

spawell
life well lived



GROUP EXPERIENCES

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Our idea of brainstorming...

At SpaWell, a meeting is never just a meeting. It's an opportunity to engage and empower your attendees; add a wellness activity such as Yoga; create a private wellness lounge in your meeting area; or treat guests to the full SpaWell experience with a massage, facial or body treatment. Allow our wellness experts to design a customized group program that aligns with your goals, such as team-building or increasing focus and productivity.

SPA AMENITIES INCLUDE: Salt Therapy Lounge • Steam Rooms • Outdoor Spa Pool (adults only) • Relaxation Lounge

GROUP ADVENTURES

**CHOOSE FROM THE FOLLOWING BREAKOUT SESSIONS
OR COMBINE CLASSES:** Starting from \$200 (Up to 20 people)

LAUGHING YOGA

Laughter is the best medicine. We'll make your attendees feel great in just fifteen minutes.

ENERGY BOOST

Our expert will guide your attendees through dynamic stretching movements to increase blood flow while stimulating muscles.

GUIDED MEDITATION

Take a moment to slow down and breathe. Our wellness expert will guide you through a relaxing journey in a group setting.

GROUP SOUND BATH

Singing Bowls will be used to activate the chakras and remove energy blocks to promote good health.

FITNESS CLASSES - SELECT FROM:

LINE DANCING | YOGA | MAT PILATES | ZUMBA | POWER WALKS | BOOT CAMP

WELLNESS LOUNGE

Starting at \$650

YOUR GROUP'S RESPITE INCLUDES:

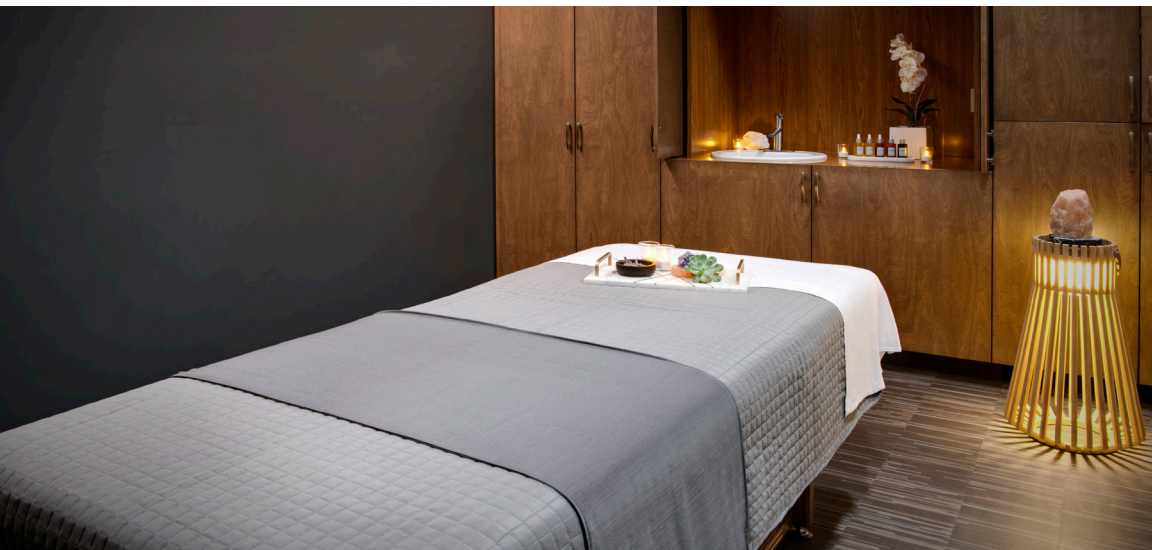
- Relaxing lounge and sofa seating
- Ottomans or footrests
- Music (choose from classical, spa music, or nature's sounds)
- Freshly infused waters
- Salt scrubs and hot or cooling towels

ENHANCEMENTS

The following spa stations can be added to your Wellness Lounge for an additional fee. Our experts conduct these 15-minute sessions in your Wellness Lounge. No special shoes or fitness clothing required.

Chair Massage • Rejuvenating Hand Treatments • Lift & Tone with a Knesko Mask





TREATMENTS

SPA FACILITY USE

Full use of our spa facility is included for every guest with a booked treatment for the same day. Facility access includes use of all spa amenities.

SPA TREATMENT BLOCKS

Ability to accommodate 8 spa treatments per hour if booked in advance. All groups receive 20% off services.

THE PERFECT GIFT

Need a special something to fill those swag bags? Shop our SpaWell Gift Cards or shop the boutique to customize your gift. All retail options can be ordered in advance to fit your group's needs.

WE CAN'T WAIT TO RELAX AND INSPIRE YOUR GROUP.

Book your group experience today! An events coordinator is available for each group to help tailor and customize your experience to fit your needs. Contact the spa reservations at 520.544.1950 to book today.

SELECT RESTRICTIONS MAY APPLY. CANNOT BE COMBINED WITH OTHER OFFERS. ALL SERVICES AND ACTIVITIES EXCLUDE SALES TAX AND 20% SERVICE CHARGE. WE REQUIRE 72 HOURS' NOTICE FOR CANCELLATIONS. MUST BE BOOKED 14 DAYS IN ADVANCE. GUESTS MUST BE 18 YEARS AND OVER.



EL CONQUISTADOR TUCSON, A HILTON RESORT

10000 N. Oracle Road | Tucson, AZ 85704

520. 544. 1950 | spawellelcon.com