



B O D Y  
*euphoria*

MASSAGE THERAPY

SKIN CARE

HAIR REMOVAL

NAIL CARE

BODY TREATMENTS

*indulge*  
SPA

MENU *of*  
SERVICES

## MASSAGE THERAPY

### Indulge Massage

Relax from head to toe with our signature massage, designed to relieve stress and replenish the body. This massage is performed using long light pressure strokes. To elevate your senses, choose to incorporate our complimentary aromatherapy oil.

**30 minutes – \$45 60 minutes – \$60 90 minutes – \$90**

### Renew Massage

This full body massage focuses on alleviating tight muscles, body tension, chronic strain and aches. This massage is performed using deep pressure on targeted areas.

**30 minutes – \$50 60 minutes – \$70 90 minutes – \$100**

Pre-purchase a series of multiple sessions at a reduced rate.

**Six Sessions – \$390**

### Pregnancy Pamper

Our trained professionals will nurture your body as you nurture your unborn baby. This massage is designed to reduce back, hip and leg pains, as well as overall fatigue.

**60 minutes – \$65**

### The Goddess

A treatment designed by our client, this is sure to delight. A full-body massage with hot stones used to massage your back. We finish with aromatherapy, face and neck massage. An indulgent treatment.

**90 minutes – \$105**

### Muscle Meltdown

This massage uses smooth hot stones to loosen muscles, melt away tension and joint pain. The therapeutic heat in combination with aromatherapy creates a sense of tranquility for the mind and the body. Pressure can be adjusted to your specific needs.

**60 minutes – \$75 90 minutes – \$105**

### Rendezvous Massage

Share the experience of bliss with someone special in your life — your spouse, best friend or family member. Rendezvous is a great bonding experience and a way to strengthen your relationship. Two therapists will provide simultaneous massage in a suite for two.

**60 minutes – \$130 90 minutes – \$190**

### Renew Rendezvous Massage

Upgrade to a deep tissue massage (additional per person)

**60 minutes – \$10 90 minutes – \$15**

### Rain Shower

Experience the sensation of soothing water from our rain shower with this add on to any of our massage services. **\$20**



## GENTLEMEN'S TREATMENTS

*At Indulge Spa we have made an effort to create a neutral environment where men feel welcome. We offer treatments designed to meet your unique needs in a private setting where you can find relaxation and stress reduction.*

### Executive Hands

Combat dry and callused skin. This nail treatment for men includes exfoliation, nail trim, cuticle care, hand massage and nail buff.

**30 minutes – \$18**

### Executive Feet

Kick up your feet and let us eliminate dead dehydrated skin with a warm foot soak and scrub. Your nails will be trimmed, excess cuticles are removed and to finish a soothing foot massage and nail buff.

**30 minutes – \$40**

### Revitalize Massage

This full body massage is performed using deep pressure on stressed areas, focusing on reducing tight muscles, and aches. It's a great massage for active men, those with physically demanding jobs and men who work at a desk for long periods of time.

Light assisted stretching may be incorporated as needed.

**30 minutes – \$50 60 minutes – \$70 90 minutes – \$100**

### Vitality Skin Grooming

Our men's facial is tailored to meet the specific needs of male skin. The treatment takes factors such as ingrown hairs, acne and aging into consideration. These conditions are due to daily shaving, harsh products, and an accumulation of oil production. After a deep cleansing, exfoliation and massage your skin will be rejuvenated.

**30 minutes – \$45 60 minutes – \$70**

## BODY TREATMENTS

### Regenerating Salt Scrub

Boost your metabolism, sooth achy bones and muscles while tranquilizing your nervous system. This treatment is ideal for dry winter skin but can also prepare skin for a great tan. Sea Salts remove dead skin cells while warm Ayurvedic oils high in vitamins and 74 trace elements are transported into the pores. This treatment includes a rain shower and a hydrating cream application.

**60 minutes – \$75**

### Purifying Mud Wrap

Re-mineralize your body while pulling impurities out of your skin. This treatment starts with your skin being stimulated with a dry brush exfoliation that opens up your pores. Next a warm application of mud composed of plant extracts, trace minerals and vitamins is applied to the skin. You will be wrapped in a warm cocoon as the mud revitalizes and hydrates your skin, reducing joint pain and sore muscles caused by such conditions as fibromyalgia and arthritis. This treatment includes a rain shower and a hydrating cream application.

**60 minutes – \$75**

### Detoxifying Seaweed Wrap

Enhance the results of your weight loss program with this detoxification. Restore your skin's firmness and elasticity while reducing the appearance of cellulite. Your pores will be stimulated and opened to allow the penetration of green algae, aloe and enzymes. This treatment is ideal for anyone with circulation problems, menopause or fatigue. A warm cocoon surrounds you and rids your body of toxins. This treatment includes a rain shower and a hydrating cream application.

**60 minutes – \$75**

### Contour Body Wrap

Reduce the appearance of cellulite and promote a healthy and permanent inch loss of 4-14 inches per body wrap treatment.

- Very effective for those suffering from poor circulation and fluid retention.
- A series of body wrap treatments, along with a home detoxification kit (additional cost) creates both internal and external benefits in the quest to remove and prevent cellulite.
- Soothe, heal and stimulate new tissue growth.
- Increase skin elasticity and improve skin's firmness.

**90 minutes – \$100**

Pre-purchase a series of multiple sessions at a reduced rate.

**Three Sessions – \$285   Six Sessions – \$550**

### Chill Out

This lush body treatment will leave you feeling completely rejuvenated. We begin with an essential oil infused body scrub. The mineral-rich sea salts applied in circular motions invigorates the skin, removing the dead skin layers and revealing the softer, healthier skin below the surface — leaving you with a healthy glow. Finally, your body will be nourished with the application of a warm detoxifying mud mixture. Relax in a warm cocoon while your body draws in the trace elements. Then, immerse yourself in our rain shower before receiving full-body hydration from the hands of our therapist.

**90 minutes – \$125**



## WELLNESS PACKAGES

### Touch of Bliss – \$130

30 minute Indulge Massage  
30 minute Refresh Facial  
Feet Retreat Pedicure

### Body Euphoria – \$160

60 minute Renew Massage  
60 minute Sole Soother  
60 minute Palm Pleaser

### Break Away – \$175

60 minute Renew Massage  
60 minute Refresh Facial or  
60 minute Mud Wrap or Salt Scrub  
Palm Pleaser Manicure

### Total Bliss – \$195

60 minute Indulge Massage  
60 minute Refresh Facial  
60 minute Mud Wrap or Salt Scrub

### Complete Indulgence – \$280

60 minute Muscle Meltdown Massage  
60 minute Refresh Facial  
60 minute Purifying Mud Wrap  
Nail Nurture Manicure  
and Feet Retreat Pedicure

### Tips & Toes – \$90

60 minute Sole Soother  
60 minute Palm Pleaser

### COUPLES PACKAGES

#### Sweet Retreat – \$220

Two 60 minute Renew Massages  
Two 30 minute Facials  
(choose Refresh or Skin Vitality)

#### Indulge Together – \$345

Two 60 minute Indulge Massages  
Two 60 minute Mud Wraps or Salt Scrubs  
Two 45 minute Pedicures  
(choose Feet Retreat or Executive Feet)

## SKIN CARE

### Refresh Facial

Whether your skin is oily, dry or a combination of both, this facial will restore your skin's health with a thorough skin analysis and a tailored regimen specific to your skin care needs. This facial is relaxing and effective — it includes a deep cleansing, exfoliation, steam, masque, facial massage and moisturizer.

Note: The 30 minute facial is an express treatment that does not include facial massage and has a shortened masque application. The 60 minute facial includes extractions.

**30 minutes – \$45   60 minutes – \$70   90 minutes – \$90**

### Fountain of Youth

Concerned about the signs of aging? This is the treatment for you! We use Dermalogica's® Age Smart line — Shea Butter, silicones, as well as vitamin A, C and E stimulate collagen and defend against free radicals — leaving your skin firmer, smoother and revived.

**60 minutes – \$75   90 minutes – \$100**

### Clarify Facial

Sooth your skin and relieve it of acne breakouts. An anti-bacterial cleanser with salicylic acid deeply cleanses skin and balances sebum without over drying. Tea tree, zinc triplex and benzoyl peroxide can calm inflammation, absorb excess oil and kill bacteria.

This facial includes extractions and high frequency.

**60 minutes – \$75   90 minutes – \$100**

### Chemical Peel

Minimize the visible signs of aging — smooth your complexion, balance irregular skin tone, softens dry skin, promote a healthy, youthful glow and help relieve shaving problems. We apply a solution that causes skin to separate — eventually the top layers peel off.

Customize any facial with an add-on chemical peel. **\$20**

### Facial with a Peel

Pre-purchase a series of multiple sessions at a reduced rate.

**Three Sessions – \$260   Six Sessions – \$500**



## SPA PARTIES

Let us plan your next spa event — we cater to all groups and can customize our services to meet your needs. We can even arrange catering!

**On-Site:** You can choose from our menu of 15-20 minute treatments and rotate your group through a series of spa experiences. Groups smaller than six (6) guests can choose longer treatments from our regular menu. The group menu is offered with a minimum of four spa guests receiving at least three services each. Contact our Spa Coordinator for more information.

### Special Occasions

- Bridal Shower
- Bachelor(ette) Party
- Birthday Party
- Holiday Party
- Graduation Party
- Ladies Night
- Workplace Wellness
- Baby Shower
- Wedding Party
- Anniversary
- Sweet Sixteen
- Going Away Party
- Team Building
- Client Appreciation

### Group Menu – 20 Minute Services

- Chair Massage – \$25
- Brow Shaping/Eye Treatment – \$20
- Mini Manicure – \$20
- Paraffin Hand Treatment – \$20
- Pure Pedicure – \$25
- Microzone Treatment – \$20

### Pampered Princesses – \$35 each

- Minimum of four girls ages 5-12 years old. Package Includes polish change for hands and feet. And a gentle facial cleansing.
- Each girl must have a consent form signed by a parent.

**Off-Site:** Indulge Spa can now bring the spa party to you! We have off-site treatments you can book by the hour — whether it's at a hotel, convention center or in your home. As many guests as you desire can enjoy our different spa stations — services such as Paraffin Hand Treatments, Chair Massage and Brow waxes can be booked for \$75/per hour. Price includes travel and set up time for Madison area. Travel outside this area will require additional charges.

## NAIL CARE

### Nail Nurture

A classic manicure, perfect for maintaining nail wellness — including nail shape, cuticle care, skin hydration and polish. **30 minutes – \$28**

### Palm Pleaser

Pamper your palms with this luxurious manicure that entails an exfoliation, nail shape, and cuticle care. Your hands will be covered by a masque, which is removed with warm towels. Reduce stress and tension with a massage and finish with polish. **60 minutes – \$40**

### Shellac

Shellac is the breakthrough patent-pending UV3 technology that combines the ease of polish with the performance of gels. A true innovation in chip-free, extended wear color. **\$40**

### Shellac & Remover Wraps

Plastic-backed, self-adhering cotton wraps custom designed for gentle, efficient removal of the Shellac UV Color Coat System. **\$46/10 pack**

### Axxium Manicure

Get the lasting effect of gel without damaging your nail bed. Axxium is applied like a polish and then UV cured for a shiny finish. Choose from several popular colors. Perfect for anyone who demands long-lasting color. **\$40**

### Axxium Fill

Includes removal of Axxium and reapplication. **\$50**

### Axxium Soak Off

Buffing, nail strengthener and clear coat. **\$15**

### Nail Enhancements

French – **\$10**

Polish Change – **\$15**

Paraffin Wrap – **\$15**

### Sole Soother

Sit back and take pleasure in a foot soak, exfoliation, nail shape, cuticles will be softened and trimmed. A masque is applied and later removed with warm towels. Reduce stress and tension with a massage and finish with polish. **60 minutes – \$55**

### Feet Retreat

Maintain healthy feet with this traditional pedicure that consists of a foot soak, nail shape, cuticle care, skin hydration and polish. **45 minutes – \$45**

### Pedicure Add-Ons – \$12 each

**Sea Serum** – A concentrated alpha-hydroxy acid serum to break down tough calluses.

**Sea Scrub** – A foot scrub with crystals and marine alpha-hydroxy acid to exfoliate dry skin on the soles of the feet.

**Cucumber Heel Therapy** – An intensive moisturizing complex with cucumber extract, chamomile and aloe to aid in the repair of dry cracked skin.

### Princess Manicure/Pedicure

For our tiniest clients this mini manicure and pedicure is perfect. We will shape the nails, clean up cuticles, hydrate the skin, the preferred polish choice is applied. Parental consent is required. **\$25**



## WAXING SERVICES

Eyebrow – \$15

Lip – \$13

Lip & Brow – \$24

Chin – \$13

Basic Bikini – \$32

French Bikini – \$45

Brazilian Bikini – \$60

Underarm – \$24

Full Leg – \$55

Half Leg – \$38

Chest – \$40

Chest (partial) – \$20

Back – \$45

Back (partial) – \$30

Arms – \$40

For those who have hair removal needs that don't fit the above descriptions — discuss your individual needs with our Spa Coordinator. She will book a block of waxing time and we can consult you further during your appointment.

## THE SPA EXPERIENCE

Please arrive 15 minutes prior to your treatment to unwind in our relaxation lounge.

If this is your first Indulge experience please reserve 15 minutes to fill out the client intake form or print it from our website and start relaxing the moment you arrive.

Please silence cell phones upon arrival.

Please notify us of any health concerns or issues that may contradict spa treatments such as pregnancy, high blood pressure, heart disease, or sunburn.

We do not recommend shaving within 24 hours before exfoliating treatments, pedicures or waxing.

When booking services for two or more guests, or two or more services, a credit card will be required to secure your reservation.

**Guests:** With the exception of our Nail Services, all guests should be at least 18 years of age. Those over 16 years old may bring in a signed consent, however, those under 16 years of age must be accompanied by an adult for the initial consultation.

**Prices:** Are subject to change, both in this menu and on our website.

**Gratuities:** Are appreciated and are generally given in the range of 15-20% of the total service amount. Gratuities can be given directly to the service provider or to the front desk coordinator. Groups larger than 6 people will be charged an automatic 18% gratuity. Gratuities for packages where more than one service provider is required will be split evenly amongst associates based upon number of hours servicing the guest.

**Late Arrivals:** As a courtesy to each guest we will start treatments on time, therefore clients arriving late unfortunately forfeit that portion of their scheduled service, and will be charged for the complete service.

**Cancellation Policy:** Our spa requires a 24-hour notice for appointments, and a 48-hour notice for groups, off site appointments as well as all spa packages. Unless a call is received within these policy hours, a 50% cancellation fee will be charged. In the event of a no-show, a 100% cancellation fee will be charged. A service charge will be posted to the card number noted at the time the service was reserved.

**Gift Certificates/Gift Cards:** Gift certificates are available for any dollar amount you choose and can be used for either services or retail purchases.

After 1 year, a post-sale fee against the card balance will apply. Card value expires 5 years from purchase date.



**Call for your appointment today!**

10am-7pm Monday-Thursday 9am-6pm Friday-Saturday 10am-4pm Sunday

indulge  
SPA

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