



## WELCOME

*The Grand Floridian Spa & Health Club invites you into an environment of gracious hospitality and luxurious services, in keeping with the tradition of elegance found at Disney's flagship resort. Relax, be pampered and experience the ultimate in personalized facial and body therapies in our full-service spa and health club. Whether you enjoy a relaxing massage and manicure, a stimulating sauna and steam or a vigorous workout, you'll find the perfect balance of beauty and wellness. Our friendly, professional staff will help you enjoy the spa experience with personal attention to your unique needs and preferences. With a wide range of individual treatments, as well as spa packages from which to choose, the following descriptions will guide you in selecting the perfect spa experience. Discover a Grand level in spa services as you rediscover yourself at Disney's Grand Floridian Spa & Health Club*

## SPA PACKAGES

*For an extra special Grand experience, enjoy one of our collections of spa services. Chosen to maximize your relaxation and restoration and increase the therapeutic benefits of each treatment.*

### **Citrus Zest Signature Collection ~ 4 hours      \$370**

*Citrus Zest Sugar Scrub, Citrus Zest Therapies, Tea Time, Citrus Zest Facial*

### **Antioxidant Collection ~ 4 hours      \$390**

*OPC Detoxifying and Exfoliating Body Wrap, OPC Facial, Fifty minute Reflexology*

### **Aromatherapy Collection ~ 3 hours      \$310**

*Aromatherapy Signature Massage & Body Wrap, Fifty minute Aromatherapy Facial*

### **Sea Escape ~ 4 hours      \$430**

*Sea Salt Body Polish, Marine Algae Body Wrap, Tea Time, Personalized 50 minute Massage, Marine Herbal Facial*

### **The Ultimate Day ~ 6 hours      \$500**

*Citrus Zest Sugar Scrub, Secret Garden Bath, Secret Garden Aromatherapy Massage, Spa lunch, Secret Garden facial, 80 minute Manicure & Pedicure*

### **Mother & Daughter Spa Collection ~ 3 hours      \$245 each guest**

*Mothers and Daughters, ages 12+*

*25 minute Stress Recovery Facial, 25 minute Swedish Massage, 25 minute Reflexology, Fifty minute Spa Manicure OR Pedicure*

*Daughters under the age of 12*

*25 minute My First Facial, 25 minute Swedish Massage, 25 minute Reflexology, My First Manicure & Pedicure*

### **Golfer's Spa Collection ~ 3 hours      \$220**

*20 minute Sports Bath, Sports Massage, Sports Pedicure*

### **Finishing Touch Collection ~ 2 hours      \$200**

*Fifty minute Aromatherapy Facial, 80 minute Manicure & Pedicure*

*Relaxed, Yet.?*

# MASSAGE THERAPIES

*The Grand Floridian Spa's commitment to body, mind and spiritual wellness is embodied in each of our massage therapies. A customized experience will elevate your spirit, relax your body and invigorate your mind.*

## **Dreamtime Massage**

Open your body and spirit to new vitality and awareness! This adaptation of Kiradgee, a unique form of Aboriginal massage, draws its wisdom from the dream-like nature of the Australian land. Take the journey with native eucalyptus and cypress oils into a meditative, healing and dream-like state of well-being. (110 minutes) \$260

## **Citrus Zest Therapies**

Renew your zest for life! An Aromatherapy Massage, as Floridian as it is Grand, using our signature grapefruit body oil to enliven your senses. As the grand finale, a 30-minute Reflexology restores balance and relieves stress. (80 minutes) \$185

## **Aromatherapy Massage**

A Swedish massage customized with the added benefits of pure aromatic essential oils. You and your therapist will choose the perfect oil for you. Heightens your senses and increases the therapeutic benefits! (50 & 80 minutes) \$130, \$185

## **Shiatsu**

A traditional therapy given with fingers, thumbs, elbows and knees concentrating on your body's acupuncture points. Based on the ancient principle that balances the "ki," or vital energy, that aids the body in healing itself. Shiatsu is received with clothes on; loose clothing is suggested. (50 minutes) \$130

## **Swedish Massage**

Traditional Swedish techniques relieve muscle soreness, increase circulation and induce a state of total relaxation. (50 & 80 minutes) \$115, \$170

# Skin Care

*We searched the world for pure, active and organic ingredients to bring you Jurlique botanical skin care to restore your natural, healthy radiance.*

## **Grand Floridian Deluxe Facial**

This exclusive facial treatment includes the beneficial effects of two masks. Enjoy this completely rejuvenating and stimulating treatment, leaving your skin feeling fresh and hydrated. Includes a hand and foot massage. (80 minutes) \$165

## **Zen Harmony Facial**

The ultimate in holistic skin therapy! Japanese facial massage movements, using pure essential oils and herbal extracts, stimulates energy channels, promotes lymphatic drainage and increases circulation. A relaxing, firming and hydrating treatment! (80 minutes) \$165

## **Personalized Massage**

A custom designed massage! Following a private consultation with your therapist, this massage will concentrate on your specific needs. The combination of several massage techniques will alleviate symptoms of stress where you carry it most! Moderate to firm pressure is used during this massage. (50 & 80 minutes) \$130, \$185

## **Mother-To-Be Massage**

A very relaxing massage designed to nurture an expecting lady. Extra care and attention are given as you experience a state of rejuvenation in both body and spirit. (50 minutes) \$130

## **Sports Massage**

An invigorating massage, combined with heat packs and muscle-relieving essential liniments to compensate for overexertion. (50 minutes) \$135

## **Reflexology**

A pressure-point technique performed on the feet, based on ancient tradition and the principle of energy zones that run throughout the body. The stimulation of reflex points in the feet, which correspond to your body's major systems, induces deep relaxation and improves circulation. (50 minutes) \$130

## **In-Room Swedish Massage**

Enjoy a Swedish massage in the absolute peace of your guest room. Your reservation to relax may be made by calling the Spa. Aromatherapy may be added. (50 & 80 minutes) \$160, \$210

## **OPC Anti-aging, Antioxidant Facial**

An intensive therapeutic treatment rich in natural antioxidants. Designed to nourish nutrition-deprived skin due to sun damage, pollutants, aggressive products and time. Excellent for mature skin, sensitive and allergic skin types. (50 minutes) \$145

## **Citrus Zest Facial**

This cleansing and hydrating facial treatment is essential for healing skin over exposed to sun and restoring it to a radiant and healthy state. Use of pure citrus essential oils creates a deeply relaxing and balancing effect for the skin. (50 minutes) \$125

### **Marine Herbal Facial**

Experience a customized treatment with the benefits of specially blended herbs and Spirulina, which acts as a 'vitamin' for your skin. Extra hydration and relaxing aromatherapy combine to give you fresh, healthy skin. (50 minutes) \$145

### **Gentlemen's Facial**

A deep cleansing and purifying facial designed especially for men. Great for skin irritated by shaving. A hydrating treatment that leaves your skin smooth and refreshed. (50 minutes) \$125

### **Secret Garden Aromatherapy Facial**

Customized for all skin types. Let exotic aromas relax your mind, while active, healing herbal ingredients cleanse and nourish your skin. (50 minutes) \$125

### **Stress Recovery Facial**

Designed to reduce stress and tension that shows in your skin. Receive the maximum benefits in minimum time, while your spirit and skin are rejuvenated. (25 minutes) \$70

## **WATER THERAPIES & SOAKS**

*The Art of Bathing is revived with our specialty baths, each designed to elevate mood, ease specific conditions and induce a sense of psychological and physical well-being. Nourish, purify and relax your body and mind.*

### **Spirulina Milk Bath**

Spirulina algae and milk combine to bring you the power of nature's two best-known skin remedies. A pure and simple collection that nurtures and soothes your skin. Gentle fragrances induce relaxation while leaving your skin supple, clean, and soft. (20 minutes) \$55

### **Peaceful Nights Bath**

The ultimate choice for the end of your day. Candlelight combined with a tranquil blend of essential oils and bubbling jets relax every muscle. (20 minutes) \$55

### **Sports Bath**

A soothing "deep heat" bath infused with an aromatic hydrating concentrate to relieve sore and tired muscles. A must with our sports massage for maximum relief. (20 minutes) \$55

### **Secret Garden Bath**

A Grand Floridian Spa favorite! Experience the intoxicating aromas of ylang-ylang, sandalwood, orange and patchouli. Disappear from the world and enjoy the precious gifts of these natural oils. (20 minutes) \$55

## **BODY TREATMENTS**

*The Grand Floridian Spa's Body Treatments are designed to restore harmony while achieving maximum benefit for your entire body. We invite you to experience "the ultimate" in spa therapies.*

### **Aromatherapy Massage and Body Wrap**

Experience the calming and therapeutic effects of our signature treatment. A custom aromatherapy massage, followed by warm compresses and heat. You are lightly wrapped to encourage the bio-absorption of nurturing and healing essential oils. A luxurious scalp massage is the final touch as your body and psyche experience a state of total relaxation. (110 minutes) \$240

### **Herbal Body Scrub & Massage**

The combination of a gentle exfoliation and relaxing 50 minute Swedish massage. Using a natural exfoliating gel, combined with lavender body oil and a blend of essential oils will renew your natural glow and relax your body and mind. (80 minutes) \$185

### **OPC Exfoliating and Detoxifying Body Masque**

Incredibly renewing and enlivening! This relaxing and therapeutic treatment begins with a warm aromatherapy bath, followed with light body brushing and the application of detoxifying clay rich with powerful antioxidants. While you are lightly wrapped, a mini reflexology is the perfect complement to your treatment. (80 minutes) \$185

### **Marine Algae Body Wrap**

Your body will be mineralized, relaxed and detoxified following this nourishing 'Sea Treatment' formulated from algae grown in the pristine waters off the Brittany coast of France. (50 minutes) \$125

### **Citrus Zest Sugar Scrub**

Florida Grapefruit, orange, tangerine and lemon essential oils, combined with micronized raw sugar creates a most effective body treatment that activates dull skin and increases circulation, as it re-hydrates your skin. (50 minutes) \$125

### **Aromatherapy Sea Salt Glow**

Using essential oils of grapefruit, tangerine, cypress, juniper, fennel, thyme and geranium to eliminate toxins and improve circulation while leaving your skin with a wonderful healthy glow and increased firmness. (50 minutes) \$125

### **Paraffin Body Masque**

Activating and enlivening oil is applied to your skin and warm paraffin wax is 'painted' onto your body to envelope the warmth and soothe muscles and joints. A light wrap retains the heat and allows for the maximum re-hydration of the tissue. A deeply soothing treatment for sun-damaged and dry skin. (80 minutes) \$185

## **HAND AND FOOT TREATMENTS**

*Our treatment room has been designed for the most luxurious hand and foot care. Each treatment features our relaxing spa massage chairs that caress your lower back and gently relax your body. Our special foot soaks include therapeutic whirlpool jets.*

### **Spa Manicure**

This treatment is not the usual manicure but a true "spa" experience. Cuticles and nails receive special attention, and skin is left supple and smooth after an enjoyable massage of the hands. Choice of natural nails or polish. (50 minutes) \$55

### **Spa Pedicure**

A truly relaxing treatment as our technicians gently exfoliate your feet, then massage cuticle oil into the nails. An aromatherapy application follows with a mini-foot massage. Choice of natural nails or polish. (50 minutes) \$65

### **Sports Pedicure**

Our Spa pedicure with an addition of Japanese Mint Oil to increase circulation and provide relief for feet that have taken a beating. (50 minutes) \$65

### **Spa Manicure and Pedicure Combination**

Enjoy a combined manicure and pedicure, including massage and your choice of natural or polished nails. (80 minutes) \$110

### **Soothing Tired Legs Treatment**

A refreshing soak in our whirlpool footbath followed by an exfoliation using Citrus Zest sugar scrub, bio-active foot balm and moisturizer. A must after a day in the parks! (25 minutes) \$45

### **Paraffin Treatment**

Rich, moisturizing cream and aromatherapy oils are massaged into hands and/or feet, and then warm paraffin wax is applied to enhance absorption and hydration. An essential treatment for dry hands and feet. This treatment can be enjoyed separately or combined with a manicure or pedicure. (25 minutes) \$40

## **ESPECIALLY FOR COUPLES**

*Take time just for the two of you. Share one of our relaxing treatments and discover a new sense of togetherness!*

### **Grand Romantic Evening**

A couple's escape into pure relaxation in our intimate couple's room. Share your massage experience with your loved one, as each of you receives a custom aromatherapy massage using essential oils for maximum relaxation. (50 minutes, 80 minutes) \$275, \$375

### **Couples Instructional Massage**

Step-by-step private instruction in effective massage techniques for relaxation and stress relief. Educational tips are provided by your therapist, as you and your partner learn together. This experience includes take-home notes and aromatherapy body oil. (3 hours) \$300

## FOR OUR YOUNGEST GUESTS

*Designed exclusively for our youngest guest, 12 years of age and younger, to experience fun and educational primers for a lifetime of healthy living. All guests under the age of 18 must be accompanied at all times by an adult while in the Spa. Adult must be present during all massage, body or water treatments.*

### **My First Manicure 25 minutes**

A mini manicure, includes choice of natural or polished nails. \$35

### **My First Pedicure 25 minutes**

A truly pampering experience, including foot soak and choice of polished or natural nails. \$40

### **My First Massage 25 minutes**

A mini massage designed to relax and renew (may be received with clothing on). The perfect antidote for sensory overload and for feeling like a grownup! \$70

### **My First Facial 25 minutes**

A mini facial designed for our youngest guests, 4 -12 years of age, to introduce the basics of good skincare. \$70

## YOUR SPA & HEALTH CLUB EXPERIENCE

*Experience self-renewal. Let all of your senses come alive, as your body is healthfully pampered and your spirit beautifully stimulated in our caring and serene environment.*

What can you expect at The Grand Floridian Spa & Health Club? You will be welcomed by our friendly Spa Cast Members and led to the women's or men's locker room where you will receive a locker with a Spa robe and slippers to wear during your visit.

If you plan to enjoy a workout in the Health Club, please bring tennis shoes and comfortable workout clothing. Bathing suits are optional for the steam room, sauna and indoor whirlpool, but are not provided.

We request that all cell phones and pagers be turned off while in the spa. If you experience any discomfort due to room temperature, massage pressure, music volume or any other condition, please tell a Spa Cast Member or therapist immediately.

Upon entering your private treatment room, the therapist will leave the room so you may disrobe. Undergarments are not necessary, and please keep in mind that our therapists are trained to warmly drape you with a large towel at all times. For most body services, we recommend you undress completely. Bathing suits are required, but not provided, for water therapies. Shaving is not recommended before body services.

It is recommended that Spa appointments be made as far in advance as possible. To ensure your preferred appointment time, we recommend you schedule your next visit at the conclusion of your treatment. We cannot guarantee requests for male or female therapists. However, we will make every attempt to honor your preference. We welcome Groups and Conventions.

For information and to make a reservation to relax please call (407) 824-2332.

*Relaxed, Yet?™*

## THE SPA

*It is our pleasure to provide an elegant and comfortable experience for each one of our guests. Please let us know if we can be of any assistance to you.*

### **Age Requirements**

Guests 10 years and older are welcome to receive spa treatments. For our youngest guests (4-10 years) we have selected treatments to introduce a healthy lifestyle. Guests under 18 must be accompanied by an adult when receiving a massage treatment, water treatment and/or a body treatments. Childcare arrangements may be made with Concierge.

### **Check-In Policy**

Please check-in with the Spa receptionist at least 30 minutes prior to your scheduled appointment. We encourage you to use the whirlpool, sauna and steam areas to relax and prepare for your treatment. We recommend showering prior to your appointment to receive full-treatment

## **THE HEALTH CLUB**

*We invite you to our fully equipped health club to maximize the goal of a health state of living.*

### **Age Requirements**

Guests 14 years and older are welcome. Under 18 must be accompanied by an adult.

### **Locker Room Facilities**

Separate men's and women's whirlpools, Turkish steam baths, Finnish saunas and relaxation lounges • Spa amenities • Private lockers, robes and slippers

benefit. We regret that late arrivals will not receive extension of scheduled appointments.

### **Cancellation Policy**

We request that guests extend a courteous notice for changes and cancellations. Not canceling appointments four (4) hours in advance will result in a cancellation fee per service. Packages require a 24 hour notice to avoid charges. No shows will be charged the full value of the treatment(s).

### **Personal Articles**

For your convenience, private lockers are provided. The spa does not assume responsibility for lost or stolen items.

### **Gift Certificates**

Certificates may be purchased for the Spa, at the Spa reception desk. Phone and mail orders are accepted by calling 407-824-2332

*LICENSE #MM6974*

### **Health Club Amenities**

Treadmills • Stair steppers • Upright and recumbent cycles • Elyptical cross trainers • LifeFitness and Precor® full-circuit of strength equipment • Smith machine • Cable crossover • Free weights • TV viewing

**Personal Training available by appointment**

*Relaxed, Yet?™*