

*Relax the mind and renew the body in the Spa at Disney's Saratoga Springs Resort with a pampering single service or any of our 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.*



Inspired by the Adirondack's celebrated waters of Saratoga Springs, the Spa utilizes the healing elements of nature to restore harmony and promote a

sense of relaxation for both mind and body. The Spa at Disney's Saratoga Springs Resort embraces the wisdom of Solas per Aqua, health through water, within its healing and therapeutic treatments. The Spa houses a spacious state-of-the art fitness center for keeping a healthy life style. Both ladies' and gentlemen's lounges, complete with Jacuzzi, Turkish steam bath, and dry sauna are available for relaxing, detoxifying and therapeutic use.

To make your reservation to relax, or for information on specific services, please call the Spa at 407.827.4455



The Spa at Disney's Saratoga Springs  
1490A DVC Way  
Lake Buena Vista, FL 32830

Make Your Reservation to Relax  
(407) 827-4455

*License #15137*

### 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 plantbased massage oils to relax, revive or detoxify the mind and body.

Adirondack Stone Massage	80 minutes	\$185
Mystical Forest Therapies	50 & 80 minutes	\$135/\$185
Healing Hands Aromatherapy Massage	25, 50 & 80 minutes	\$90/\$135/\$190

Personalized Firm Pressure Massage	25, 50 & 80 minutes	\$90/\$135/\$190
Mother to be Massage *2ND & 3RD TRIMESTER ONLY	50 minutes	\$135
Reflexology	25, 50 minutes	\$85/\$130
Swedish Massage	25, 50 & 80 minutes	\$75/\$120/\$175
In-Room Swedish Massage	50 & 80 minutes	\$160/\$210

### 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

### 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	\$170
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	\$170
Revitalize your skin and soothe away the stress of modern lifestyles with a hot stone facial.		
Mystical Forest Facial	50 minutes	\$130
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	\$145
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	\$130
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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	\$130
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Experience a deep-cleansing and exfoliating facial, leaving skin feeling fresh and revitalized.

#### Deluxe facial Indulgences:

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

Eye Lifting Treatment	\$40
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Neck and Decolletage Lifting Treatment	\$40
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(\*When added to any 80 or 50 minute facial)

#### 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	\$115
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Lincoln Spring*	45 minutes	\$115
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Rosemary Spring*	45 minutes	\$115
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Mineral Spring*	45 minutes	\$115
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\*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 percent pure, unrefined raw ingredients to nurture your skin and awaken your senses.

Maple Sugar Body Polish	50 minutes	\$125
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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 Body Polish	50 minutes	\$125
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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	\$130
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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.

Detoxifying Body Wrap	80 minutes	\$185
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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	\$240
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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 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 to help you look and feel your best!

Spa Manicure	50 minutes	\$55
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Spa Pedicure	50 minutes	\$65
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Spa Manicure and Pedicure Combination	80 minutes	\$110
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#### 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	\$400
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Couple's Aromatherapy Massage	50 & 80	\$270/\$380
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**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**

Adirondack Adventure	4 hours	\$405
Adirondack Stone Massage, Adirondack Stone Facial & Maple Sugar Body Polish		
Mystical Forest Retreat	3 hours	\$330
Mystical Forest Therapies, Mystical Forest Facial & Mystical Forest Body Wrap		
Mother & Daughter Day	2.5 hours	\$490
(2) Mini Facials, (2) Mystical Forest Therapies & Choice of (2) Manicure or (2) Pedicure *(Ages under 12)		
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>		
Energize Package	3 hours	\$345
Detoxifying Salt Polish, Healing Hands Massage & Custom Aromatherapy Facial		
Rejuvenate Package	2.5 hours	\$290
Detoxifying Body Wrap & Remineralizing Facial		

**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.

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