture, deeply nourish, and leave skin lustrous. Ground seaweed and a mixture of heady botanicals lift away dead skin cells and prepare the body for the application of organic body cream. Skin is left hydrated, smooth, and silky.

50 mins



RECOVERY

Heal and restore in Recovery Cove. Please note that all Recovery services are performed fully clothed and are best suited to guests wearing loose, comfortable attire. Note that enhancement services do not extend treatment length.

Harmonic Wellness Lounger

Sink into a meditative state with the Harmonic Wellness lounges guided vibroacoustic meditation experiences. This experience can be further customized with any of the below additions.

Reduce stress and anxiety by relaxing the parasympathetic nervous system with quantum harmonic sound waves in this zero-gravity chair positioned for accelerated restoration.

20 or 50 mins

Add Ons

Air Compression

Full-leg air compression boots compress the legs in targeted zones, encouraging lymphatic drainage and muscle recovery and reducing swelling.

Enhancement to Harmonic Wellness Lounger

LED

Treating wrinkles, acne and pain, LED light therapy offers clinically proven results.

Enhancement to Harmonic Wellness Lounger

Floral Sheet Mask

A sheet mask enriched with essences of local flowers to help you quiet the mind, find inner peace, speak your truth, and make leaps toward your full potential.

Enhancement to Harmonic Wellness Lounger

Marine Eye Patches

Refresh tired eyes and reduce puffiness and dark circles with these marine eye patches, applied while you recline.

Enhancement to Harmonic Wellness Lounger



WELLBEING IS THE FOCUS.

THE WELLBEING EDIT

A curated selection of essential enhancements, these can be incorporated into your treatment experience. Note that these experiences do not add any time to the duration of your service, unless noted.

Percussion Therapy

Targeted pulses of pressure incorporated into your massage help break up lactic acid buildup and relieve muscle pain while increasing range of motion and speeding recovery. This can only be added to massage services.

Flower Elixir Ceremony

A ceremony inviting you to choose your own wellness path using an interactive flower diagnostic tool. Includes an aura cleansing, floral elixir beverage, and intention-setting ritual with grounding sound therapy blessing.

Leg Wrap

Stimulate blood flow, reduce leg swelling and encourage lymphatic drainage with this organic seaweed wrap of the leg area. Can be added to any massage or pedicure service.

Hibiscus Lemon Body Balm

A hydrating body balm with the sweet and tart notes of delicious lemon and hibiscus can be incorporated into any massage. This balm is hand-crafted by a local massage therapist with Florida-grown flowers.

Sound Healing

Activate the healing responses of the central nervous system, balance neurotransmitters, and bring your mind and body into a deep state of relaxation.



WELLBEING IS THE FOCUS.

THE WELLBEING EDIT

These may be added to any 50-minute or greater facial service. They are incorporated into the treatment and do not extend service time.

Chronobiology Sleep Mask

Take advantage of the Nobel Prize-winning OSMV™ molecule with this overnight mask that uses a staggered, controlled release. This mask works with your circadian rhythm and is only available for facials booked between 4 p.m. and 7 p.m.

Marine Eye Treatment

Refresh tired eyes and banish puffiness and dark shadows with this organic Laminaria Digitata seaweed eye compress.

Floral Sheet Mask

A sheet mask enriched with essences of local flowers to help you quiet the mind, find inner peace, speak your truth, and make leaps toward your full potential.

Dermal Infusion for Body

Add JetPeel Dermal Infusion to a single targeted area of your choice.



WELLBEING IS THE FOCUS.

MANICURE AND PEDICURE

All services are designed for natural nails. Please advise at the time of booking if you have chip-resistant or gel polish on your nails, as this requires additional time for removal and incurs an additional cost.

Mineral Manicure and Pedicure

Magnesium, often referred to as the miracle mineral, keeps skin young and supple, protects against inflammation and smooths and brightens nails.

50 mins each

Hibiscus Lemon Manicure and Pedicure

Hibiscus hydrates nails and skin, improving tone, tightening pores, protecting collagen and speeding healing. A natural anti-microbial and brightener, lemon is a delight to the senses. This service uses locally made products made from Florida flowers and botanicals.

50 mins each

Azure Manicure and Pedicure

Step into the deep blue with a detoxifying indigo soak and a Heart Chakra opening hand treatment. A blend of nutrient rich micro-algae and coconut milk restore skin and nails.

50 mins each

Gel Polish Add-On

Add chip-resistant gel polish to any manicure or pedicure and leave with nails ready for adventure!

30 mins



HAIR AND MAKEUP

Ladies' Haircut

Available for both short (shoulder and above) and long (below shoulder) hair. Includes cut, style and blow dry.

60 or 90 mins

The Scalp Reset

A healthy, balanced scalp awaits. Hormones, stress, diet, climate, and your hair care routine can disrupt the scalp's delicate ecosystem, leaving hair too dry, too oily, and out of balance. Reset here and grow healthy hair. Includes treatment and a blow dry to finish.

50 mins

Special Occasion Style

Look your best for your special event. This service can include an up-do, braids, twists, buns or curls and is ideal for weddings, galas and special occasions. Updo looks work best with hair that has not been washed within 24 hours of the appointment. For best results, please plan accordingly.

60 mins

Men's Haircut

Includes cut, style, blow dry and light tidying of the neck area. Does not include barbering.

30 mins

The Damage Reset

Instantly and intensely hydrate, strengthen, and soften hair while refilling lost keratin and repairing strands from the inside out. Restores shine and luster to damaged hair. Includes treatment and a blow dry to finish.

80 mins

Shampoo and Style

Feel and look your best with this shampoo, blow dry and style just for you.

60 mins

Make Up Application

Look and feel your most radiant. This natural-look makeup application accentuates your most beautiful features.

60 mins



SPA TERMS AND CONDITIONS

Our spa environment is one of tranquility and relaxation. Please respect all guests' right to privacy and serenity. To preserve the environment, mobile phones are not permitted at the spa.

ARRIVAL

Please arrive at least 1 hour prior to your appointment time to fully enjoy our exclusive spa facilities, including complimentary sauna, steam room, cold plunge, hot plunge and vitality pool. Please understand that late arrivals may result in a reduction of treatment time at the full treatment price.

PAYMENT AND CANCELLATION

A valid credit card is required to secure any spa appointment. Should you need to cancel or reschedule your appointment, please provide 24 hours' advance notice to avoid incurring the full service fee.

AGE REQUIREMENT

The spa is an adult-oriented atmosphere therefore guests must be age 16 or older in order to experience spa treatments and enjoy the spa amenities. Guests under the age of 16 may enjoy spa treatments accompanied by a parent or adult guardian. They will not have access to the spa amenities.

HEALTH CONDITIONS

Prior to your treatment selection, please be sure to inform us of any health conditions you have such as allergies, injuries, pregnancy, or surgeries, as these may affect your treatment selection.

SERVICE CHARGE

For your ease and convenience a 22% Service Charge is added to all spa services and is distributed to your treatment provider and support staff who served you during your spa experience.

FACILITIES

Spa guests are invited to enjoy the spa amenities including separate ladies' and gentlemen's locker rooms, showers, steam room, and sauna, as well as the co-ed spa Water Garden including vitality pool, cold plunge and hot plunge prior to and after spa services.

PARKING

Non-hotel guests may valet park to visit the Conrad Spa. Valet parking is complimentary for all guests receiving spa services.



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