

# CONRAD SPA

PUNE



BECOME AN EVEN BETTER YOU



CONRAD SPA  
PUNE

Imagine a spa that feels like it was made for you. With warmth and familiarity, surprising intuitiveness and a refreshing approach. Where innovative services and efficiency seamlessly come together to return you to your optimum state of wellbeing, whether you stay the whole day or half an hour. Not only through treatments, but an atmosphere that transports you into an organically designed, locally inspired haven of harmony and lightness. Combining state-of-the-art treatments and techniques from the world's most exotic destinations into a restorative and rejuvenating journey.

A journey to becoming an even better you.

THE JOURNEY STARTS WITH YOU

**Essentially You.** A collection of treatments that respect your time and rejuvenate your mind and body. With technologically-advanced elements to effectively and efficiently return you to a beautifully balanced state of being, in sixty minutes or less.

**Perfectly You.** When you have time to take wellbeing to another level. A journey that leaves you feeling reborn. Where time, technology and organic treatments are expertly combined to elevate you to a state of absolute perfection.

**Beyond Perfection.** Innovative treatments tailored to meet your every need, whether added to another treatment or experienced on their own. You'll feel totally relaxed – from head to toe.

**Conrad Pune Signature Treatments.** Drawing on local techniques, culture and surroundings, these exclusive therapies are deeply relaxing and rejuvenating.

ESSENTIALLY YOU



ESSENTIALLY YOU  
FACE

From balancing oily skin to smoothing fine lines and wrinkles, Essentially You facial therapies are tailored to efficiently meet your specific needs. With a thoughtful combination of exfoliation, moisturizing and advanced technologies, you are quickly returned to your naturally renewed self.

#### CONRAD FACE THERAPY

60 min

Using ila's Glowing Radiance Collection, this divine therapy begins with an aloe vera and pomegranate cleanse and a gentle exfoliation. Specialised marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

#### RENEWED RECOVERY FACE THERAPY

60 min

Using ila's Renewed Recovery Collection, this restorative face therapy draws on intensely healing rainforest extracts to rejuvenate skin cells. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles

#### FACE CLEAN UP

30 min

A clean-up focusses on giving the skin a thorough cleansing. It helps in getting rid of all the built up dirt, dead skin cells & excess oil.



ESSENTIALLY YOU

BODY

Let us take you on an individualized journey of healing, rejuvenation and relaxation. Through targeted massage, invigorating scrubs and warming wraps, these Essentially You body therapies work quickly to bring your entire body back to a balanced and beautiful state of well-being.

#### SWEDISH MASSAGE

60 min  
90 min

A classical western massage with adjustment of pressure makes it an ideal massage for relaxation. It improves the blood circulation while easing muscular strain.

#### BALINESE MASSAGE

60 min  
90 min

This deep pressure massage evolved on the island of Bali, using a variety of techniques including skin rolling, deep tissue manipulation, gentle stretching and reflexology.

#### DEEP MUSCLE RELIEF

60 min  
90 min

Let our experienced therapist break down the “knots” deep in the muscles relieving chronically tense and contracted areas of the body.

#### THAI MASSAGE

60 min

Without using oil, this ancient and traditional treatment is known for its invigorating effect and its ability to loosen joints, stretch and tone the muscles.

#### HOT STONE MASSAGE

90 min

The use of heated stones and the therapist’s hands during the massage assist in relaxing the muscles, relieving tension and soothing the mind.

#### LYMPHATIC DRAINAGE MASSAGE

90 min

The use of warm oil our trained therapist perform a gentle massage that encourages the movement of lymph fluids around the body. The fluid in the lymphatic system helps to remove waste and toxins from the body.

PERFECTLY YOU



AYURVEDIC  
RITUALS

Indulge us with the opportunity to show you how extraordinary you can feel. Experience the Ancient way of healing to restore the individual balance between mind, body and spirit.

#### HOT HERBAL POULTICE

90min

Poultice made of muslin cloth filled with traditional ayurvedic herbs and dipped in traditional heated massage oil relaxes each muscle. Heat and herbs are absorbed to reduce aches and pains.

#### SHIRODHARA

60 min

Warm medicated oil pour gently on forehead continuously which helps improving memory, nourish the hair and scalp, encouraging sound sleep and calm the mind.

#### ABHYANGA

60 min

It's a traditional Indian massage using warm medicated oil. Combination of soothing and symmetrical long strokes regulate the circulatory and nervous systems of the body.



PERFECTLY YOU  
BODY

ENERGISING &  
DETOXIFYING  
BODY RENEWAL

30 min

Using the ionising properties of Himalayan Salt Crystals, this body renewal is subtly massaged into the skin resulting in rapid exfoliation and the elimination of toxins and tension.

PEARL AND JASMINE  
SCRUB

30 min

This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength.

AMETHYST WRAP

30 min

Amethyst Gel Body Wrap relaxes and balances the nervous system. It stimulates circulation, regeneration of skin cells and cell growth.

MUD WRAP

30 min

Beneficial for improving the skin tone and youthfulness as well as cellulite reduction.

BEYOND PERFECTION



BEYOND PERFECTION  
HEAD TO TOE

Pamper every last inch of you with therapies that can be enjoyed separately or paired with other treatments. With our Beyond Perfection treatments, hands, feet, eyes and hair all get the attention they deserve.

#### HEAD MASSAGE

30 min

A wonderfully relaxing head massage with oils helps to ease headaches, stress and insomnia.

#### BACK MASSAGE

30 min

This treatment is deeply soothing and relaxing to the complete back. Relax your tensed and overused back muscles by the expert hands.

#### FOOT MASSAGE

30 min

Foot Massage awakens your body's internal healing system and promotes a sense of wellbeing & equilibrium by stimulating reflex points.



CONRAD PUNE  
SIGNATURE TREATMENTS

A collection of therapies that are uniquely inspired by local culture, expertise and breathtaking surroundings.

#### COUPLE AT CONRAD

120 min

Reconnect with your loved ones. The blissful experience is a divine combination of the best massage techniques with a gentle exfoliation and mask to hydrate, moisture and renew your skin.

#### CONRAD SIGNATURE FUSION

120 min

Drawing on the healing properties of Himalayan salt crystals, this heavenly body scrub nourishes both physical and emotional wellbeing – ideal for when special pampering is required. Pure essential oils of damascena rose otto, jasmine and sandalwood work directly with the sensory organs to settle the nervous system and revive stressed or neglected cells.





Like you, the Conrad Spa is always evolving. Discovering new techniques, technologies and treatments.

Going to the ends of the earth to bring you the most impactful and empowering spa experience ever.

The kind of experience that stays with you, giving you ever more ways to be your absolute best.

THE JOURNEY NEVER ENDS