



CONRAD SPA

*It's important to have reset days. No matter what you are going through, always make time for the things you are passionate about. Activities that bring you back to the now moment.*

*-Audrey Kitching*

# *Welcome*

Inspired by the smooth curves of a nautilus shell, the experience at CONRAD SPA will guide you through a journey of serenity and wellbeing.

Curated treatments are designed to evoke the unmistakable feeling of an oceanside escape, with each service featuring infusions of ingredients native to South Florida, from fragrant fruits to elements of the ocean.

Step into an oasis of calm in our new private Spa Suite available for groups or individuals seeking custom spa experiences.

We look forward to welcoming you to the ultimate destination to uplift, luxuriate and renew.

CONRAD<sup>®</sup> SPA

SIGNATURE EXPERIENCES

Ocean Enchantment

80 minutes

This ritual begins with your choice of Orange Blossom (brightening) or Luminescent Marine (anti-aging) Facial. The facial is then enhanced with a firming sugar & seaweed eye treatment. A mineral salt & seaweed scrub exfoliates dry skin on the legs and feet, which are then wrapped in warm orange blossom-infused towels. You unwind into a state of pure bliss as the experience concludes with a neck, shoulder and scalp massage.

Sea Spa Escape

80 minutes

The ultimate pampering experience! This ritual begins with dry body brushing to increase lymphatic flow and exfoliate dry, dead skin cells. An extended therapeutic massage is then performed using a custom blend of native South Florida essential oils. A seaweed facial mask is applied to hydrate and brighten your complexion while a sea spa glow leg and foot scrub is performed using a mineral salt and seaweed scrub.

Mineral Salt & Seaweed Body Exfoliation

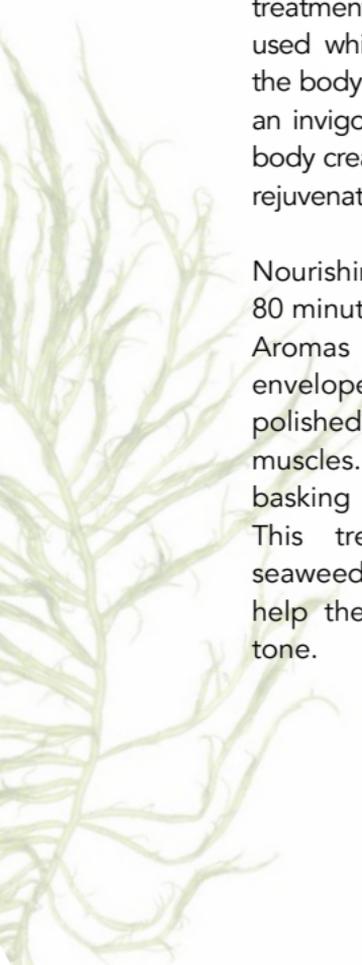
80 minutes

Dead Sea salts are combined with moisture-binding seaweeds, calming aloe and cooling peppermint for an exceptional body exfoliation treatment. Compression massage techniques are used while aromatherapy-infused towels blanket the body in warmth. The treatment is finished with an invigorating application of hydrating seaweed body cream. You will feel refreshed as if you had a rejuvenating swim in the ocean.

Nourishing Basalt Stone Body Contour

80 minutes

Aromas of native coconut and lime blossom envelope the senses as warm basalt stones polished smooth by the ocean relieve tired muscles. You will feel the warmth as if you were basking on the beach in the Florida sunshine. This treatment ends with two exquisite seaweeds blended with herbs and caffeine to help the skin feel silky smooth and improve tone.



## HydraFacial® MD

50 minutes | 80 minutes

This innovative, patented technology deeply cleanses, exfoliates, extracts and hydrates the skin utilizing super serums filled with antioxidants, peptides and hyaluronic acid. This treatment rejuvenates and protects the health of your skin, providing immediate results and long-term benefits. For all faces, change is possible! 80-minute service includes specialty vial of your choice: NassifMD Intense Hydration Booster or Britenol Intensive Spot Corrector.

## Luminescent Marine Anti-Aging Facial

50 minutes | 80 minutes

Diminish the signs of aging. This facial is specifically designed to help invigorate, lift and firm the appearance of mature skin. An enzymatic micro-peel helps uncover a more even-toned complexion. Two massages and a cool spirulina seaweed mask with marine peptides help to make skin appear firmer and smoother. Skin is then treated with a lifting and firming serum.

## Orange Blossom Brightening Facial

50 minutes | 80 minutes

Utilizing the latest in brightening science and innovative marine biotechnology, this miracle facial helps the appearance of uneven tone, dark spots and hyper-pigmentation. A glycolic and salicylic acid peel removes dull, dead surface skin cells. A soothing mask of eco-cert seaweed and natural orange water calm and hydrate the skin.

## Sea Spray Hydrating Facial

50 minutes | 80 minutes

Restore and strengthen the appearance of dry, sensitive skin with the ultimate moisturizing and lifting facial. Formulated with natural Mastic water from the Aegean Island of Chios, Camellia japonica seed oil, sustainably harvested seaweed extract, and other beneficial botanical ingredients, this facial will leave skin toned, refreshed and renewed.



### Calming Seas Soothing Facial

50 minutes | 80 minutes

Utilizing the latest research, this facial is designed and formulated to help calm the appearance of sensitive skin. Pure micro-silvers have antimicrobial, antiseptic and anti-inflammatory properties. Added to the blend of vitamins, minerals, amino acids and antioxidants in seaweed, this treatment helps heal and diminish redness from sunburn, rosacea, and eczema.

### HydraFacial® MD Back Treatment

50 minutes | 80 minutes

This innovative, patented technology deeply cleanses, exfoliates, extracts and hydrates the back utilizing super serums filled with antioxidants, peptides and hyaluronic acid. This HydraFacial treatment rejuvenates and protects the health of your skin by providing immediate results and long-term benefits.

### Back Treatment Facial

50 minutes | 80 minutes

A customized deep-pore cleansing treatment for this hard-to-reach area. Nourish and cleanse the skin with our foaming seaweed cleanser. An exfoliating scrub is applied before extractions. Seaweed and sea mud masks shrink the pores and calm the skin. To finish, a soothing back massage washes away tension, to leave your skin feeling radiant and refreshed.

SoFlo Experience

50 minutes | 80 minutes

An exquisite relaxing massage drawing from a fusion of Eastern and Western modalities, combined with a curated selection of native South Florida infusions, create an immersive relaxation experience. Our skilled massage techniques ease tension while lymphatic drainage encourages healthy circulation. Treat your senses with your choice of an aromatic experience: coconut lime blossom, guava, mango or orange blossom.

Recover

50 minutes | 80 minutes

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

Duet Couple's Massage

50 minutes | 80 minutes

Relaxation is best when it is shared. Enjoy pure bliss as you receive side-by-side customizable massages. Treat your senses with your choice of an aromatic experience of coconut lime blossom, guava, mango or orange blossom. Additionally, enjoy complimentary gourmet treats and champagne.

Cradle

50 minutes | 80 minutes

The ideal treatment for new and expecting moms. An aromatherapy pressure point massage eases stiffened back and shoulders while lymphatic massage strokes ease heavy feeling legs. This 80-minute treatment includes a seaweed facial mask along with a relaxing scalp massage for total pampering. (Must be more than 12 weeks pregnant)

SERVICE ENHANCEMENTS

CBD Upgrade

Enhance your massage experience with the healing and regenerative powers of 400mg of CBD extracts combined with other natural botanical ingredients. Our CBD additive helps relieve sore muscles, aches and pains from inflammatory conditions such as fibromyalgia, arthritis, sprains and strains. It's blended with coconut, shea, and sunflower oils leave the skin silky smooth.

Dry Brush Exfoliation

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

Sea Foot and Leg Scrub

Relieve tired, achy legs and feet through a blend of marine salts infused with hydrating and moisture-binding seaweed and olive oil. 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 warm aromatherapy-infused towels. Finish with an application of peppermint infused lotion.

Seaweed Sheet Mask

Customize your massage or body treatment with a hydrating and soothing mask formulated with seaweed and aloe to soothe, as well as licorice root and horse chestnut extracts to brighten the skin's appearance.

Firming Eye Contour Treatment\*

Combine this professional eye treatment clinically proven to combat signs of sleep deprivation, aging, and environmental damage with any facial. This treatment utilizes the natural extracts of ginkgo biloba, gotu kola, and firming seaweed with targeted peptides and enzymes to reduce wrinkles, puffiness, and dark circles.

*\*Eye treatment can only be combined with a facial and is not available with any other service.*

## Sunrise Yoga

One hour

Join us each morning at 7:30am for a sunrise yoga class on the beach included in the daily resort charge. Please meet at the Lifeguard stand #11 across from the hotel. Towels and water are provided.

## Private Yoga Session

One hour

Indulge in a private yoga session where the focus is solely on you. Choose from restorative, hatha, myofascial stretch, vinyasa flow or prenatal.

## Zen Oasis

2 hours and 20 minutes

Enjoy a one-hour private, restorative yoga class followed by an 80-minute SoFlo massage.

## Prenatal Wellness

2 hours and 20 minutes

Treat yourself to a one-hour private, prenatal yoga class tailored for your specific trimester and any focus areas. This restorative session is followed by an 80-minute cradle massage and seaweed facial mask. Must be at least 12 weeks pregnant.

## Sports Recovery

2 hours and 20 minutes

Recharge with a one-hour private, myofascial stretch yoga class followed by an 80-minute recover massage with CBD pain cream.

## Group Yoga

Perfect for a small group of friends, family, team building or just because. Appropriate for groups of up to 40.

*Private sessions can meet in a variety of available spaces.*



# SPA ETIQUETTE

## 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.

## RESERVATION & CANCELLATION

To maximize your time with us at CONRAD Spa we recommend that you schedule your spa appointment 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 at 954-414-5108 or [ConradFLB.Spa@conradhotels.com](mailto:ConradFLB.Spa@conradhotels.com).

## ARRIVAL

We suggest arriving 15 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. A late arrival will limit the length of your treatment in consideration to any of the following 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 jewelry to CONRAD Spa to avoid 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.

## REQUIREMENTS

Spa treatments are available for guests ages 16 and over. Guests 16-18 years old are welcome in the locker rooms, steam rooms and fitness center accompanied by a responsible adult. Please inform your therapist of any medical history that could require additional attention prior to booking your treatment. In some cases, select treatments may not be recommended 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.

## GIFT CERTIFICATES

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

# CONRAD® SPA

**CONRAD Spa at Conrad Fort Lauderdale Beach**

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