



## EXPERIENCE

### GRANDE INDULGENCE

MON - TH: 80 MIN, \$255 **OR** 100 MIN, \$295  
FRI - SUN: 80 MIN, \$270 **OR** 110 MIN, \$310

A unique experience created at Grande Lakes to induce a profound state of wellbeing. Drift away whilst enjoying relaxation techniques designed to melt away tension and soothe the mind.

### ENERGY BALANCING TREATMENT

MON - TH: 50 MIN, \$180 **OR** 80 MIN, \$245  
FRI - SUN: 50 MIN, \$195 **OR** 80 MIN, \$260

Experience a realignment of the mind, body and emotions through gentle chakra balancing, meditation and a customized journey through the senses.

### ASHIATSU

MON - TH: 50 MIN, \$190 **OR** 80 MIN, \$255  
FRI - SUN: 50 MIN, \$205 **OR** 80 MIN, \$270

A full body massage using the therapist's bare feet to provide broad, profound and highly effective pressure while invoking a state of deep relaxation.

### LOMI LOMI INSPIRED

MON - TH: 75 MIN, \$250  
FRI - SUN: 75 MIN, \$265

This Hawaiian inspired massage works gently to into the muscles using rhythmic forearm strokes. Harmonious music enhances this gently flowing nurturing massage (Minimal draping utilized).

### THAI TREATMENT

MON - TH: 80 MIN, \$260  
FRI - SUN: 80 MIN, \$275

This treatment blends stretching, acupressure and rhythmic compression to bring balance and rejuvenate the body. Loose fitting, comfortable clothing required.

## MASSAGE

### RELAXATION

MON - TH: 50 MIN, \$170 **OR** 80 MIN, \$235  
FRI - SUN: 80 MIN, \$185 **OR** 110 MIN, \$250

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage using light to moderate pressure and a blend of essential oils to melt away tension.

### STRESS RELIEF

MON - TH: 50 MIN, \$175 **OR** 80 MIN, \$240  
FRI - SUN: 50 MIN, \$190 **OR** 80 MIN, \$255

Revive tired and fatigued muscles with this traditional massage-using moderate to firm pressure to leave a feeling of revitalization and relaxation.

### DEEP MUSCLE

MON - TH: 50 MIN, \$190 **OR** 80 MIN, \$255  
FRI - SUN: 50 MIN, \$205 **OR** 80 MIN, \$270

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific area of concern to alleviate common discomforts and sports related tension.

### ADVANCED THERAPEUTIC

MON - TH: 50 MIN, \$190 **OR** 80 MIN, \$255  
FRI - SUN: 50 MIN, \$205 **OR** 80 MIN, \$270

A goal orientated session targeted to address specific areas of concern. Specially trained therapists utilize varying degrees of pressure and advanced techniques to address restrictions, adhesions and tissue limitations.

### HOT STONE

MON - TH: 75 MIN, \$250  
FRI - SUN: 75 MIN, \$265

A therapeutic and rejuvenating massage using warm volcanic stones and moderate pressure to intensely soothe tired, aching muscles and aid relaxation.

### REFLEXOLOGY

MON - TH: 50 MIN, \$175  
FRI - SUN: 50 MIN, \$190

This treatment focuses on pressure points of your feet to balance the energy meridians in your body.

### NATURALLY NURTURED

MON - TH: 50 MIN, \$180 **OR** 80 MIN, \$250  
FRI - SUN: 80 MIN, \$195 **OR** 110 MIN, \$265

Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.

## BODY

### BODY BALANCER

MON - TH: 50 MIN, \$170  
FRI - SUN: 80 MIN, \$185

Restore serenity to body, mind and skin with this richly indulgent and deeply reviving back, neck and scalp treatment.

## MEN

### THE MEN'S MASSAGE

MON - TH: 80 MIN, \$260  
FRI - SUN: 80 MIN, \$275

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones on the back, facial massage and a soothing scalp massage.

### MUSCLE RECOVERY

MON - TH: 50 MIN, \$190 **OR** 80 MIN, \$255  
FRI - SUN: 50 MIN, \$205 **OR** 80 MIN, \$270

Recharge your body with this powerful massage designed to alleviate deep seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to alleviate common discomforts and sports related tension.

### POWER HOUR

MON - TH: 50 MIN, \$190  
FRI - SUN: 50 MIN, \$205

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens your senses, leaving you ready for anything.

**INCLUDES** Full body salt & oil exfoliation, back massage and oil application

### THE MEN'S FACIAL

MON - TH: 50 MIN, \$185  
FRI - SUN: 50 MIN, \$200

Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.



## FACIAL

### CUSTOM

MON - TH: 50 MIN, \$185 **OR** 80 MIN, \$270  
FRI - SUN: 50 MIN, \$200 **OR** 110 MIN, \$285

Purify, hydrate, brighten and smooth your complexion with this radiance restoring expert facial that is tailored to your individual needs.

### ORGANIC

MON - TH: 50 MIN, \$185 **OR** 80 MIN, \$270  
FRI - SUN: 50 MIN, \$200 **OR** 80 MIN, \$285

After a thorough analysis of the skin, a treatment is performed on all areas of the face, neck and décolleté, based on individual needs.

### AGE-DEFYING

MON - TH: 50 MIN, \$210 **OR** 80 MIN, \$305  
FRI - SUN: 50 MIN, \$220 **OR** 80 MIN, \$320

Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance to your complexion.

### ALPHA BETA PEEL

MON - TH: 50 MIN, \$250 **OR** 80 MIN, \$320  
FRI - SUN: 50 MIN, \$265 **OR** 80 MIN, \$335

Alpha hydroxy acids deeply exfoliate providing an immediate boost of collagen, elastin and hydration revealing visible results in skin clarity and discoloration.

### GRANDE VITAMIN C

MON - TH: 50 MIN, \$195 **OR** 80 MIN, \$280  
FRI - SUN: 50 MIN, \$210 **OR** 80 MIN, \$295

This customizable facial is for dehydrated, aging and environmentally damaged skin. Designed to tighten and detoxify the skin, restoring a firm, youthful and radiant complexion.

### THE HYDRAFACIAL MD®

MON - TH: 50 MIN, \$245 **OR** 80 MIN, \$365  
FRI - SUN: 50 MIN, \$260 **OR** 80 MIN, \$380

A non-invasive, non-surgical anti-aging procedure that delivers instant results by using LED light therapy along with the benefits of the HydraFacial MD technology.

### ULTIMATE RADIANCE & RENEWAL

MON - TH: 80 MIN, \$300  
FRI - SUN: 80 MIN, \$315

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. The must-have treatment for immediate results prior to a special event.

## HAND & FOOT

### GRANDE MANICURE

MON - TH: 50 MIN, \$60  
FRI - SUN: 50 MIN, \$75

Maintain amazing results and keep nails in good condition with this conditioning treatment.

### GEL MANICURE

MON - TH: 50 MIN, \$75  
FRI - SUN: 50 MIN, \$90

A revolutionary polish is applied and set under a curing lamp. Your nails are immediately completely dry leaving you with incredibly durable, chip-free manicure for two weeks with superior shine.

### ULTIMATE MANICURE

MON - TH: 55 MIN, \$140  
FRI - SUN: 55 MIN, \$155

This indulgent treatment provides long lasting results deeply nourishing products to repair, replenish and condition your nails.

### ORGANIC MANICURE OR PEDICURE

MON - TH: 50 MIN MANICURE, \$85  
FRI - SUN: 50 MIN MANICURE, \$90  
MON - TH: 50 MIN PEDICURE, \$100  
FRI - SUN: 50 MIN PEDICURE, \$105

Our eco-luxurious option for hands and feet.

### ULTIMATE PEDICURE

MON - TH: 70 MIN, \$145  
FRI - SUN: 70 MIN, \$160

An intensive treatment using deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.

### GRANDE PEDICURE

MON - TH: 50 MIN, \$90  
FRI - SUN: 50 MIN, \$105

Maintain amazing results and keep nails in good condition with this conditioning treatment.

### ARNICA FOOT RESCUE

MON - TH: 50 MIN, \$110  
FRI - SUN: 50, \$115  
MON - TH: 60 MIN WITH POLISH, \$130  
FRI - SUN: 60 MIN WITH POLISH, \$135

This treatment helps rejuvenate your tired, achy feet. Harnessing the benefits of arnica within the foot soak and massage to re-energize legs and feet.

## SALON

### SERVICES

The Salon offers a wide range of hair and make-up services including: hair consultations, cutting, styling, hair extensions through to coloring and make-up artistry offering you the perfect look for any occasion. Individual hair, make-up, wedding services and tanning are available upon request.



# ENHANCEMENTS

## FACIAL

### LIFESTAGE ANTI-AGING BOOSTERS, \$25

Boost any facial by using the technologically advanced LIFESTAGE serums and moisturizers to address all the most visible signs of aging.

### FACIAL BOOSTERS, \$25

Select from our extensive range of boosters, peels and masks to compliment your facial experience.

### HAND REVIVER, \$25

Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands smooth, soft and bright.

## BODY

### HOT STONE MELTER, \$25

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress.

### SMOOTH & FIRM BODY BUTTER, \$25

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

## FACIAL & BODY

### MOROCCAN OIL SCALP TREATMENT, \$25

Using the strengthening properties of Moroccan Oil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

### PINK HAIR & SCALP TREATMENT, \$25

An intensely nourishing hair treatment to soothe, smooth and nourish both your scalp and hair.

### PARAFFIN HAND OR FOOT, \$25

Include this treatment within your manicure or pedicure to leave your hands or feet feeling silky smooth while also promoting circulation to the area.

### KERATIN GLOVE HAND OR FOOT, \$25

Include this treatment within your manicure or pedicure to help repair and restore nails.

# GUIDELINES

To maximize your Spa experience, please familiarize yourself with the Spa Guidelines.

## AT TIME OF RESERVATION

Spa reservations agents will assist you with planning your spa experience. Please inform the reservation agent of the following:

- Allergies or medical conditions including pregnancy
- If you have a gender preference for your Service Provider
- If you have a request for a specific Service Provider
- If you are celebrating any special occasions

A credit card is required to make all spa and salon appointments.

## PERSONAL BELONGINGS & VALUABLES

The Ritz-Carlton Spa is not responsible for lost or stolen personal items. Please leave your valuables at home or in your room safe. Safety deposit boxes are available upon request.

## USE OF CELL PHONES, ELECTRONIC DEVICES, CAMERAS

To protect the privacy of our guests and to preserve the Guest experience, use of cell phones, electronic devices and cameras are prohibited in the Spa.

## WHILE DEPARTING THE SPA

Complimentary parking for spa guests is available at The Ritz-Carlton or the JW Marriott. Please be sure to bring your parking ticket to the Spa so we may validate it upon check-out.

## AGE REQUIREMENTS

Guests must be 18 years of age or older to experience a massage, body treatment or enjoy the Spa relaxation areas, locker areas and pool. Teen facials are available to anyone 16 or 17 years of age with a parent or guardian present in the treatment room and locker/relaxation area access will not be permitted. Salon treatments are available for children 5 years of age and older. This includes hair and nail services only. Parent must be present for the service.

## GRATUITIES

For your convenience, a 20% gratuity will be added for each spa service. Gratuities are dispersed to the spa staff that served you during your visit. Additional gratuities may be offered at your discretion.

## ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to relax in the lounges, saunas, stream rooms, whirlpools and outdoor pool area. Arriving late will simply limit the time of your treatment. Your treatment time will not be extended as we cannot delay the next the next guest and the full value of your treatment will be charge.

## LOCKER AREAS & POOL

Locker areas and pool are complimentary to Spa guests who have a minimum of a 50-minute service and are 18 years of age and older. Robes and slippers are provided in the ladies and gentlemen's lounges.

## FOOD & BEVERAGE

Outside food or alcohol is prohibited in the Spa. A guest appearing intoxicated will be denied access to the spa. Vitale Café, located on the first floor of the Spa is open seven days a week for your dining pleasure.

## CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the Spa at least 24 hours in advance of your appointment to avoid being charged the full service fee. Any appointments rescheduled within the 24-hour window will incur a move fee of \$45. Cancellations of packages or private parties require one week's notice. Groups are subject to a minimum 30-day cancellation policy.

## HOURS OF OPERATION & CONTACT INFORMATION

### SPA HOURS

Monday - Friday: 9 am to 5 pm  
Saturday & Sunday: 9 am to 7 pm

### VITALE CAFÉ HOURS

Sunday - Monday: 11 am to 5 pm  
Friday & Saturday: 11 am to 7 pm

### SPA RESERVATIONS

+1 407.393.4200  
ritzcarltonorlandospa.com

### SPA ADDRESS

The Ritz-Carlton Orlando, Grande Lakes  
4012 Central Florida Parkway  
Orlando, Florida 32837