

**Relax in the Grand Floridian Spa with a pampering single service, or any of our luxurious and healing spa packages. Our friendly, professional staff will guide you in your choice of services through personal**



**attention to your unique needs and preferences.**

Modeled in turn-of-the-century Victorian style architecture, the Grand Floridian Spa & Health Club is nestled on the

shores of the Seven Seas Lagoon beside Disney's Grand Floridian Resort and Spa (fka, Disney's Grand Floridian Beach Resort). The Spa offers a wide variety of healthy and relaxing services designed to elevate your spirit, relax your body, and invigorate your mind. Unwind in our gentlemen's and ladies' lounges, housing a Jacuzzi, Turkish steam bath, and dry sauna, or utilize our state-of-the-art fitness center prior to a day of treatments. The Grand Floridian Spa & Health Club encourages guests to relax and restore their natural state of well-being in an environment of gracious hospitality and luxurious service.

To make your reservation to relax, or for information on specific services, please call the Grand Floridian Spa at (407) 824.2332.

### Massage Therapies

Elevate your spirit and restore your radiance with our wholesome and healing massage therapies. Customize your massage and personalize the experience by choosing from a range of Amala's 100% whole plant based massage oils to relax, revive or detoxify the mind and body.

Aurum Manus Massage	50 & 80 minutes	\$150/\$205
<p>(1st Spa in the U.S. to offer this exclusive service in 2008)  Aurum Manus is a revolutionary treatment method based on the use of warmed organic oils and healing semi-precious stone spheres to stimulate vital points and energy meridians on the body. Created by world-renowned massage therapist Ricky Welch, Aurum Manus can effectively treat tinnitus and migraine headaches, as well as instantly alleviate symptoms of physical and mental stress. This breakthrough therapy is a comprehensive holistic treatment for total physical and mental wellbeing.</p>		
Swedish Massage	25, 50 & 80 minutes	\$75/\$120/\$175
Bamboo Harmony Massage	80 minutes	\$190



Grand Floridian  
Spa and Health Club  
4111 North Floridian Way  
Lake Buena Vista, FL 32830  
Phone: (407) 824-2332

Fitness Center hours:  
6:00 a.m. - 9:00 p.m. daily  
Treatment hours:  
8:00 a.m. - 7:00 p.m. daily

License #MM6974

Citrus Zest Therapies	80 minutes	\$185
Aromatherapy Massage	25, 50 & 80 minutes	\$90/\$135/\$190
Reflexology	25, 50 minutes	\$85/\$130
Personalized Firm Pressure Massage	25, 50 & 80 minutes	\$90/\$135/\$190
Mother to be Massage *2ND & 3RD TRIMESTER ONLY	50 minutes	\$135
Sports Massage	50 minutes	\$135
Head, Shoulder and Back Massage	25 minutes	\$75
Face and Hot Oil Scalp Massage	25 minutes	\$80
In-Room Swedish Massage	50 & 80 minutes	\$175/\$220
Grand Romantic Couple's Massage	50 & 80 minutes	\$275/\$375
Couple's Instructional Massage	180 minutes	\$300

### Deluxe Massage Therapy Indulgences

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

Reflexology Massage	\$40
Head, Shoulder and Back Massage	\$40
Face and Hot Oil Scalp Massage	\$40

*\*When added to any 80 or 50 minute massage therapy*

### Especially for Couples

Share a relaxing Aromatherapy Couple's massage and discover a new sense of togetherness, or try the Couple's Instructional Massage with step by step instructions in effective massage techniques with educational tips by your therapist as you and your partner learn together!

Grand Romantic Couple's Massage	50 & 80 minutes	\$275/\$375
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Couple's Instructional Massage	180 minutes	\$300
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### Skin Care

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

Grand Floridian Deluxe Facial	80 minutes	\$170
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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.

Nature's Most Pure Facial	80 minutes	\$190
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Indulge yourself in the ultimate experience! A specialized cleansing technique will gently stimulate the skin and underlying tissues. The power of clays combined with an intensive boost of select natural vitamins and minerals will leave your skin feeling soft, radiant, balanced and deeply cleansed.

Custom European Facial	50 minutes	\$130
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Our goal in this nurturing and deeply relaxing facial is to allow you the opportunity to customize your facial to your personal skin care needs. Together with your Esthetician, you may choose from 3 ranges of Amala Skin Care and experience the healing powers of select 100% pure plant ingredients that are designed to rejuvenate, hydrate and purify your skin.

Citrus Zest Facial	50 minutes	\$130
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This cleansing and hydrating facial treatment is essential for healing skin overexposed to sun and restoring it to a radiant and healthy state.

Gentleman's Facial	50 minutes	\$130
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Our Gentleman's deeply cleansing and exfoliating facial will leave your skin fresh, hydrated and revitalized.

Anti-Stress Calming Facial	25 minutes	\$75
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Calm your mind and spirit in this relaxing yet uplifting facial experience. Treat yourself and your skin to the benefits of using 100% pure plant ingredients that will leave you feeling balanced and rejuvenated.

Marine Mineral Facial	50 minutes	\$145
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Indulge your skin with a plant essence and marine algae intensive treatment that will clarify, oxygenate and deeply stimulate your skin.

## Deluxe Facial Indulgences

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

Eye Lifting Treatment	\$40
Neck and Decolletage Lifting Treatment	\$40

*\*When added to any 80 or 50 minute facial*

## Water Therapy & Soaks

The art of bathing is revived with our specialty baths, each designed to elevate mood, ease specific conditions and induce a sense of wellbeing! Bathing will purify, energize and prepare your body for the benefits of spa treatments.

Grand Floridian Ginger Lime Citrus Bath	20 minutes	\$55
Lavender Vanilla Aromatherapy Bath	20 minutes	\$55
Juniper Algae Sports Bath	20 minutes	\$55
Secret Garden Ylang Ylang Osmanthis Bath	20 minutes	\$55
Rose Sallow Thorn Rejuvenation Bath	20 minutes	\$55

*\*Bathing suits required for all water therapies & soaks*

## 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, bioactive ingredients to regenerate and revitalize your skin.

Aromatherapy Massage and Body Wrap	80 & 110 minutes	\$185/\$240
Experience the calming and therapeutic effects of our signature treatment, a custom aromatherapy massage, followed by warm compresses and heat. Following a light wrap, a luxurious scalp massage is the final touch as your body and psyche experience a state of total relaxation.		
Citrus Zest Sugar Scrub	50 minutes	\$125
Florida grapefruit, orange, tangerine and lemon essential oils, combined with micronized raw sugar will create the most effective body treatment for your skin.		
Detoxifying Body Wrap	50 minutes	\$125

Experience a thorough body exfoliation with mineral-rich sea salts, crushed olive stone and pure plant essences to stimulate and cleanse the body, followed by a warm, detoxifying clay mask body wrap, leaving you feeling relaxed and rejuvenated.

Olive & Salt Exfoliation/Massage	80 & 110 minutes	\$185/\$240
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Treat yourself to the harmonious combination of well-being and radiance by experiencing a deep-cleansing and exfoliating body scrub followed by a personalized Aromatherapy massage.

Detoxifying Body Polish	50 minutes	\$125
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A gentle, all-over body polish and a nourishing, aromatic body moisturizer leave your skin feeling silky, smooth and refreshed.

### Deluxe Body Therapy Indulgences

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

Reflexology Massage	\$40
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Head, Shoulder and Back Massage	\$40
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Face and Hot Oil Scalp Massage	\$40
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*\*When added to any 110, 80 or 50 minute body therapy*

### Hand and Foot Treatments

Relax while your hands and feet are given special attention with a Spa manicure or Spa pedicure, or try our Soothing, Tired Legs Treatment after a long day in the parks!

Spa Manicure	50 minutes	\$55
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Spa French Manicure	55 minutes	\$65
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Spa Pedicure	50 minutes	\$65
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Spa French Pedicure	55 minutes	\$75
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Sports Pedicure	50 minutes	\$65
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Spa Manicure and Pedicure Combination	80 minutes	\$110
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Soothing, Tired Legs Treatment	25 minutes	\$45
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Polish Change/Buff Polish	25 minutes	\$35
Paraffin Treatment - Hands and Feet	25 minutes	\$40
Paraffin Treatment (Hands only)	25 minutes	\$25
Paraffin Treatment (Feet only)	25 minutes	\$25

### For Our Younger 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	\$70
My First Manicure	25 minutes	\$35
My First Pedicure	25 minutes	\$40
My First Massage	25 minutes	\$70

### Spa Packages

Citrus Zest Signature Collection	4 hours	\$370
50 Minute Citrus Zest Sugar Scrub, 80 Minute Citrus Zest Therapies, Tea Time, 50 Minute Citrus Zest Facial		
Relaxed Yet? Package	5 hours	\$500
A 50 Minute Citrus Sugar Scrub, A 50 Minute Swedish Massage, Lunch, Spa Manicure/Pedicure Combo, Nature's Most Pure 80 minute Facial		
Energize Package	3 hours	\$345
50 Minute Detoxifying Body Polish, 50 Minute Sports Massage, 50 Minute Marine Mineral Facial		
Detoxifying Package	2.5 hours	\$300
50 Minute Detoxifying Body Wrap, 25 Minute Reflexology Massage, Choice of 50 Minute Sports Massage OR 50 Minute Aromatherapy Swedish Massage.		

Rejuvenate Package	2.5 hours	\$300
50 Minute Detoxifying Body Wrap, Marine Mineral Facial, and Tea Time following services.		
Mother & Daughter Day Package	2.5 hours	\$490
(2) Mini Facials, (2) 25 Minute Swedish Massages and (2) 25 Minute Reflexology Massages & choice of (2) Manicure or (2) Pedicure *(Ages under 12 receive a My First manicure and Pedicure)		
My First Spa Experience	2 hours	\$185
My First Massage, My First Facial & My First Manicure and Pedicure. <i>*Must be 4-12 years old.</i>		

## Spa Policies

### 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 Grand Floridian Spa 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) 824-2332.

### HEALTH CLUB

#### 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 steppers . Upright and recumbent cycles . Elliptical cross trainers . Life Fitness and Precor® full-circuit of strength equipment . Smith machine . Cable crossover . Free weights