

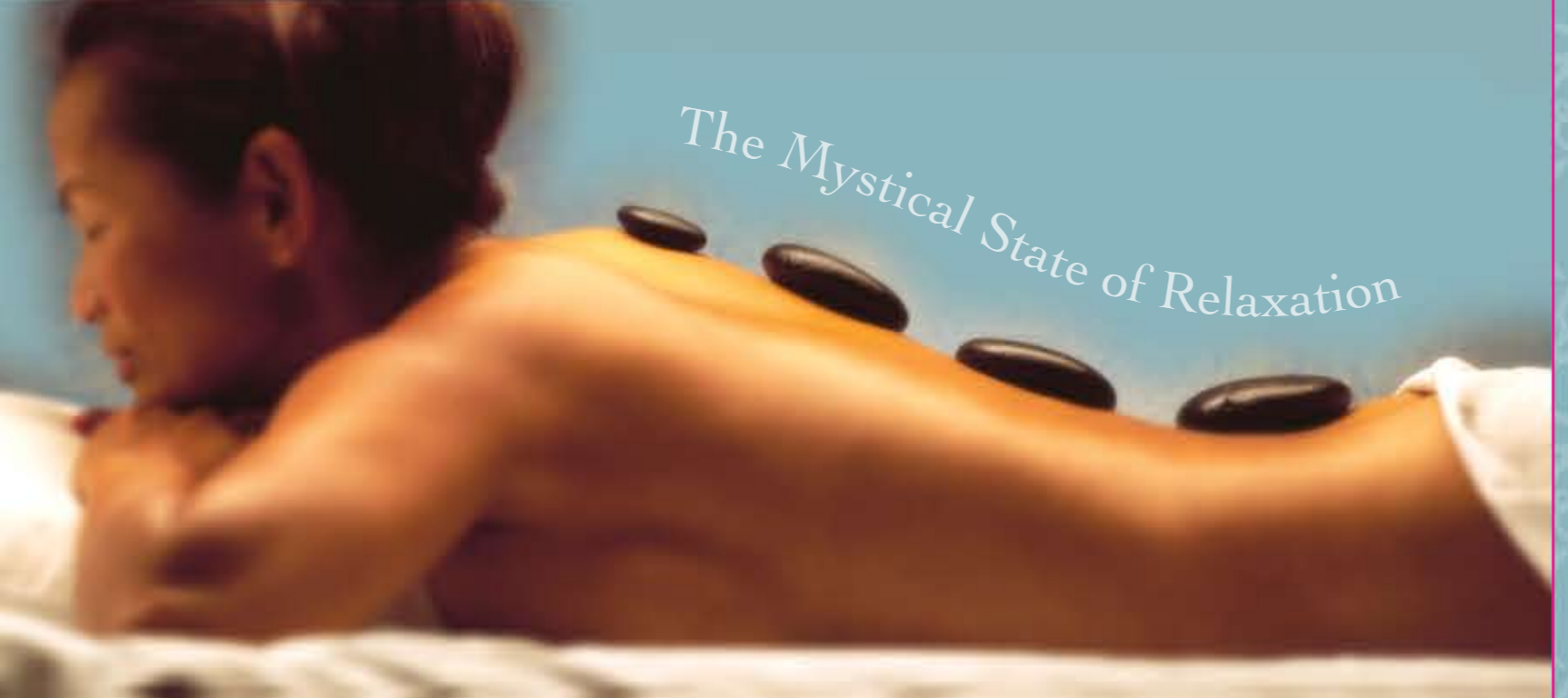


HEALTH CLUB HOURS 6:00 AM TO 9:00 PM
 *Use of the Health Club is reserved for Spa Guests, Guests staying at Disney's Saratoga Springs Resort & Spa and Disney Vacation Club Members at no additional cost. Fee may apply for Guests of other Walt Disney World® Resorts. Key To The World Cards (Resort ID) and/or Disney Vacation Club Member ID are required to access the Health Club.
 *PERSONAL TRAINING IS AVAILABLE BY APPOINTMENT.

SPA TREATMENT HOURS 8:00 AM TO 8:00 PM
 *Disney Vacation Club Members who present their Membership Card are eligible for Member-only discounts on select Spa services. *Prices and Services are subject to change without notice. *Cancellation Fees may apply.



The Spa at Disney's Saratoga Springs Resort, 1940A Broadway, Lake Buena Vista, FL 32830
 Make Your Reservation to Relax 407-827-4455
 www.RelaxedYet.com
 #MM 15137



The Mystical State of Relaxation



Relaxed, Yet?

The Spa at Disney's Saratoga Springs Resort, 1940A Broadway, Lake Buena Vista, FL 32830
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Tranquility

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Relax the mind and renew the body in the Spa at Disney's Saratoga Springs Resort with a single treatment, or a half day or full day of luxurious and wholesome Spa packages. Our friendly, professional staff will guide you in your choice of services through personal attention to your unique needs and preferences. To make your reservation to relax, or for information on specific services, please call the Spa at 407-827-4455.

Massage Therapies

Choose from massage Therapies designed to release tension and promote harmony. Customize any massage and personalize the experience by choosing from a range of Amala's 100% natural plant-based massage oils to relax, revive or detoxify the mind and body.

- Adirondack Stone Massage (80 minutes)
- Mystical Forest Therapies (80 & 50 minutes)
- Healing Hands Aromatherapy Massage (80, 50 & 25 minutes)
- Personalized Firm Pressure Massage (80, 50 & 25 minutes)
- Mother-To-Be Massage (50 minutes) (2ND & 3RD Trimester Only)
- Reflexology (50 & 25 minutes)
- Swedish Massage (80, 50 & 25 minutes)
- In-Room Swedish Massage (80 & 50 minutes)

Deluxe Massage Therapy Indulgences:

Enhance your massage therapy by adding one of the following deluxe indulgences to your Spa experience.

- Reflexology Massage
- Head, Shoulder and Back Massage
- Face and Hot Oil Scalp Massage

Skin Care

Our estheticians will professionally evaluate your skin, and then cleanse, purify and hydrate to restore your natural, healthy radiance. By using Amala 100% natural plant extracts and essences, our facial therapies will leave you looking and feeling fresh and revitalized.

Saratoga Springs Deluxe Facial (80 minutes)

Enjoy this completely cleansing and rejuvenating treatment, which takes your skin on a journey of total renewal, leaving you feeling youthful, fresh and radiant.

Adirondack Stone Facial (80 minutes)

Revitalize your skin and soothe away the stress of modern lifestyles with a hot stone facial.

Mystical Forest Facial (50 minutes)

A deeply relaxing facial that restores radiant, healthy skin! Essential for healing skin that is dehydrated and dry due to traveling or environmental influences leaving your skin with a more radiant, renewed appearance.

Remineralizing Sea Plant Facial (50 minutes)

Indulge your skin with a plant essence and marine algae intensive treatment that will clarify, oxygenate and deeply stimulate your skin.

Custom Aromatherapy Facial (50 minutes)

Customise and personalize your facial experience! Together with your Therapist, you will choose from a range of Amala's 100% pure plant essences and extracts to create a deeply regenerating and relaxing facial experience, leaving your skin soft, glowing and healthy.

Gentleman's Facial (50 minutes)

Experience a deep-cleansing and exfoliating facial, leaving skin feeling fresh and revitalized.

Deluxe Facial Indulgences:

Enhance your massage therapy by choosing one of the following deluxe additions to your Spa experience.

- Eye Lifting Treatment
- Neck and Décolletage Lifting Treatment

Hydro Massage Therapies

As your muscles relax in the warmth of the hydro tub, your Therapist works with a pressurized stream of water to work deep into muscles as you wash away your tension. Choice of therapies, each designed to elevate your mood and ease specific conditions.

- Polaris Spring* (45 minutes)
- Lincoln Spring* (45 minutes)
- Rosemary Spring* (45 minutes)
- Mineral Spring* (45 minutes)

*Bathing Suit Required

Body Therapies

Experience the ultimate in Spa therapies! Our treatments are designed to restore harmony while achieving optimum benefits for your entire body. We use only 100% pure, unrefined raw ingredients to nurture your skin and awaken your senses.

Maple Sugar Body Polish (50 minutes)

A fun and healthy way to restore the natural radiance of your skin. A gentle exfoliation using micronized sugar and essential oils will bring a native glow to your skin.

Detoxifying Salt Polish (50 minutes)

A gentle all-over salt and crushed olive stone body polish and a detoxifying firming body moisturizer will leave your skin feeling silky, smooth and rejuvenated.

Mystical Forest Body Masque & Wrap (50 minutes)

Envelop your body in a rich body masque using the signature Mystical Forest Blend of essential oils and natural clay. You are lightly wrapped to encourage bio-absorption of natural minerals as your skin is nourished and you return to a state of natural well-being.

Hydro Massage Therapies

As your muscles relax in the warmth of the hydro tub, your Therapist works with a pressurized stream of water to work deep into muscles as you wash away your tension. Choice of therapies, each designed to elevate your mood and ease specific conditions.

Detoxifying Body Wrap (80 minutes)

Begin this treatment with an invigorating dry body brush and salt exfoliation, then prepare to be wrapped in a detoxifying clay body mask cocoon, whilst enjoying a harmonizing ear and scalp massage for a totally relaxing experience!

Detoxifying Salt Polish & Aromatherapy Massage (110 minutes)

Treat yourself to a gentle all-over body exfoliation followed by a personalized full body aromatherapy massage, leaving you with a feeling of total well-being and renewal.

Deluxe Body Therapy Indulgences:

Enhance your massage therapy by adding one of the following deluxe indulgences to your Spa experience.

- Reflexology Massage
- Head, Shoulder and Back Massage
- Face and Hot Oil Scalp Massage

Hand and Foot Treatments

Relax while your hands and feet are given special attention with a Spa Manicure or Spa Pedicure to help you look and feel your best!

- Spa Manicure (50 minutes)
- Spa Pedicure (50 minutes)
- Spa Manicure and Pedicure Combination (80 minutes)

Especially for Couples

Take time just for the two of you! Try one of our relaxing and enjoyable services with that special someone.

- Couple's Relaxation Package (2 hours)
- Couple's Aromatherapy Massage (80 & 50 Minutes)

For Our Youngest Guests

Designed exclusively for our youngest guests (4-12 years) to experience fun and educational primers for a lifetime of healthy living. Guests under 18 must be accompanied by an adult while in the Spa and an adult must be present during all massage, body or water treatments.

My First Facial (25 minutes)

My First Manicure (25 minutes)

My First Pedicure (25 minutes)

My First Massage (25 minutes)

Spa Packages

Adirondack Adventure (4 hours)

Adirondack Stone Massage, Adirondack Stone Facial & Maple Sugar Body Polish

Mystical Forest Retreat (3 hours)

Mystical Forest Therapies, Mystical Forest Facial & Mystical Forest Body Wrap

***Mother & Daughter Day (2.5 hours)**

(2) Mini Facials, (2) Mystical Forest Therapies &

Choice of (2) Manicure or (2) Pedicure (Ages under 12)

My First Spa Experience (2 hours)

My First Massage, My First Facial & My First Manicure and Pedicure

Energize Package (3 hours)

Detoxifying Salt Polish, Healing Hands Massage & Custom Aromatherapy Facial

Rejuvenate Package (2.5 hours)

Detoxifying Body Wrap & Remineralizing Facial

The Spa

AGE REQUIREMENTS
For our youngest guests (4-12 years) we have selected treatments to introduce a healthy lifestyle. Guests 12 years and older are welcome to receive Spa treatments. Guests under 18 years must be accompanied by an adult while in the Spa and during massage, water or body treatments.

CHECK-IN POLICY

Please check in with the Spa receptionist 30 minutes prior to your scheduled appointment. We recommend showering prior to your appointment to receive full-treatment 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 treatments reserved.

CELL PHONES

For all to be able to enjoy a relaxing environment, we require that no cell phones be used in the Spa at any time.

PERSONAL ARTICLES

The Spa at Disney's Saratoga Springs Resort does not assume responsibility for lost or stolen items.

GIFT CERTIFICATES

Gift Certificates may be purchased at the Spa reception desk. Phone and mail orders are accepted by calling 407-827-4455.

The Training Quarters

AGE REQUIREMENTS
Guests must be at least 14 years old to use the Health Club. Guests 14-17 years must be accompanied by an adult while in the Spa or Health Club.

AMENITIES

- Treadmills • Stair stepers • Upright and recumbent cycles • Elliptical cross trainers • Life Fitness and full-circuit of strength equipment • Smith machine • Cable crossover • Free weights

THE SPA AT DISNEY'S SARATOGA SPRINGS RESORT

MASSAGE THERAPIES

Adirondack Stone Massage	80 minutes	\$185.00
Mystical Forest Therapies	80 minutes	\$185.00
Mystical Forest Therapies	50 minutes	\$135.00
Healing Hands		
Aromatherapy Massage	80 minutes	\$190.00
	50 minutes	\$135.00
	25 minutes	\$90.00
Personalized Firm Pressure Massage	80 minutes	\$190.00
	50 minutes	\$135.00
	25 minutes	\$90.00
Mother-To-Be Massage (2 nd and 3 rd Trimester Only)	50 minutes	\$135.00
Reflexology	50 minutes	\$130.00
	25 minutes	\$85.00
Swedish Massage	80 minutes	\$175.00
	50 minutes	\$120.00
	25 minutes	\$75.00
In-Room Swedish Massage	80 minutes	\$220.00
	50 minutes	\$175.00
Deluxe Massage Therapy Indulgences:		
Reflexology Massage		\$40.00
Head, Shoulder & Back Massage		\$40.00
Face and Hot Oil Scalp Massage (When added to any 80 or 50 minute massage therapy)		\$40.00
SKIN CARE		
Saratoga Springs Deluxe Facial	80 minutes	\$170.00
Adirondack Stone Facial	80 minutes	\$170.00
Mystical Forest Facial	50 minutes	\$130.00

Remineralizing Sea Plant Facial	50 minutes	\$145.00
Custom Aromatherapy Facial	50 minutes	\$130.00
Gentleman's Facial	50 minutes	\$130.00
Deluxe Facial Indulgences:		
Eye Lifting Treatment		\$40.00
Neck and Décolletage Lifting Trtmt. (When added to any 80 or 50 minute facial)		\$40.00

HYDRO MASSAGE THERAPIES

Polaris Spring*	45 minutes	\$115.00
Lincoln Spring*	45 minutes	\$115.00
Rosemary Spring*	45 minutes	\$115.00
Mineral Spring*	45 minutes	\$115.00

BODY THERAPIES

Maple Sugar Body Polish	50 minutes	\$125.00
Detoxifying Body Polish	50 minutes	\$125.00
Mystical Forest Body		
Masque & Wrap	50 minutes	\$130.00
Detoxifying Body Wrap	80 minutes	\$185.00
Deluxe Body Therapy Indulgences:		
Detoxifying Salt Polish & Aromatherapy Massage	110 minutes	\$240.00
Deluxe Body Therapy Indulgences:		
Reflexology Massage		\$40.00
Head, Shoulder & Back Massage		\$40.00
Face and Hot Oil Scalp Massage (When added to any 110, 80 or 50 minute body therapy)		\$40.00

HAND & FOOT TREATMENTS

Spa Manicure	50 minutes	\$55.00
Spa Pedicure	50 minutes	\$65.00
Manicure and Pedicure		
Combination	80 minutes	\$110.00

ESPECIALLY FOR COUPLES

Couple's Relaxation Package	2 hours	\$400.00
Couple's Aromatherapy Massage	80 minutes	\$380.00
	50 minutes	\$270.00

FOR OUR YOUNGEST GUESTS (4-12 YEARS)

My First Facial	25 minutes	\$70.00
My First Manicure	25 minutes	\$35.00
My First Pedicure	25 minutes	\$40.00
My First Massage	25 minutes	\$70.00

SPA PACKAGES

Adirondack Adventure	4 hours	\$405.00
Adirondack Stone Massage, Adirondack Stone Facial & Maple Sugar Body Polish		
Mystical Forest Retreat	3 hours	\$330.00
Mystical Forest Therapies, Mystical Forest Facial & Mystical Forest Body Wrap		
*Mother & Daughter Day (2.5 hours)		\$490.00
(2) Mini Facials, (2) Mystical Forest Therapies & Choice of (2) Manicure or (2) Pedicure (Ages under 12)		
My First Spa Experience (4-12 years)	2 hours	\$185.00
My First Massage, My First Facial & My First Manicure and Pedicure		
Energize Package	3 hours	\$345.00
Detoxifying Salt Polish, Healing Hands Massage & Custom Aromatherapy Facial		
Rejuvenate Package	2.5 hours	\$290.00
Detoxifying Body Wrap & Remineralizing Facial		

© Disney TO SCHEDULE AN APPOINTMENT, CALL 407-827-4455 FAX: 407-827-4149 #MM 15137 - HOURS ON REVERSE SIDE