

CONRAD® SPA

FORT LAUDERDALE BEACH

Conrad Spa Wellbeing Journeys

TRANSCEND into the SPIRIT OF THE SEA

2 hours

Discover the authentic CONRAD Spa experience with this indulgent trio of treatments tailored to suit your needs. A thorough consultation with your expert therapist will help to determine aromas, preparations and techniques we use weaving together a detoxifying body exfoliation, warm Oceanic Basalt Stone massage and restorative antioxidant facial. Become enveloped by the gifts of the sea with a spa experience that is unforgettably, uniquely you.

UNWIND and send your MIND ADRIFT

1 hour

An aromatherapy blend of Seashore Chamomile and Orange Leaf moves you towards peace of mind in this treatment designed to vanquish anxiety, turbulence and emotional exhaustion. Your therapist will focus on the universal stress zones of the upper body, neck, face and scalp while you are guided in tranquil meditation to calm your thoughts and bring balance to your senses. Find yourself moving in a new direction.

1 ½ hour

Extend your unwinding to a full body massage.

REST with an OCEAN LULLABY

1 ½ hour, 1 hour

A deeply sedating head-to-toe massage, using precisely applied pressures and Swedish techniques, balances the nervous system, inducing profound serenity. Harnessing the rich earthy essential oils of Vetiver and Sandalwood, the aromas will lull you into the sweet indulgence of seaside slumber. This handcrafted treatment is ideal if you are longing for tranquility or struggling with sleeplessness. We recommend this treatment during the afternoon, leaving you prepared for a sound night's sleep.

Full Body Immersions

ENRICH with the TOUCH OF PARADISE

2 hours, 1 ½ hour

Intoxicating exotic fragrances of Vanilla, Jasmine and Ylang Ylang are used in this lush and indulgent tropical escape. A softening body scrub followed with a warm shower prepares the skin for a 60-minute or 90-minute customized massage. Deep conditioning oils and butters of Coconut, Murumuru and Macadamia exquisitely nourish and moisturize leaving behind touchable, velvety smooth skin.

REVIVE with SEAFARER'S THERAPY

1 ½ hour

Ideal for travelers from near or far sensing a need to restore inner balance. Beginning with body brushing, targeted compressions, and purifying aromatics to stimulate circulation and metabolism, supportive massage and precise stretching revive the body and clear the mind. The perfect beginning or ending to your Conrad Fort Lauderdale Beach stay, recharge and reset to make the most of your journey.

SOOTHE in our SUN-SOAKED SKIN COOLER

1 hour

A powerfully soothing and rehydrating treatment for skin that has been over-exposed to the elements. Our coastal lavender and peppermint oils, famous for their skin healing and cooling properties, are used to rescue distressed skin. Following a gentle warming exfoliation, an intensive layering of chilled gels and moisturizing creams for the face and body work to leave your skin feeling cool, calm and moisturized, while we ease away your tensions with a relaxing scalp massage.

DETOX with a BEACH ESCAPE

1 hour

Our stimulating blend of citrus essential oils, renowned for their detoxifying properties, will leave you feeling cleansed and revitalized! Let us refresh your body, mind and spirit with an invigorating exfoliation, followed by a layering of gels and oils, which will absorb deep into the skin while the body is wrapped in crisp cotton linens. A stimulating Reflexology foot massage completes your treatment, encouraging the release and elimination of toxins.

Essential Massage

CALM with OCEAN ESSENCE

1 ½ hour, 1 hour

This is an exquisite massage ritual drawn from a fusion of eastern and western techniques resulting in an immersive relaxation experience. Beginning with a curated selection of aromatherapy, your therapist will use carefully applied pressures to stimulate the nervous system. Swedish massage and neuromuscular massage techniques will relieve muscular tension while lymphatic drainage massage encourages healthy circulation. A treatment for your body, mind and spirit.

RECOVER in the DEEP CURRENTS

1 ½ hour or 1 hour

This intensive and restorative massage eases stiff, tight, aching muscles. Targeted deep tissue therapeutic massage techniques are combined with our internationally acclaimed De-Stress Muscle Gel and Oil to instantly release pain and tension.

RESTORE with OCEANIC MINERALS

1 ½ hour or 1 hour

Emerge transformed as lava stones polished smooth by the ocean waves infuse your muscles with warmth and ease. Release, soften and re-mineralize with this hydro-therapeutic modality that speeds healing and enlivens cell functioning.

NOURISH with MOTHER of PEARL

1 ½ hour or 1 hour

The ideal treatment for new and expecting moms. A nurturing massage with tailored aromatherapy oils formulated specifically to support the physical and mental evolution of pregnancy. Relieve soreness and tenderness, diminish aches and tension while restoring soft supple skin. Your treatment is complete with a rejuvenating scalp and facial massage. Suitable for expectant mothers in the 2nd or 3rd trimester.

Essential Facials

A thorough consultation by your aesthetician ensures all facials are custom tailored to meet your needs. Choose to spend 1 ½ hour, 1 hour or 30 minutes enjoying the relaxing purification process of a facial.

HYDRAFACIAL MD

This innovative patented technology deeply cleanses, exfoliates, extracts, and hydrates the skin utilizing super serums, filled with antioxidants, peptides, and hyaluronic acid. Rejuvenates and protects the health of your skin, providing immediate results and long-term benefits. For all faces, change is possible!

ORANGE BLOSSOM ILLUMINATING FACIAL

A bespoke facial, tailored to suit your individual needs, this therapeutic oil based preparation deliver vital nourishment to your skin's deepest layers, leaving it plump, clear and radiant. Combinations of the finest whole plant extracts are adeptly applied with masterful massage techniques to restore and recondition the skin to its smooth and luminous authentic nature. Claim your beauty!

PASSIFLORA RENEWING FACIAL

Diminish the signs of aging and aid cell renewal with a potent blend of all natural skin rejuvenating products; including our highly effective pineapple and passion fruit enzyme peel and a strengthening dose of anti-oxidants. Restore youthful softness, glow and freshness as we whisk away life's stressors with our exquisite Passiflora Renewing Facial massage for face and eyes. For an added touch of relaxation, we can include a luxurious hair and scalp treatment.

NAUTICAL GENTLEMAN'S REPAIRING FACIAL

A deep cleansing and resurfacing facial designed for the targeted needs of a man's skin. Designed for men – this Refinery men's product based treatment contains rich, invigorating essential oils and botanical extracts that leave skin looking clean, energized and hydrated. Aromatic steam towels and scalp massage during the treatment encourage a calm and comforted state of mind.

OCEAN QUENCH ENHANCMENTS

Amplify your treatment with extra rejuvenation! Try the addition of one of our 30-minute Ocean Quench reparative and hydrating treatments for hands, feet or full body. We begin with a vitalizing exfoliation and then drench your skin in our richly nourishing oils and creams. Stress relieving massage assists the absorption of our highly therapeutic whole plant oils, leaving your skin looking luminous and feeling wonderfully smooth.

* Offered as a companion together with the treatment of your choice.

OCEAN BODY POLISH

OCEAN QUENCH HAND TREATMENT

OCEAN QUENCH FOOT TREATMENT

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.

RESERVATION & 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, suite or 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 at...

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 rainfall showers and steam rooms before or after your treatment. Late arrival will limit the length of your treatment to honor the proceeding guest appointments.

ATTIRE

Robe and slippers will be provided inside your locker, where you may also store your personal belongings. We suggest that you avoid bringing your jewelry to CONRAD spa to any potential misplacement. Please disrobe to your level of comfort, noting that all of our therapists are thoroughly trained in skilled discreet draping for 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 the locker rooms, steam rooms and fitness center with the accompaniment of a responsible adult. Please inform your therapist of any medical needs or conditions that could require additional attention prior to booking your treatment. In some cases, select treatments may not be advised for your safety and protection. If you are unsure, please do not hesitate to ask.

SERVICE CHARGE

A service charge of 20% will be added to each service. If you have received exceptional service, we invite additional gratuity at your discretion.

GIFTS

Give the gift of Tranquility. CONRAD Spa gift certificates make it easy to present your loved ones with an experience they can truly treasure.