

Spa Etiquette

We ask that you arrive 10 minutes prior to your scheduled appointment time.

Coats, purses and packages can be left with the front desk. Please secure your valuables before your service begins! We are not responsible for lost or misplaced items.

Indulgences is a techno-free zone. Please turn off your devices upon your arrival.

Tipping is not required, but it is appreciated! The standard gratuity is 15% to 20% of the cost of the service provided. A gratuity of 15% will be added automatically to parties of 6 or more.

Due to liability issues and the comfort of our other guests, infants and children are not allowed in the treatment areas.

Sometimes, due to health concerns, it is counter-indicated for us to provide a specific service. We reserve the right to offer another treatment if this circumstance arises.

Late Client, Cancellation, Missed Appointment Policies

Reservation Guarantee – First time clients are asked to provide a credit card number or gift certificate number to hold scheduled appointments.

Late Clients – If you are late for an appointment it may be necessary to shorten or to forfeit your service. In either case, you will be charged the full service price.

Cancellations – We respectfully request a 24 hour notice if you must cancel a scheduled appointment. Appointments cancelled with less notice will be charged 50% of the service fee, unless we are able to rebook the time with another customer. On packages and parties, we require 72 hours notice of cancellations or changes.

Missed Appointments - No show appointments will be charged 100% of the full service fee. Reservations held by gift certificates will be automatically redeemed.

Gift Certificates

Looking to indulge a special someone? How about a gift certificate to the spa! Our staff will assist you with designing a package, or just purchase a dollar amount and let the recipient pick the services they desire.

Spa Packages

The Indulgent Retreat

We've got your back with a signature 45 minute back facial combined with a ½ hour massage.

1 hour, 15 minutes \$99.00

A Taste of Indulgence

Get a taste of what we have to offer with a half hour massage, a diamonds and pearls body polish and a half hour facial.

1 ½ hours \$130.00

La Petite Indulgence

A small indulgence that includes a one hour full body massage and a one hour Signature facial.

2 hours \$135.00

La Vie en Rose

Indulge with a luxurious rose clay wrap and a decadent one hour massage

2 hours \$150.00

A Blissful Indulgence

A one hour massage, an essential oil wrap and a one hour signature facial will transport you to a truly blissful state!

2 hours, 45 minutes \$205.00

Ultimate Indulgence

A 1 ½ hour warm stone massage, our signature herbal wrap, and a one hour facial is the ultimate indulgence.

3 hours, 30 minute \$275.00

All packages can be purchased and performed “au deux” for couples. Don't see a package here that suits your needs? Our staff is happy to assist in creating a custom package designed just for you!



Your Haven in the Highlands

303-561-0566

www.indulgencesdayspa.com

3456 W. 32nd Avenue
Denver, CO 80211

10:00 a.m. to 8:00 p.m.
Monday through Thursday
10:00 a.m. to 7:00 p.m.
Friday
9:00 a.m. to 6:00 p.m.
Saturday
10:00 a.m. to 5:00 p.m.
Sunday

“Best Couples Massage”
Westword

“One of Denver's Top Spas”
5280 Magazine

“Best of the West”
Sunset Magazine

At Indulgences Day Spa, the services we provide are our core business. Our first priority is to provide you with the best spa services in Denver, performed in a peaceful and relaxing environment, by talented, caring professionals. We welcome you as a guest in our house and are honored that you chose us for your special spa experience.

Massage Services

Massage therapy boosts the immune system, relaxes tense muscles, restores energy and reduces anxiety. While the modality of massage is based primarily in Swedish massage techniques, our therapists also utilize techniques such as trigger-point therapy, neuromuscular therapy, sports massage and deep tissue massage to achieve your desired results.

Therapeutic Massage

Available in ½ hour, 45 minute, 1 hour, 1 ½ hour and 2 hour sessions.

Pre Natal Massage

Our pre-natal massage features the Body Cushion, which allows mom to lie face down in complete comfort. We also can provide traditional sideline massage. (Massage is not recommended for high risk pregnancies. Please consult with your physician prior to making an appointment.)

Warm Stone Massage

Warm basalt river stones surround you with heat and relaxation. Excellent for chronic conditions and pent up stresses, you have to try it to believe it!

Warm Stone Sampler

Experience the magic of warm stone massage with our warm stone sampler. Our therapists can incorporate the healing power of warm stone in to any of our therapeutic massage services.

Couples Massage

Our award winning couples massage is a great way to celebrate a special occasion, spend some time together or to introduce someone to the benefits of massage in a less intimidating setting.

Treat your Feet

This service is all about pampering those tired tootsies. First, enjoy a soothing and therapeutic whirlpool foot bath, and then relax as one of our massage therapists performs their magic on your calves and feet. Following the massage, your practitioner will indulge you with a soothing paraffin treatment. Your feet have never had it so good!

Body Treatments

A body treatment can relieve dry skin, draw toxins from the body and make you feel good all over! To extend your “indulgence”, add a one hour massage to any body treatment service for only \$60.00

Diamonds and Pearls Body Polish

Our diamonds and pearls body polish combines the superior moisturizing properties of jojoba and shea butter with exfoliating beads and a bit of sparkle. Less gritty than traditional salt glows, this service is an excellent way to gently sooth dry or sun damaged skin.

Citrus Shimmer Body Polish

This all over body polish features apricot seed powder to exfoliate, safflower seed oil to moisturize and a botanical blend of lavender, geranium, chamomile and soapwort to nourish the skin. We finish the exfoliation with a citrus lotion, enhanced with a hint of gold shimmer. Your skin will look and feel amazing after this 30 minute service!

Essential Oil Wrap

After gentle exfoliation we apply your choice of an uplifting orange grapefruit or relaxing lavender chamomile essential oil to the skin. While wrapped in soothing warmth, your practitioner will massage your scalp, face and feet. This treatment provides the body with deep hydration and the senses with soothing tranquility.

Herbal Wrap with Chamomile Body Mask

5 specially chosen herbs eliminate toxins, reduce congestion and hydrate skin. A full body exfoliation precedes this service and an application of healing chamomile body mask will leave you soft, smooth and tranquil.

French Rose Clay Wrap

First, we perform a full body exfoliation, and then apply a warmed, rose scented French clay mask. Clay draws toxins from the body and provides deep moisture to dry skin. This indulgent body treatment includes face and scalp massage, a final application of rose lotion and a long stemmed rose as a token of your visit.

Cranberry Bog Body Wrap

This delightful body treatment begins with exfoliation followed by an application of our warm cranberry body mousse. We complete this service with a rich application of cranberry body cream to seal in the healing properties of the product and deeply moisturize the skin.

Skin Care

Our estheticians work with you to determine a facial that meets your specific needs. Facials are available as a full one hour service, an abbreviated 45 minute service or as a 30 minute express service, unless otherwise noted.

Indulgences Signature Facial

A facial designed just for you! Our version of the classic European facial focuses on deep cleansing and balancing the skin’s moisture level. This service includes a skin consultation, exfoliation with steam, extractions (if desired), massage, masque and moisturizer. In addition your esthetician will also incorporate Bioelements unique custom blending system to address specific problems such as rosecea, breakouts, dehydration and other concerns. Your skin will glow after this service!

Indulgences Signature Back Facial

The same steps as our signature facial provide care to an area that is often neglected! This is a 45 minute service.

Power Prescriptive Facial

Add the power of advanced exfoliation to our Prescriptive facial. A glycolic, salicylic or fruit acid peel is incorporated along with additional steps to address breakouts, fine lines, dehydration or sluggish skin. This is a 75 minute service.

Peel Services

Glycolic, fruit acids and Modified Jessners remove the upper layer of the epidermis, reducing fine lines and giving the skin a lighter and brighter appearance. Peels can be done individually, but for maximum results we recommend a series of 6 peels combined with a pre and post peel home care regime. This is a 20 minute service.

Bioelements Resurfacing Facial

Traditional Microdermabrasion can be tough on the skin, but our pumice peel is a gentle alternative. Fine grains of pumice smooth fine lines and wrinkles, resurface minor acne scarring, clarifies hyper-pigmentation and retextures and rejuvenates the skin. This is a one hour service.

Zit Zap

Why oh why do we always breakout before any special occasion? Our high frequency unit will banish those blemishes in 48 hours. This is a 5 minute service.

Waxing Services

Not the most pleasant of services, but we do our best to ensure as comfortable an experience as possible. Our stripless wax is designed for sensitive areas and helps alleviate much of the discomfort associated with waxing. From brows to legs, backs to bikinis, our award winning esthetics staff will have you clean as a whistle in no time!

Massage Services

Therapeutic Massage

30 minutes	\$40.00
45 minutes	\$50.00
60 minutes	\$65.00
90 minutes	\$90.00
120 minutes	\$130.00

Pre-Natal Massage

30 minutes	\$40.00
45 minutes	\$50.00
60 minutes	\$65.00
90 minutes	\$90.00

Warm Stone Massage

90 minutes	\$125.00
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Warm Stone Sampler

\$15.00

Couples Massage

60 minutes	\$130.00
90 minutes	\$180.00
Warm stone	\$250.00
120 minutes	\$260.00

Treat Your Feet

40 minutes	\$40.00
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Body Treatments

Diamonds and Pearls Body Polish

30 minutes	\$45.00
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Citrus Shimmer Body Polish

30 minutes	\$45.00
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Essential Oil Wrap

45 minutes	\$75.00
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Herbal Wrap w/ Chamomile Body Mask

60 minutes	\$90.00
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French Rose Clay Wrap

60 minutes	\$90.00
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Cranberry Bog Body Wrap

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Skin Care

Indulgences Signature Facial

60 minutes	\$75.00
45 minutes	\$60.00
30 minutes	\$50.00

Signature Back Facial

45 minutes	\$65.00
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Power Prescriptive Facial

75 minutes	\$105.00
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Peel Services

20 minutes	starting at \$45.00
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Bioelements Resurfacing Facial

60 minutes	\$85.00
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Zit Zap

5 minutes	\$5.00
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Waxing Services

Brow (15 minutes)	starting at \$15.00*
Lip Wax (10 minutes)	\$10.00
Chin Wax (10 minutes)	\$10.00
Face Wax (10 minutes)	\$15.00
Arm Wax (30 minutes)	\$30.00
Underarm (30 minutes)	\$25.00
Bikini (20 minutes)	\$25.00
French Bikini (30 minutes)	\$35.00
Brazilian Bikini (60 minutes)	\$55.00
Half Leg (40 minutes)	\$35.00
Full Leg (50 minutes)	\$45.00
Back Wax (30 minutes)	starting at \$30.00

*subject to time and amount of removal required. Your esthetician will advise you prior to the start of the service. We reserve the right to increase pricing on any individual waxing service based on the amount of hair and the amount of time required. All major credit cards and cash accepted.

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