

## **SPA OPERATION HOURS: 8:00 AM TO 22:00 PM**

### **SPA RESERVATIONS**

Advance bookings for Spa services are highly recommended to ensure availability. Please book the exact time you have available. A room number or (for outside guests) a contact telephone number and credit card details are required to secure spa appointments.

### **ARRIVAL TIME**

Being on time for your appointment is greatly appreciated, both in consideration of our other guests and in order for you to receive your full service. Please arrive 15–30 minutes in advance of your appointment to allow time to change into a robe, fill our Spa consultation form if it's your first visit and relax before your service. This will enable us to tailor your treatment to your specific needs. Thirty minutes is suggested if you are having facial or body treatments.

### **LATE ARRIVAL**

Arriving late for your appointment will reduce your treatment time. If you arrive more than 15 minutes late for any treatment, you will be asked to reschedule.

### **CANCELLATION POLICY**

If you would like to reschedule or cancel your booking, you can do so at any time subject to a minimum of 4 hours' notice. If a cancellation is made less than 4 hours prior to your appointment time, a 50% charge will apply. For all no-shows the full charge for the treatment will apply.

### **SPECIAL CONSIDERATIONS**

If you are pregnant or have high blood pressure, heart conditions, allergies or any other medical complications, we advise you to consult your doctor before signing up for any spa treatment. Please ensure our spa therapist is aware of any medical conditions. We do not perform any massage treatments during the first trimester of pregnancy.

### **AGE REQUIREMENT**

The Spa is an adult-oriented atmosphere; therefore we are not able to accept appointments for children under the age of 16 years, unless accompanied by a parent. Children under the age of 18 are not allowed in the spa unless they are receiving services. Children under the age of 18 may need a signed waiver and/or accompaniment by a parent or adult guardian for services.

### **GIFT CERTIFICATES**

A CONRAD SPA gift certificate makes a wonderful gift for any special occasion or holiday. Gift certificates are not refundable, not transferable or redeemable for cash or credit. Please review all terms and conditions.

### **VALUABLES**

We recommend that no jewellery be worn at the spa. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.

For the comfort of all of our clients, CONRAD SPA is a smoke-free environment. So you may fully enjoy your spa experience, and as a courtesy to other guests, cell phones should be turned off.

Robes and slippers are provided to help you relax during your stay in the spa.

CONRAD<sup>®</sup> SPA  
PUNE

## CONRAD PUNE SIGNATURE TREATMENTS

### Conrad Signature Fusion | 120 minutes, INR 11500

A ceremony to activate internal healing, purification and cleansing. Experience signature massage for 60 minutes and end with a Hydrating facial for 60 minutes.

### Couple At Conrad | 120 minutes, INR 21500

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.

## ESSENTIALLY YOU

### Brightening Facial | 60 minutes, INR 6750

Cleansing, nourishing and brightening facial. Fine lines and wrinkles do not stand a chance with this signature facial.

### Hydrating Facial | 60 minutes, INR 6750

Anti-ageing and hydrating facial. Improves skin clarity while combatting problems and imbalance.

### Clearing Facial | 60 minutes, INR 6750

Leaves the skin moisturized and ready "to go". Intense relaxation and good for dull skin.

## AYURVEDIC RITUALS

### Abhyanga | 60 minutes, INR 5500

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.

### Shirodhara | 45 minutes, INR 5700

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

### Hot Herbal Poultice | 90 minutes, INR 7500

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

## PERFECTLY YOU

### Sugar & Almond Scrub | 30 minutes, INR 3500

A gentle body scrub with brown sugar from the West Indies and Sweet Almond Oil, along with a subtle vanilla perfume. This body scrub will exfoliate the skin and bring it a silky touch.

### Rice Powder Body Warp | 45 minutes, INR 4500

This comforting body wrap revitalizes and soothes the epidermis, leaving the skin soft.

## THE MESSAGES

### Deep Muscle Release | 60, 90 minutes; INR 5500, 6500

Signature Therapy; Deep tissue massage, more focused on to lower back.

### The Lymphatic Drainage | 75 minutes; INR 6300

A specialized treatment designed to enhance your body's natural detoxification and renewal processes.

### The Traditional Thai | 60, 90 minutes; INR 5300, 6300

Designed to expose flexibility through stretching and yoga techniques.

### Conrad Signature Massage | 90 minutes, INR 6900

The signature massage is a combination of the best strokes from different massages, allowing one to enjoy different massages in one therapy while attaining continuous relaxation throughout the treatment.

### Swedish Massage | 60, 90 minutes INR 5300, 6300

Medium to gentle pressure; Designed for mental relaxation.

### The Hot Stone Experience | 90 minutes; INR 6800

Ancient Hot Stone Therapy; Medium to firm pressure.

### Balinese Massage | 60, 90 minutes; INR 5500, 6500

Combination of gentle stretching, long therapeutic strokes to relieve muscle pain.

## QUICK FIX

### Foot Reflexology | 45 minutes; INR 4800

Ancient Therapy; Medium to firm pressure.

### The Indian Head Massage | 30 minutes; INR 3700

Traditional Indian Champi massage.

### Release | 45 minutes; INR 4800

Focusing on the head, neck, and shoulders to release muscle stress.

