The Spas at French Lick Resort

Spa Services
Direct from Europe, The Spa at West Baden is perfect for individuals or a romantic couples massage. The spa offers European elegance, luxury and relaxation. From the décor to the services, you will feel like you’ve traveled to Paris, London, Weis Baden or Monté Carlo.

Our natatorium is not only home to our spa, but also our indoor pool. Sit poolside before or after your treatments to become completely centered and relaxed. Also, get some rest and relaxation at The Spa at French Lick featuring a diverse menu of revitalizing treatments.

We proudly feature ZO Skin Health, Babor and Malibu Wellness products.

**GENERAL INFORMATION**

Advanced appointments suggested.

To enjoy the full spa experience and maximize the most of your appointment time, we ask that you follow these suggestions:

Leave valuables in your room. The spa does not assume any responsibility for your valuables.

Remove jewelry before treatment.

Arrive 25 minutes prior to your service to register, change and relax in the sauna or tranquility room.

Silence all electronic devices before entering the spa.

Report any medical conditions including allergies, surgeries or pregnancy. Services may not be appropriate for some conditions.

Late arrivals may experience a reduction in treatment time so we may serve each guest in a timely manner.

Spa guests must be 18 years of age unless accompanied by a guardian.

Please make all cancelations at least 24 hours prior to scheduled appointments. Cancelation charges may apply.

For reservations, please call 877-4-WEST BADEN or dial extension 4020 from your guest room.

All prices and services are subject to change.
## SKINCARE

**West Baden Signature Facial • $160**
This unique facial provides intensive moisture while working to help improve elasticity and firming of facial contours, while infusing a powerful antioxidant. This revolutionary treatment will transport you to a state of relaxation you can only imagine. 50 minutes. With extractions • $190

**Ossential Ultra Hydration Treatment, ZO Skin Health • $160**
An elegant facial treatment with a hydrating cleanse and micro-exfoliation. This facial uses mulberry, licorice and bearberry extracts, with kojic and lactic acids. Skin is prepped for a triple action resurfacing process to enhance brightness and clarity, addresses skin texture, fine lines and wrinkles. An ZO aloe hydra gel with cucumber and chamomile is applied to cool, calm and soothe the skin. The facial treatment finishes with repairing enzymes, hydrators and sun protection. Skin is clear, firm, strengthened and protected. 50 minutes. With extractions • $190

**Rasul Mineral Facial • $150**
This facial captures the centuries-old power of minerals to deeply cleanse pores, helping to flush impurities while providing trace minerals and moisture. This intensive treatment stimulates the circulation of the skin and improves its oxygen supply. The antibacterial action soothes minor blemishes and tightens pores to create a dramatic difference in overall clarity and color of the complexion. 50 minutes. With extractions • $180

**Ossential Acne Facial Treatment, ZO Skin Health • $150**
This facial gently cleanses and removes impurities; a micro-scrub prepares skin by removing remaining debris from the surface. AHAs and salicylic acids minimize and tighten pores. A bio sulfur masque offers antiseptic and detoxifying benefits, healing is encouraged and inflammation minimized resulting in clear, calm and healthier skin. 50 minutes. With extractions • $180

**Oxidation Management Facial • $140**
The ultimate gift from nature, this facial uses the fresh L-ascorbic form of Vitamin C to help normalize and improve the appearance of skin affected by premature signs of aging including wrinkles, fine lines, age spots and other UV-induced skin damage. This facial helps to stimulate natural collagen development and renew elasticity and firmness of the skin. 50 minutes. With extractions • $160

**Gentlemen's Balancing Facial • $130**
A deep cleansing therapeutic facial tailored specifically for the needs of men. Helps to normalize skin tone and relieve the effects of shaving and every day stress. This facial includes a hot towel application, exfoliation and a deep cleansing masque. 50 minutes. With extractions • $160

**Back Facial • $120**
An intensive treatment deemed for the beauty and health of your back. This back facial includes a deep cleansing and exfoliation followed by the application of mud therapy to the spine to detoxify and release muscular tension. Relax and enjoy as your therapist wraps hot steamy towels on your hands and feet. All of this is topped off with intense moisturizers to leave your back and shoulders looking vibrant and feeling healthy. 50 minutes. With extractions • $150

* These treatments could cause a temporary pinkish skin tone. Limited availability.

**SKINCARE SERVICES**

**Ossential Stimulator Facial, ZO Skin Health • $150**
This revolutionary beta/alpha acid spa peel facial stimulates cellular turnover, reducing fine lines and wrinkles and improving overall skin tone, texture and clarity without downtime. Skin is cleansed, exfoliated, replenished and nourished. 50 minutes

**Classic European Facial • $180**
A relaxing facial treatment customized to your specific needs. Our trained esthetician will analyze your skin, deep clean the pores with extractions and exfoliate dead skin cells. This is combined with the application of steam and a soothing massage of your face, neck and décolleté. A skin-specific mask is custom blended to treat your complexion and a final application of cream to moisturize and protect is applied. 50 minutes

**Microdermabrasion Facial • $140**
This facial is effective in reducing fine lines, age spots and acne scars. It stimulates the production of skin cells and collagen. This is a popular non-surgical cosmetic procedure that repairs the skin’s surface by using a hand tool to activate tiny crystals; mixing gentle abrasion with a vacuum action removes the exfoliated skin cells. As with other skin rejuvenation techniques, more than one treatment may be needed to reduce or remove fine wrinkles and unwanted pigmentation. 50 minutes

**Microdermabrasion + neck + décolleté - 50 minutes • $160**
**Microdermabrasion (series of six) - 50 minutes each • $756**
**Microdermabrasion + neck + décolleté (series of six) - 50 minutes each • $864**

* Limited availability.
MANICURES

Spa Manicure • $65
Treat your hands to our therapeutic hand scrub, moisturizing cuticle soak and nail grooming followed by a hand and lower arm massage. This indulgence will be followed with an application of China Glaze nail color. 50 minutes

Paraffin Manicure • $75
A nourishing and hydrating treatment with warmed paraffin. This manicure includes cuticle and nail grooming, massage and an application of China Glaze nail color. 50 minutes

PEDICURES

Stone Pedicure • $90
The ultimate pedicure experience! An oil massage sparked by hot stones which will melt exhausted aching feet while improving circulation. 50 minutes

Paraffin Pedicure • $100
This nourishing twist on our spa pedicure provides a warm wax paraffin dip which soothes and moisturizes tired feet while releasing a calming scent. 75 minutes

Masque Pedicure • $100
Imagine a Spa Pedicure with our rejuvenating mineral clay and menthol foot masque. The cooling sensation will refresh and moisturize your feet. 75 minutes

Spa Pedicure • $80
Treat your feet in our therapeutic pedicure chair. Includes foot soak, cuticle and nail grooming, skin smoothing with an exfoliating lotion, a foot and lower leg massage and an application of China Glaze nail color. 50 minutes

BODY TREATMENTS

Moroccan Rhassoul Clay Wrap • $140
Organic, exquisite mineral rich clay mined from the fertile Atlas Mountains of Morocco will cleanse, smooth and renew your body. High in silica, magnesium, potassium and calcium, this clay mixed with our famous Sprudel water will reduce dryness, improve skin clarity, aid in rejuvenation, detoxification and toning of the skin. Skin will be left buttery soft. Includes clay application, wrap, sauna and rinse, followed by a application of hydrating moisturizers. This classic spa treatment is designed for therapeutic benefits. 75 minutes

Scrumptious Body Scrub • $125
An exhilarating exfoliation for soft polished looking skin. This natural body scrub enriched with creamy shea butter, aloe, sea kelp, sea salts, vitamins and exotic extracts will leave your skin feeling hydrated, balanced and energized. Followed by an application of matching lotion. 50 minutes
RITUALS

West Baden Exclusive Spa Ritual • $445.50
Relax through the use of aromatherapy. This ritual consists of an Aromatherapy Sprudel bath, Hydration Facial, Aromatherapy Massage, Manicure and Pedicure. 225 minutes

West Baden Signature Ritual • $310.50
Combines our most popular services into a daylong pampering event. Included in this ritual are the Signature Sprudel bath, Hydration Facial and Aromatherapy Massage. 125 minutes

Destress Ritual • $306
De-stress inside and out, with a combination of an Aromatherapy Sprudel Bath, Swedish Massage and Rasul Mineral Facial. 125 minutes

Elements of Earth Ritual • $297
Let the earth heal you with this holistic ritual including an Aromatherapy Sprudel Bath, Moroccan Rhassoul Clay Wrap and end with a Swedish Massage. 150 minutes

Gentlemen's Revitalizing Ritual • $301.50
Rituals aren't just for women. Enjoy a revitalizing experience designed especially to rejuvenate the busy man. Begin with a Gentlemen's Balancing Facial, soak in a Sprudel Bath and invigorate with a Sports Massage. 125 minutes

BATHS

West Baden Signature Sprudel Bath • $45
A native mineral spring bath unique to The Spa at West Baden. Relax in our private sunken bath tub and experience why people have been bathing in our historical healing mineral spring waters since the 1920s. The minerals help alleviate stress and pain while nourishing the skin. 25 minutes

Aromatherapy Sprudel Bath • $50
Combine the relaxing and soothing benefits of our famous mineral bath with our wonderful aromatherapy. The aroma helps to reduce stress and is refreshing to the body and mind. Mineral baths may lead to dilation of the blood vessels and thus help with circulation. 25 minutes

WAXING

Eye Brows • $30
Whether you’re looking for the perfect arch or it’s time for a touch up, our therapist starts with a consultation then shapes, waxes and tweezes to form elegant lines. 30 minutes

We also provide waxing for:
- Lips - 15 minutes • $25
- Chin - 15 minutes • $20
- Bikini - 25 minutes • $60
Other areas available upon request by consultation only.

SALON SERVICES

Ladies’ Hair Cut - 50 minutes • $75
Gentlemen's Hair Cut - 45 minutes • $40
MASSAGES

Aromatherapy Massage • $140
This is an exclusive therapeutic massage using essential oils to calm the nervous system and stimulate the lymphatic system. This will relax, calm, energize and balance your mind and body. 50 minutes

Stone Massage • $150
Experience nature's gift of smooth basalt lava stones heated to release their warm healing properties. The velvet texture of the warm stones combined with the art of therapeutic massage adds a fresh, intense dimension to the experience. Stones are also placed on key tension areas combined with the long strokes and circular return motions providing deep therapeutic benefits and the ultimate state of relaxation. 50 minutes (75 minutes • $175)

Sports Massage • $160
A massage technique designed for the athlete in mind. Working across the muscles, manipulating tissues, stimulating circulation and regenerating lymphatic flow. This massage is not recommended during pregnancy. 50 minutes

Prenatal Massage • $140
Massage during pregnancy is therapeutic bodywork which focuses on the special needs of the mother-to-be. Massage therapy enhances the function of muscles and joints, improves circulation and general body tone and relieves mental and physical fatigue. Congratulations on behalf of our staff! 50 minutes

Swedish Massage • $140
This classic full body massage incorporates long, integrated strokes designed to relax tight muscles, soothe the spirit and quiet the mind. 50 minutes

Couples Massage
Choose from any of our massage therapies and share the experience. Our couples therapy treatment room allows you to share unforgettable spa memories. 50 minutes
Cost based on selected treatments. Excludes all stone massages.

Foot Therapy • $80
Experience a massage solely for the feet. The feet are massaged to relieve stress and release energy throughout your body. This treatment will make you feel rejuvenated and promote a sense of well-being. 25 minutes
Serene. Simple. Natural. The Spa at French Lick is great for individuals, couples and groups. The Spa at French Lick Springs Hotel offers the best in classic American sophistication and leisure. Enjoy décor and treatments that are inspired by the great spas throughout the United States.

The Spa at French Lick also offers a fitness center, featuring Matrix™ equipment for head-to-toe rejuvenation. Also, receive some well-deserved rest and relaxation at The Spa at West Baden in the serenity of our natatorium. Housing our full-service spa and indoor pool, it sets the scene for ultimate serenity.

We proudly feature Babor, Malibu Wellness, Bioelements, Redken, Matrix, Zents and EC-Mode products containing no oil, fragrance or preservatives.

GENERAL INFORMATION

Advanced appointments suggested.

To enjoy the full spa experience and maximize the most of your appointment time, we ask that you follow these suggestions:

Leave valuables in your room. The spa does not assume any responsibility for your valuables.

Remove jewelry before treatment.

Arrive 25 minutes prior to your service to register, change and relax in the sauna or tranquility room.

Silence all electronic devices before entering the spa.

Report any medical conditions including allergies, surgeries or pregnancy. Services may not be appropriate for some conditions.

Late arrivals may experience a reduction in treatment time so we may serve each guest in a timely manner.

Spa guests must be 18 years of age unless accompanied by a guardian.

Please make all cancellations at least 24 hours prior to scheduled appointments. Cancellation charges may apply.

For reservations, please call 888-936-9360 or dial extension 5819 from your guest room.

All prices and services are subject to change.
**FACIAL TREATMENTS**

**Oxidation Management Facial • $120**
The ultimate gift from nature, this facial uses the fresh L-ascorbic form of vitamin C to help balance the appearance of skin affected by pre-mature signs of aging including UV induced skin damage. This facial helps to stimulate natural collagen development. A therapeutic hand massage is included with this treatment.* 50 minutes. With extractions • $150

**Back Facial • $120**
An intensive treatment deemed for the beauty and health of your back. This back facial includes a deep cleansing and exfoliation followed by the application of mud therapy to the spine to detoxify and release muscular tension. Relax and enjoy as your therapist wraps hot steamy towels on your hands and feet. All of this is topped off with intense moisturizers to leave your back and shoulders looking vibrant and feeling healthy.* 50 minutes. With extractions • $150

**Gentlemen’s Facial • $120**
A deep cleansing therapeutic facial tailored specifically for the needs of men. Helps to normalize skin tone and relieve the effects of shaving and every day stress. Includes hot towel application, exfoliation and a deep cleansing masque.* 50 minutes. With extractions • $150

**Classic Facial • $140**
Uniquely customized facial using a synergistic complex and mild enzyme peel. This specialty treatment takes the facial experience to an advanced level. Your skin will feel soft and supple revealing a natural radiant glow. A therapeutic hand massage is included with this treatment.* 50 minutes. With extractions • $150

**Hungarian Facial • $160**
Experience the instant results of radiantly glowing, smooth and toned skin. This exfoliating and nourishing facial uses an apple, grape and berry peel to reduce dead skin cells and increases blood flow to detoxify and create younger skin faster. The results are further enhanced by our Hungarian facial massage that minimizes your fine lines.* 50 minutes. With extractions • $190

**Purely Organic Experience • $180**
Go beyond Organic and take your facial to the next level. Our biodynamic products feed your skin the highest levels of nutrients found in nature. The ingredients are hand-picked and lovingly hand-mixed into skin care preparations that will calm even the most sensitive and fragile skin, while reviving those that show signs of aging or hormonal imbalances. This facial is suitable for all skin types. 75 minutes. Includes extractions.

**LIMITED AVAILABILITY**

**Alpha Beta Facial • $120**
Give your skin a facial rehab by exfoliating the top layer of skin to help bring back its natural luminous glow. This facial is designed to remove heavy metals, minerals and other impurities left on the skin. The alpha beta peel improves skin density and firmness, diminishes fine lines and wrinkles and enhances skin clarity. 25 minutes. Try the 50 minute treatment for customization and pampering. 50 minutes • $140

**Microdermabrasion Facial • $140**
This facial is effective in reducing fine lines, age spots and acne scars. It stimulates the production of skin cells and collagen. This is a popular non-surgical cosmetic procedure that repairs the skin’s surface by using a hand tool to activate tiny crystals mixing gentle abrasion with a vacuum action to remove the exfoliated skin cells. As with other skin rejuvenation techniques, more than one treatment may be needed to reduce or remove fine wrinkles and unwanted pigmentation. 50 minutes

Microdermabrasion (series of six) - 50 minutes • $756
Microdermabrasion + Neck & Décolleté - 75 minutes • $160
Microdermabrasion + Neck & Décolleté (series of six) - 75 minutes • $864

**Lumi Light Facial • $160**
This non-abrasive procedure incorporates four specific wavelengths from the sun’s natural spectrum. Each of these well absorbed by skin tissue, the colors have unique and direct impact on the cells responsible for problematic skin. Blue lights improve blemishes through its purifying and antibacterial properties. Green lights reduce uneven pigmentation through its lightening effect. Yellow lights reduce redness, improves lymph and blood circulation and is also used for soothing, draining and detoxifying properties. Red lights increase collagen production, smoothing wrinkles and fine lines for a younger, healthier complexion. 50 minutes

Incorporate the Microdermabrasion - 75 minutes • $244
Incorporate the Alpha Beta Facial Peel - 75 minutes • $232

**Lumi Lift Facial • $160**
A revolutionary way of rejuvenating the skin and muscle tone. This highly advanced technology incorporates the feature of light therapy and special electrodes that use micronized currency. The Lumi Lift, a non-abrasive facial, allows you to get visible results, increases collagen, smooths and softens the skin, reduces pore size and improves skin texture. 50 minutes

Incorporate the Lumi Light Facial - 75 minutes • $288

* These treatments could cause a temporary pinkish skin tone.
**BODY WRAPS, SCRUBS, BATHS**

**Herbal Wrap • $100**
The body is wrapped firmly with steamed muslin sheets which have been immersed with our special blended herbs. Herbal body wraps are designed to open the pores allowing your skin to become infused with natural herbs, while absorbing nutrients at the same time. Leaving you with a relaxed state of mind and finished with a dewy radiant glow to the skin. This is a perfect treatment for dehydrated skin. 50 minutes

**Moroccan Rhassoul Clay Wrap • $140**
Organic, exquisite mineral rich clay mined from the fertile Atlas Mountains of Morocco will cleanse, smooth and renew your body. High in silica, magnesium, potassium and calcium, this clay mixed with our famous Pluto water will reduce dryness, improve skin clarity, aid in rejuvenation, detoxification and toning of the skin. Skin will be left buttery soft. Includes clay application, wrap, sauna and rinse, followed by a supplication of hydrating moisturizers. This classic spa treatment is designed for therapeutic benefits. 50 minutes

**Zents Body Scrub • $120**
A truly heavenly application of your choice of a Zent essential oil custom blended with a special scrub that is gently massaged into the skin to exfoliate the body. Followed by an application of Zent oil leaving you refreshed and rejuvenated. 50 minutes

**Scrumptious Body Scrub • $125**
An exhilarating exfoliation for soft polished looking skin. This natural body scrub enriched with creamy Shea butter, aloe, sea kelp, sea salts, vitamins and exotic extracts will leave your skin feeling hydrated, balanced and energized. Followed by an application of matching lotion. 50 minutes

**French Lick Signature Pluto Bath • $40**
Relax in a private tub where people have been bathing in our historical healing mineral spring waters since the 1920s. The minerals help alleviate stress and pain while nourishing the skin. 25 minutes

**Aromatherapy Pluto Bath • $45**
Combine the relaxing and soothing benefits of our famous mineral baths with our wonderful aromatherapy. The aroma helps to reduce stress and is refreshing to the body and mind. Mineral baths may lead to dilation of the blood vessels and help with circulation. 25 minutes

**MANICURE & PEDICURE TREATMENTS**

**Zents Manicure • $65**
The perfect treatment for any skin condition. This manicure is especially beneficial for aged skin reducing the appearance of severe dryness, irritation or damage. You will be left with beautifully manicured hands with your choice of Zent effervescent afterglow. 50 minutes

**Paraffin Manicure • $75**
A nourishing and hydrating treatment with warmed paraffin. This manicure includes cuticle and nail grooming, massage and an application of China Glaze nail color. 50 minutes

**Spa Manicure • $65**
Treat your hands to our therapeutic hand scrub, moisturizing cuticle soak and nail grooming followed by a hand and lower arm massage. This indulgence will be followed with an application of China Glaze nail color. 50 minutes

**Zents Pedicure • $80**
This pedicure includes our Zent aromatherapy treatment while reducing the appearance of severe dryness, irritation or damage. You will be left with perfectly manicured toes and well-nourished feet. 50 minutes

**Spa Pedicure • $80**
Treat your feet in our therapeutic pedicure chair. Includes foot soak, cuticle and nail grooming, skin smoothing with an exfoliating lotion, a foot and lower leg massage and an application of China Glaze nail color. 50 minutes

**Masque Pedicure • $100**
Imagine a Spa Pedicure with our rejuvenating mineral clay and menthol foot masque. The cooling sensation will refresh and moisturize your feet. 75 minutes

**Paraffin Pedicure • $100**
This nourishing twist to our Spa Pedicure provides a warm wax paraffin dip to soothe and moisturize tired feet while releasing a calming scent. 75 minutes

**Sacred Stone Pedicure • $120**
The ultimate pedicure experience! An oil massage sparked by hot stones which will revitalize exhausted aching feet while improving circulation. 75 minutes

**Paraffin Dip • $25**
A relaxing warm treatment for clients who have aching joints, sore muscles and are in need of extra hydration. 25 minutes
PACKAGES

Spa Indulgence • $256.50
Pluto Bath, Scrumptious Body Scrub and Swedish Massage. 125 minutes - 2.5 hours are set aside for appointment booking.

Girlfriends’ Getaway • $283.50
Classic Facial, Paraffin Manicure and Paraffin Pedicure. 150 minutes - 3 hours are set aside for appointment booking.

Ace In The Hole • $252
Pluto Bath, Swedish Massage, Oxidation Management Facial. 125 minutes - 2.5 hours are set aside for appointment booking.

The Golfer’s Advantage • $270
Pluto Bath, Sports Massage and Gentlemen’s Facial. 125 minutes - 2.5 hours are set aside for appointment booking.

Body Infusion Series • $409.50
Aromatherapy Bath, Scrumptious Body Scrub, Classic Facial, Spa Manicure and Spa Pedicure. 225 minutes - 4.5 hours are set aside for appointment booking.

WAXING

Eye Brows • $30
Whether you’re trying to find the perfect arch or it’s time for your touch up, our therapist will start with a small consultation of your desired appearance; then shape, wax and tweeze to form elegant lines enhancing the contour of your eyes. 30 minutes
We also provide waxing for:
Lips - 15 minutes • $25
Chin - 15 minutes • $20
Bikini - 25 minutes • Starting at $60
Larger area waxing also available upon request. By consultation only.

ENHANCEMENTS

Eyebrow Tinting - 25 minutes • $25
Eyelash Tinting - 25 minutes • $25

HAIR

Hair services provided at The Spa at West Baden.

MASSAGES

Swedish Massage • $120
This classic full body massage incorporates long, intergrated strokes designed to relax tight muscles, soothe the spirit and quiet the mind. 50 minutes

Sacred Stone Massage • $140
Experience nature’s gift of smooth basalt lava stones, heated to release warm healing properties. The velvet texture of the stones, combined with the art of therapeutic massage, adds a fresh, intense dimension to the experience. Stones are also placed on key tension areas combined with long strokes and circular return motions providing deep therapeutic benefits and the ultimate state of relaxation. 50 minutes.

Aromatherapy Massage • $130
This is an exclusive therapeutic massage using Zents essential oils to calm the nervous system and stimulate the lymphatic system. This will relax, calm, energize and balance your mind and body. You may choose your Zent upon arrival for the ultimate experience. 50 minutes

Sports Massage • $140
A massage technique designed for the athlete in mind. Working across the muscles, manipulating tissues, stimulating circulation and regenerating lymphatic flow. This massage is not recommended during pregnancy. 50 minutes

Couples Massage
Choose from any of our massage therapies and share the experience. Our couples therapy treatment rooms allow you to share unforgettable memories. 50 minutes • Cost based on selected treatments. Excludes Sacred Stone Massage.

Foot Therapy • $60
Experience a massage solely for the feet. The feet are massaged to relieve stress and release energy throughout your body. This treatment will make you feel rejuvenated and promote a sense of well-being. 25 minutes

Prenatal Massage • $130
Massage during pregnancy is therapeutic bodywork which focuses on the special needs of the mother-to-be. Massage therapy enhances the function of muscles and joints, improves circulation and general body tone and relieves mental and physical fatigue. 50 minutes

Hair services provided at The Spa at West Baden.