



CONRAD® SPA
FORT LAUDERDALE BEACH

We welcome you to CONRAD SPA. Every treatment has been expertly curated to guide you on a path to vibrant well-being. Global techniques combine with sea-inspired preparations to leave you uplifted and renewed.



THE JOURNEY STARTS WITH YOU

TRANSCEND

2 hours

Consultation with your therapist guides the selection of aromas, preparations and techniques in this indulgent trio. We weave together detoxifying body exfoliation, lava stone massage and a restorative anti-oxidant facial. A spa experience that is unforgettably, uniquely you.

UNWIND

1 ½ hours / 1 hour

An aromatherapy blend of seashore chamomile and orange leaf moves you towards peace of mind in this treatment for 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. The 1 ½ hour, is extended to a full body massage.

REST

2 hours / 1 ½ hours

A deeply relaxing head to toe massage uses precisely applied pressures and Swedish massage techniques to balance the nervous system and induce serenity. Let the earthy essential oils of vetiver and sandalwood lull you into the bliss of seaside slumber. This treatment is ideal if you are longing for tranquility or struggling with sleeplessness.



BODY IMMERSIONS

ENRICH

2 hours / 1 ½ hours

Intoxicating aromatherapy of vanilla, jasmine and ylang ylang infuse this tropical escape. A softening body scrub followed with a warm shower prepares the skin for a 1 hour or 1 ½ hour customized massage. Deep conditioning oils and butters of Coconut, Murumuru and Macadamia nourish and moisturize to reveal velvety smooth skin.

REVIVE

1 ½ hours

Restore body and mind weary from travel and exploration. We begin with body exfoliation, targeted compressions and aromatics to stimulate circulation and metabolism, followed by supportive massage and stretching techniques to revive the body and clear the mind.

SOOTHE

1 hour

A powerfully soothing and rehydrating treatment for skin that has been over-exposed to the elements. Coastal lavender and peppermint oils are used for skin healing and cooling. Following a gentle warm exfoliation, a layering of chilled gels and moisturizing creams for the face and body leave your skin feeling cool, calm and moisturized. Tension is eased with a relaxing scalp massage.

DETOX

1 hour

A stimulating blend of citrus essential oils leave you feeling revitalized! Refresh body, mind and spirit with an invigorating exfoliation and a layering of gels and oils which will absorb deep into the skin while the body is wrapped in cotton linens. Reflexology foot massage encourages the release and elimination of toxins.



MASSAGE

CALM

1 ½ hours / 1 hour

An exquisite massage ritual drawing from a fusion of eastern and western modalities, combined with a curated selection of essential oils, create an immersive relaxation experience. Swedish and neuromuscular techniques relieve tension, lymphatic drainage encourages healthy circulation. Elevate body, mind and spirit.

RECOVER

1 ½ hours / 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

1 ½ hours / 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 hydrotherapeutic modality that speeds healing and enlivens cell functioning.

NOURISH

1 hour

The ideal treatment for new and expecting moms. A nurturing massage with 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.



FACIALS

HYDRAFACIAL MD

1 ½ hours / 1 hour / ½ hour

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! 1 ½ hours includes Specialty Vial of your choice.

Specialty Vials

CTGF™
Connective Tissue Growth Factor

DermaBuilder™
Advanced Age-Refining Peptide
Complex

Britenol®
Intensive Spot Corrector

ORANGE BLOSSOM ILLUMINATING FACIAL

1 ½ hours / 1 hour / ½ hour

A bespoke facial tailored to your needs that delivers vital nourishment to the skin's deepest layers. Combinations of the finest whole plant extracts are applied with customized facial massage techniques to restore the skin, leaving it smooth and luminous.

PASSIFLORA RENEWING FACIAL

1 ½ hours / 1 hour / ½ hour

Diminish the signs of aging and aid cell renewal with a potent blend of all-natural, skin rejuvenating ingredients. A highly effective pineapple and passion fruit enzyme peel plus powerful anti-oxidants restore youthful softness and glow. A luxurious hair and scalp treatment enhances your relaxation.

NAUTICAL MAN'S REPAIRING FACIAL

1 hour

A deeply cleansing and resurfacing facial designed for the targeted needs of a man's skin. Botanical extracts and invigorating essential oils leave skin clean, hydrated and balanced. Aromatic steam towels and a scalp massage encourage calm and comfort.



DUET

Well-being is enhanced when shared. Create your own harmonious CONRAD SPA duet when you each select a treatment of your choice to be performed side-by-side in our intercostal view Couple's Suite.



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 QUENCH 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 954.414.5108 or email at CONRADFLB.SPA@conradhotels.com.

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. 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.

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.