

# The Spas

AT FRENCH LICK RESORT



## Treat Your Group to Our Spa Tradition

Serene. Simple. Natural.

### Ultimate relaxation awaits at The Spas at French Lick Resort.

Both of our historic hotels feature a world-class spa experience to calm the mind, rejuvenate the body and renew the spirit. Add a spa experience to your group outing and be treated to our unparalleled spa tradition. It all began in the mid-1800s when French Lick and West Baden Springs Hotels were renowned wellness retreats, boasting the area's naturally occurring "miracle waters" said to cure any ailment. Today, the tradition of health and wellness remains alive and well, ready for you to experience.

## We Accommodate Groups of Any Size

Bachelorette party with your closest girlfriends? Incentive trip for a group of 25? Large business meeting or function for 100+?

Whatever type or size of your group, we will happily accommodate you.

**Book a spa experience through your group sales representative. Call (866) 706-4354 to get started.**

Scan code for full menu of services at  
The Spa at West Baden



Scan code for full menu of services at  
The Spa at French Lick



Find more information at [frenchlick.com/relax](http://frenchlick.com/relax)



FRENCH LICK RESORT®  
FRENCH LICK & WEST BADEN · INDIANA

# Amenities

Before or after your service, take advantage of our other spa amenities and heighten the experience.

- Dry Sauna
- Quiet Tranquility Room
- Hot Teas and Fruit-Infused Ice Water
- Fresh Fruit and Light Snacks
- Lockers with Robes & Slippers
- Hair Styling Tools

## Popular Services

### Sports Massage

Relieve tension and promote healing with a customized and targeted approach, giving your body the recovery it needs.

### Swedish Massage

Our classic full-body massage incorporates long, integrated strokes to relax tight muscles and soothe the spirit.

### Signature Facial

This luxurious facial hydrates, calms, lifts and firms with potent antioxidants. Exclusively at The Spa at French Lick.

### Brightening Facial

Elevate your glow with collagen-enhancing LED light, mineral elixirs and rich hydration. Exclusively at The Spa at West Baden.

### Pedicures

Revitalize with a foot soak, cuticle and nail grooming, skin smoothing with an exfoliating lotion, a foot and lower leg massage, and application of nail color.

### Special Occasion Hair

Visiting for a special occasion? Using premium products and techniques tailored to your style, your hair will be flawless.

## Bring the Spa Experience to Your Meeting Room!

Don't have time for a full spa visit? We'll bring the relaxation right to your meeting room!

We offer quick chair massages targeting the back, neck and shoulders. Great for a 5-minute, 10-minute or 15-minute refresher depending on group size. Chairs can be booked in increments of 1 to 4 hours.

## Booking Your Experience

- Group spa services are offered Monday through Friday from 9 am through 6 pm. Please book group spa services at least two months prior to your stay.
- Group reservations must be finalized 1 week before arrival. A 48-hour cancellation window prior to appointment time applies for individuals within a group.
- For your convenience, we can charge back to the master group account.
- Pregnancy-safe treatments are available.
- Gender preference of spa therapist can be requested but cannot be guaranteed



# Transformative Healing Sessions

## Singing Sound Bowls



Introduce your group to a Himalayan tradition used for thousands of years to reduce stress, enhance relaxation, promote emotional healing and improve sleep quality. This guided 50-minute session is designed to help align your chakras and achieve a state of balance and calm. Yoga mats are provided for participants to have a dedicated space to lay down. Comfortable clothes are suggested for attire.

Groups of up to 10 guests can be hosted in The Spa at West Baden. Groups of 11-25 guests can be hosted in a hotel meeting room (rental fee for room additional). \$100 per guest. Availability is limited for this service.

Book your Singing Sound Bowl experience by contacting our Group Sales Team at (866) 706-4354.

*The Spas*  
AT FRENCH LICK RESORT

## Mindful Stretching

Break up a day of long sessions with the ideal activity to get up, get moving and get the blood flowing. Be guided through techniques that mobilize joints through full range of motion to loosen muscles, improve circulation and maintain flexibility. The perfect pick-me-up to incorporate at home and in the workplace.

50-minute session for up to 25 guests.  
\$60 per guest. Activity room must be booked; rental fee is additional.

Don't forget to hydrate: Upgrade your session by adding a drink station. Cucumber-infused ice water, orange-infused ice water and hot teas available at an additional rate.

Book your Mindful Stretching experience by contacting our Group Sales Team at (866) 706-4354.



  
FRENCH LICK RESORT®  
FRENCH LICK & WEST BADEN · INDIANA