**Special Occasions**
- Sweet Sixteen
- Ladies Night
- Client Appreciation

For Madison area. Travel outside this area will require additional charges.

**MASSAGE THERAPY**

**Indulge Massage**
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 – $55
- 60 minutes – $80
- 90 minutes – $100

**Renew Massage**
This full-body massage to alleviate tight muscles, body tension, chronic strain and aches. Performed using deep pressure on targeted areas.

- 30 minutes – $60
- 60 minutes – $90
- 90 minutes – $110

**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. Must be out of first trimester.

We now offer the Prego Pillow, use determined by your therapist.

- 60 minutes – $85
- 90 minutes – $110

**The Goddess**
A full-body massage, featuring hot stones for your back. Forget your stress with the scalp, hand, and foot massage using revitalizing aroma therapy.

- 90 minutes – $115

**Muscle Meltdown**
Hot stones loosen muscles, melt away tension and joint pain. The therapeutic heat, and aromatherapy creates a sense of tranquility for the mind and the body. Pressure can be adjusted to your specific needs.

- 60 minutes – $100
- 90 minutes – $120

**Nirvana Massage**
Allow yourself to feel bliss as we use bamboo to massage your muscles, calm your senses and release muscle fascia.

- 60 minutes – $90
- 90 minutes – $115

**Hydro Elation**
With the application of clinical grade heat packs, we incorporate aroma therapy to help relieve the deep tension and stress that has built up in your body.

- 60 minutes – $90
- 90 minutes – $115

**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 light/medium pressure massage in a suite for two.

- 60 minutes – $165 ($82.50/person)
- 90 minutes – $205 ($102.50/person)

**Renew Rendezvous Massage**
Upgrade to a deep tissue massage (additional per person)

- 60 minutes – $15
- 90 minutes – $20

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

**Massage Add-Ons**

- **Harmony Scalp Massage** – 15 minutes – $15
- **Botanical Infusion Facial Steam** – $15
- **Sinus Relief Treatment** – 15 minutes – $15
- **Hand or Foot Massage** – 20 minutes – $25
- **Dry Mitt Exfoliation** – $15
- **Hand or Foot Paraffin** – $10
- **Range of Motion stretching** – 15 minutes – $15

**Contour Body Wrap**

- 60 minutes – $90
- 90 minutes – $115

**Bare Back Treatment**

- **Bare Back**
- **Feet Retreat Pedicure**
- **Bridal – $60 (Includes $15 trial run fee)**

**Tips & Toes**

- **Make Up Application**
- **Foot Paraffin –**
- **Foot Paraffin**

**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.

**Group Menu – 20 Minute Services**

- **Chair Massage**
- **Mini Manicure**
- **Pure Pedicure**
- **Brow Shaping/Eye Treatment**
- **Paraffin Hand Treatment**
- **Microzone Treatment**

**Special Occasions**

- Bridal Shower
- Birthday Party
- Sweet Sixteen
- Bachelor(ette) Party
- Anniversary
- Ladies Night
- Wedding Party
- Holiday Party
- Client Appreciation

**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 $80/per hour with a $350 minimum. Price includes travel and set up time for Madison area. Travel outside this area will require additional charges.

**Notes:**
- **Indulge Together**
- **Sweet Retreat**
- **COUPLES PACKAGES**

**Complete Indulgence**

- 60 minute Renew Massage
- 30 minute Refresh Facial
- 60 minute Indulge Massage
- 30 minute Chair Massage
- 30 minute Mini Manicure
- 30 minute Pure Pedicure

**Fountain of Youth**

- **60/90 minute facial includes extractions.**
- **Note:** The 30 minute facial is an express treatment that does not
- **regimen specific to your skin care needs — it including a deep
- **skin analysis and a tailored
- **refresh regimen**

**Bare Back**

- **Sun Dance**
- **Hydro Elation**
- **Rain Shower**
- **Nirvana Massage**
- **Musk Meltdown**
- **The Goddess**
- **Indulge Massage**
- **Bare Back Treatment**
- **Feet Retreat**
- **Pregnancy Pamper**
- **Indulge Together**
- **Sweet Retreat**
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- **Paraffin Hand Treatment**
- **Microzone Treatment**
BODY TREATMENTS

**Lemongrass Salt Scrub**
Boost your metabolism and soothe achy bones and muscles while tranquilizing your nervous system. Ideal for dry winter skin or to prepare for a great tan, Sea Salts and Ayurvedic oils remove dead surface cells and nourish the skin. The addition of Lemongrass oil is uplifting and boosts self esteem, while also relieving anxiety and pain. The slightly sedative benefit creates a calming, regenerating and soothing effect on the mind.

This treatment includes a rain shower and a hydrating lotion application.  
**60 minutes – $90**

**Sun Dance**
Get the perfect summer glow any time of year. First, enjoy our Lemongrass Salt Scrub which removes dead, rough skin cells. After you rinse off in our rain shower, your therapist will apply our sunless tanning cream. Please wear loose, comfortable clothing as the product may transfer. We also recommend waiting 4-8 hours after the service before showering. Service includes a 6 ounce bottle of tanning cream to take home with you.  
**$30**

**Good Karma Mud Wrap**
Re-mineralize your skin while pulling impurities out. This treatment begins with a dry glove exfoliation to open up your pores. Next a warm application of mud composed of plant extracts, trace elements and vitamins is applied to the skin. Added to the mud is the Good Karma oil blend with Ylang Ylang, Chamomile and sweet orange to promote positive well-being. 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 lotion application.  
**75 minutes – $95**

**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 – $130**

**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.  
- NOTE: This service requires a patch test and complimentary consultation 24 hours prior to the treatment.  
**90 minutes – $105**

**Detoxifying Seaweed Wrap**
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.  
**75 minutes – $95**

**Skin Care and Body Treatment Add-Ons**
- **Harmony Scalp Massage – 15 minutes – $15**
- **Botanical Infusion Facial Steam – $15**
- **Dry Mitt Exfoliation – $15**
- **Hand or Foot Paraffin – $10**
- **Decompression Time – 15 minutes – $10**

**Give an indulgent gift!**
**Give an Indulge Gift card!**
SKIN CARE

Refresh Facial
Restore your skin’s health with a thorough skin analysis and a tailored regimen specific to your skin care needs — it including 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 60/90 minute facial includes extractions.

30 minutes – $50 60 minutes – $85 90 minutes – $105

Fountain of Youth
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 – $90 90 minutes – $115

Clarity Facial
Soothe 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 – $90 90 minutes – $115

Make Up Application
$45 Bridal – $60 (Includes $15 trial run fee)

WELLNESS PACKAGES

Total Bliss – $216.75
60 minute Indulge Massage
60 minute Refresh Facial
60 minute Lemongrass Salt Scrub*

Complete Indulgence – $306.00
60 minute Muscle Meltdown Massage
60 minute Refresh Facial
75 minute Purifying Mud Wrap
Nail Nurture Manicure
and Feet Retreat Pedicure

The Escape – $170.00
Brazilian Wax
Bare Back Treatment
Feet Retreat

Frequency (Facial Add On)
Add on to any facial. Ultrasonic, or high frequency for advance technology approach to skin care. $12

Glo Enzyme Peel (Choose one)
- Flower Enzyme – Fruit enzymes gently remove superficial dead skin cells. Flower extracts contribute mild organic acids to gently stimulate and tone skin while providing antioxidant protection. For all skin types
- Enzyme Peel – Fruit enzymes and salicylic acid help break down dead cells for smoother skin. Recommended for aging, sun damage, hyper-pigmentation, and acne grades I & II.

Single Session – $95 Series of 3 – $256.50 Series of 6 – $484.50

Glo Modified Jesner
A synergy of effective acids to help reduce the appearance of melasma, freckles, acne and mild rosacea. This aggressive peel is not recommended for first time skin care clients. Recommended for aging, sun damage, hyper-pigmentation, and acne grades I & II.

Single Session – $105 Series of 3 – $283.50 Series of 6 – $535.50

Bare Back
Treat your back to a deep cleansing wash, followed by a steam and exfoliation. A masque clarifies and conditions your skin. Finally, a massage soothes your muscles while it hydrates your skin.

60 minutes – $80

Add-ons are available – See the list on the previous panel.

Touch of Bliss – $131.75
30 minute Indulge Massage
30 minute Refresh Facial
Feet Retreat Pedicure

Body Euphoria – $157.25
60 minute Renew Massage
60 minute Sole Soother
60 minute Palm Pleaser

Break Away – $195.50
60 minute Renew Massage
60 minute Lemongrass Salt Scrub*
Feet Retreat Pedicure

Tips & Toes – $80.75
60 minute Sole Soother
60 minute Palm Pleaser

Couples Packages
Sweet Retreat – $238.00
Two 60 minute Renew Massages
Two 30 minute Facials
(choose Refresh or Skin Vitality)

Indulge Together – $374.00
Two 60 minute Indulge Massages
Two 45 minute Pedicures
Two Lemongrass Salt Scrubs*

Create Your Own Package
Choose any 3 hours of services booked on the same day and receive 15% off.

Create Your Own Series
Prepurchase 6 of the same service and receive 25% off the total price.

*Upgrade to any other body treatment for an additional charge.
NAIL CARE

Nail Nurture
A classic manicure, perfect for maintaining nail wellness —
Including nail shape, cuticle care, skin hydration and polish.  $30

Palm Plesser
Pamper your palms! This luxurious manicure begins with exfoliation, nail shape and cuticle care. Next, a hydrating masque is applied and removed with warm towels. Reduce stress and tension with a massage and finish with polish.  $40

Executive Hands
Combat dry and callused skin. This nail treatment includes exfoliation, nail trim, cuticle care, hand massage and nail buff.  
30 minutes – $27

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.
Manicure – $38  Manicure Fill – $45
Pedicure – $52  Pedicure Fill – $60

Shellac Soak Off
Shellac removal and mini manicure. $10

Nail Enhancements
French – $10 (request at the time of booking)
Polish Change – $15
Paraffin Wrap – $10
Nail Repair – $5-10
Custom Color – $5-10
  (Includes Nail Art, Shellac Double Seal, Nail embellishment and 3rd coat of polish)
Luminous Hydration – $10
  For those of you wanting an additional exfoliation and hydration add this scrub and mask to any of our dry applications.

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. Does not include polish.  
30 minutes – $40

Feet Retreat
Maintain healthy feet with this traditional pedicure that consists of a foot soak/scrub, nail shape, cuticle care, skin hydration and polish.  $50

Sole Soother
Sit back and relax with a foot soak, exfoliation, nail shape and cuticle care. A hydrating masque is applied and removed with warm towels. Finish with a hot stone massage to reduce stress and tension and polish color of your choice.  $55

Foot Fetish
This top of the line foot treatment includes cuticle care, your choice of chemical or physical exfoliation. The benefits of a foot masque are deeply enhanced by a warm paraffin wrap. End with your foot massage and polish $65

Pedicure Add-Ons
Callus Eliminator – A concentrated alpha-hydroxy acid serum to break down tough calluses.  $12

For Your Prince or Princess
(Ages 5-12. Parental consent is required.)
Manicure
This mini manicure is perfect when you want to pamper your little one. We will shape the nails, clean up cuticles, hydrate the skin, and apply their favorite color of polish.  $20

Pedicure
The mini pedicure is the perfect complement to our manicure. Pamper your little one just like mommy or daddy!   $25

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.

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 people, those with physically demanding jobs and people who work at a desk for long periods of time. Light assisted stretching may be incorporated as needed.  
30 minutes – $60  60 minutes – $90  90 minutes – $110

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 – $50  60 minutes – $80
HAIR REMOVAL SERVICES

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<th>Service</th>
<th>Price</th>
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<tr>
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<tr>
<td>Lip</td>
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<tr>
<td>Lip &amp; Brow</td>
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<tr>
<td>Lip &amp; Chin</td>
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<td>Chin</td>
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<tr>
<td>Chin &amp; Neck</td>
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<tr>
<td>Underarm</td>
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THE SPAA 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.

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

Cancellation Policy: Our spa requires a 24-hour notice for a single service, and a 48-hour notice for 2 or more services booked together, 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.

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.

Gift Card Policy: Gift cards are available and are valid for one year from the date of purchase. After one year, a post sale fee of 20% of the gift card’s value will be applied against the card’s value. Each year thereafter, an additional 20% fee will be applied. After five years, the entire value of the gift card expires. Gift cards are not refundable and must be presented at the time service is rendered. Lost, misplaced or stolen cards are not refundable or replaceable. Gift cards cannot be redeemed for cash.

Call for your appointment today! {608}249-7047

1pm–7pm Monday    10am–7pm Tuesday
10am–7:30pm Wednesday 10am–8:30pm Thursday
9am–8:30 pm Friday-Saturday 10am–4pm Sunday

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www.IndulgeSpa.net www.facebook.com/indulgespa

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