TREATMENT MENU

Focusing on our breathing instantly regulates our parasympathetic nervous system, known to improve digestion and help us rest. This encourages calm and clarity and allows us to find our way back to a comfortable equilibrium. Associated with freedom and curiosity, the number five has a special place in many cultures, also representing the five fingers on each hand, the five toes on each foot, and the five senses.

The Conrad Spa 5 Breaths is a grounding and calming process enveloping each treatment delivered within our menu. A simple yet extremely effective opportunity to center and calm your system before relaxing into our exceptional spa experiences.

AND BREATHE...

Take five deep breaths

Take a moment to inhale and exhale, mindfully, five times to encourage a gentle reset.

Welcome to the moment.

Conrad Spa offers limitless possibilities and the ultimate experience for the modern spa connoisseur.

We invite you to reconnect with yourself and your wellbeing, immerse yourself in the discovery of our location and feel refreshed and revived by the Conrad Spa experience.

WELCOME TO

CONRAD SPA

PUNE

THE DESTINATION

Nestled in the heart of Pune, our spa is a haven of luxury wellness, offering a respite from the hustle and bustle the of city life. Pune, known as the "Oxford of the East," is not only a hub of education and culture but also a city that deeply values holistic wellbeing. It is with our Destination treatments that we celebrate all our exciting location has to offer.

HEALING ROSE RITUAL

This luxurious treatment harnesses the healing power of indigenous rose oil and rose quartz crystals for a deeply restorative experience. Beginning with an invigorating scrub, skin is primed for the warm, locally sourced rose oil massage, expertly tailored to release tension and nourish muscles. Rose quartz crystals are placed to enhance energy flow, elevating relaxation and healing. This holistic ritual balances mind, body, and spirit, leaving you rejuvenated, refreshed, and glowing with natural vitality.

120 mins

PUNE GROUNDING RITUAL

This treatment embraces the calming and purifying qualities of indigenous sandalwood, combined with traditional herbal poultices for deep healing. Skilled therapists apply warm, locally sourced Ayurvedic oil, followed by handcrafted hot poultices to melt away tension and restore balance. The soothing warmth of the poultices relaxes muscles while awakening the senses, creating a serene escape. This holistic experience celebrates Pune's local wellness traditions, leaving you deeply relaxed and revitalized.

120 mins

ISUN
garnet
GROUNDING BODY OIL
1 fl oz / 30ml

MASSAGE TREATMENTS

A great massage makes everything better. Our selection of massages have been designed to offer a balance of physical and emotional benefits that only a great massage can absolutely deliver.

CONRAD CUSTOM MASSAGE

Unwind with this fully bespoke signature massage experience developed by each of our spa team. As the embodiment of the Conrad philosophy, the treatment is inspired by the freedom to fully tailor each massage alongside highly specific massage techniques to create a treatment as unique as you.

60/90/120 mins

GEMS JOURNEY

Indulge in a deeply relaxing massage that harmonizes your energy and restores balance. Calming aromatherapy blends, energy-balancing gemstones, and herb-infused oils promote enhanced energy flow throughout your body. Experience profound relaxation, leaving you refreshed and revitalized.

90 mins

RESTORE

Experience the ultimate relief with our Deep Tissue Massage. Our skilled therapists apply firm pressure to target knots and tension, promoting muscle relaxation and improved mobility. This treatment is perfect for those seeking effective relief from chronic pain and stress, leaving you revitalized and renewed.

60/90/120 mins

AROMATHERAPY

Discover the ancient art of aromatherapy with this gentle, slow flowing and soothing massage. From bringing equilibrium to the mind and body, to reducing stress and relieving anxiety, this massage is truly all about relaxation.

60/90 mins

DETOX

The gentle, circular strokes within this skillful massage encourage lymph flow whilst restoring energy balance. This soothing massage alleviates fluid retention, boosts circulation, detoxifies, and bolsters the immune system for ultimate relaxation and wellbeing.

60/90 mins

AYURVEDIC RENEWAL

Traditional Ayurvedic massage delivers a deep sense of restfulness. Marma points are activated to reduce stress and gently ease muscle tension. Followed by Shirodhara, the practice of hot oil pouring over the third eye ultimately provides a nourishing hair treatment whilst nurturing the mind and body.

60/90/120 mins

FACE ESSENTIALS BY I SUN

At this spa, we believe in skin health. We focus on techniques that deliver more than surface improvements, and a glow that is more than skin deep.

RADIANCE

A revitalizing facial that encourages skin repair. Facial lines are smoothened and a glow is returned to the complexion through skillful techniques. A crystal massage to the hands and feet results in a sense of total wellbeing.

60/90 mins

BALANCE

A balancing treatment for beauty and spirit combines a series of three facial masks that serve to purify, calm, exfoliate and nourish your skin, bringing deep relaxation as it concludes with a subtle crystal acupressure massage using crystal wands.

90 mins

CELESTIAL

A glowing complexion awaits as we brighten and replenish your skin. The powerful benefits of antioxidants, pearl powder and vitamin C help repair and even your skin tone. To uplift your senses and impart a feeling of inner peace, an aromatic celestial blend is infused throughout your facial.

60 mins

ELEVATE

A therapeutic and deeply relaxing facial that targets devitalized skin. Ancient gua sha techniques stimulate energy flow and circulation, contouring your facial angles and removing toxins. With an elevated facial massage, your facial muscles will tone, resulting in firmer, smoother and calmer skin.

90 mins

BODY ESSENTIALS

Wellbeing is the focus, feeling better with treatments that enhance and revitalize from top to toe.

RECOVER

Ease into relaxation after your active adventures with our restorative treatment, featuring an anti-inflammatory herb and essential oil body wrap, followed by a muscle-melting massage. Indulge in a scalp and hair treatment for further relaxation, finishing with a deep tissue lapis lazuli massage to release tension, leaving you fully rejuvenated.

120 mins

CLEANSE

A rejuvenating treatment that promotes circulation, detoxifies tissues, and tones your skin. An ayurvedic body and herbal oil wrap followed by an energizing body massage concludes the experience, leaving you feeling refreshed and invigorated.

120 mins

QUENCH

Revive dry, dehydrated skin with a nourishing treatment crafted to replenish, soothe and restore. Begin with a decadent moisturizing scrub, followed by a nourishing mask that envelopes your body for deep hydration. A relaxing massage completes the experience, leaving your skin radiant.

120 mins

THE WELLBEING EDIT

A curated selection of essential add-ons to your treatment experience.

GLOW AND NOURISH BODY SCRUB

For ultimate nourishment, this scrub is delivered **depending** on your skin's needs. Choose from purifying rhassoul mud, invigorating rosemary and sage, or radiant crystal pearl.

30 mins

DETOX AND HYDRATE BODY WRAP

Body wraps using natural products are used to form intensive and moisturizing body masks. Choose from a gentle detox or deeply hydrating honey and avocado.

30 mins

ESHIN SCALP AND HAIR TREATMENT

Our conditioning scalp and hair treatment uses Ayurvedic herbs – skilfully blended with essential oils to stimulate the scalp, enhance oxygenation, and soothe the mind.

30 mins

TRANSIENT EXPRESS FACIAL

A transient facial that will leave you feeling refreshed, rejuvenated, and glowing from the outside in. The perfect lunchtime treat or pre-event boost!

30 mins

BACK RECOVERY

A deeply relaxing back massage to relieve all feelings of tension.

30 mins

GRACE HAND TREATMENT

A therapeutic hand treatment with healing rose quartz promotes ultimate renewal, leaving your skin glowing and revitalized.

30 mins

SOUL FOOT TREATMENT

Indulge in our luxurious foot treatment, starting with refreshing rosemary sage scrub for soft, smooth skin. Finish with our signature crystal massage, bringing deep relaxation.

30 mins

LIGHTER LEGS

A refreshing treatment that relaxes and relieves tired, heavy-feeling legs.

30 mins

FOOT REFLEXOLOGY

Deep pressure to the feet using specific thumb, finger, and hand techniques to alleviate areas of stress throughout the body.

30 mins

SPA TERMS & CONDITIONS

SPA OPERATIONAL HOURS
Daily: 8.00 am - 10.00 pm

SPA RESERVATIONS
For spa enquiries or reservations, please dial us directly on 6655 from the room, T: +91 20 67456655 or M: +91 91686 03609 or email us on conradpune.spa@conradhotels.com and advance bookings are recommended to secure your preferred treatment time.

APPOINTMENTS
Being on time for your appointment is greatly appreciated, both in consideration to our other guests and in order for you to receive your full service. Please arrive 15-30 minutes prior to your appointment to allow time to change into a robe, complete our guest Pre-Treatment Form, and relax before your service. Thirty minutes is suggested if you are having facial or body treatments

PRIOR TO ARRIVAL
We recommend that you leave all jewellery and valuables in your room before coming to the spa. We advise male guests shave prior to any facial treatment. We also recommend using the sauna and steam prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL
Please arrive 15 minutes prior to your treatment to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION
Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS
Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

GUEST PRE-TREATMENT FORM
Before your service, you may be required to complete a guest Pre-Treatment Form. This safeguards your wellbeing and comfort, allowing us to safely deliver our services. Please read our Explanatory Information sheet to obtain further details on the conditions and questions included on the Pre-Treatment Form that are relevant to the services we provide. Conrad Spa assures and maintains confidentiality of the strictest standards.

CANCELLATIONS
If you need to make a cancellation or date change, we request a minimum of four hours' notice for any single service. A 24-hour notice is required for any multiple service or spa package cancellation. 50% will be charged on any late cancellations or no-show appointments.

PRICING
Conrad Spa reserves the right to modify, discontinue or raise prices on certain treatments without prior notification to ensure that maximum standards of service and quality are met. If you have any questions, please ask your spa representative when you book your appointment.

WHAT SHOULD GUESTS WEAR DURING TREATMENT?
Guests will be provided with disposable undergarments which are mandatory. You are required to wear this for your comfort. Our therapists will always use draping techniques to respect your privacy.

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. Please contact the spa for further information.

METHODS OF PAYMENT
We accept all major credit cards, room charge and cash and online transactions.

GIFT CERTIFICATES
A Conrad Spa Gift Certificate makes a wonderful gift for any special occasion or holiday. Gift Certificates are non-refundable, non-transferable and not redeemable for cash or credit. Please review all terms and conditions.

A COMPLETE SPA EXPERIENCE
To ensure your spa experience is a relaxing one, we recommend the following:

- To help you fully relax, the spa is a mobile & Wi-Fi-free zone.
- Out of respect to all our guests, please arrive early so your treatment may begin on time.
- Gentlemen who avail facial services are advised to shave at least 3 hours prior to their appointment.
- Please collect all jewellery in the room after your treatment.
- Spa robes and slippers are available at the spa.
- Conrad Pune Spa will not be responsible for any lost material post locker usage.

CONRAD SPA

PUNE

Spa hours: 8 am until 10 pm

For booking a spa appointment:

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