



THE RITZ-CARLTON SPASM
ORLANDO
GRANDE LAKES



2008
summer menu

The massages

The Ritz-Carlton

Custom Massage - Each therapist determines the guest's specific needs during a consultation. First, you select the scent of oil your body craves and the perfect amount of pressure your aching muscles require. Next, your therapist sends you to a warm place of deep relaxation and self renewal. Choose from four different aroma therapy oils designed specifically for the type of massage you are searching for.

50 minutes \$130

80 minutes \$190

Ashiatsu - In this ancient form of bodywork, utilizing a pleasantly hypnotic essential oil of peppermint, specially trained therapists use bars set in the ceiling to balance themselves while their feet perform broad, deep compressions to bring about structural change in chronically tight muscle tissue while invoking a state of deep relaxation.

50 minutes \$145

80 minutes \$205

Thai - The traditional bodywork of Thailand is one of the world's oldest healing practices. It originated in India during the Buddha's lifetime over 2500 years ago - blending stretching, acupuncture and rhythmic compression to bring balance, vitality and rejuvenation to the body.

75 minutes \$190

Loose-fitting comfortable clothing required

East Indian Lime Scalp & Body - Using a special recipe of warmed lime blossom and ginger oil that is drizzled over the forehead and into the hair, this exotic scalp and full body massage is the perfect antidote for the tired soul.

80 minutes \$190

Allow yourself ample time to shampoo afterwards

Steaming Stones - Smooth basalt stones anointed with a customized aromatherapy oil are strategically placed across the body and used to massage, radiating heat deep inside the muscles to induce a state of deep relaxation and relieve tension and stress.

75 minutes \$195

Neuromuscular - Conducted by a specially trained therapist, this technique is effective in relieving discomfort from tension headaches, trigger points and other specific back and neck pains through the use of special techniques.

50 minutes \$145

80 minutes \$205

Hawaiian Lomi-Lomi - Slip away to the sounds of harmonious Hawaiian music as this gently flowing, nurturing, deep form of Hawaiian massage is performed and finished with a refreshing glass of cool pineapple juice to complete the experience.

75 minutes \$190

Minimal draping utilized

Rain Forest Stones - This journey begins with a body brushing exfoliation. Then under a continuous steamy-warm Vichy waterfall, tropical passion fruit extract is applied and heated stones glide away tension and soothe aching muscles leaving you pleasantly grounded.

75 minutes \$195

Minimal draping utilized

Reflexology - This ancient Chinese treatment focuses on reflex points on the feet that correlate to specific organs and integral body systems. Compressions to these points help enhance circulation and create balance from within.

25 minutes \$85

50 minutes \$145

Top to Toe Massage and Facial - Uplift the senses from the scalp to the toes for a total sense of well-being. This complete body treatment begins with an aromatherapy massage for relaxation and continues with a soothing facial for gentle cleansing.

50 minutes \$140

105 minutes \$260

Does not include steam or extractions

The Light-Touch Massage - Specifically designed

for guests who require a gentle massage. Long gliding, shallow strokes induce a state of relaxation, improve circulation and instill an overall sense of well-being.

25 minutes \$75 (target areas only)

50 minutes \$120

80 minutes \$175

Invigorating Organic Scalp Massage -

Rejuvenating organic oil, infused with wild lime blossom, ginger and sandalwood is massaged into the scalp.

This luxurious and soothing scalp massage will invigorate your senses while leaving your scalp nourished.

25 minutes \$40

Treatments for the Body

Revitalize your skin with your choice of organic exfoliation, while a seven head Vichy shower warms the body. An application of vitamin rich lotion finishes your journey.

45 minutes \$130

Rejuvenate your body. An invigorating organic exfoliation under the tranquil waters of the Vichy showers. Complete your journey with a rejuvenating full body massage to ease tired muscles.

75 minutes \$190

Renew your body and mind. This journey begins with an exfoliation that prepares your body to be enveloped with a warm, vitamin rich masque. While cocooned, let all your tension melt away as you enjoy a soothing scalp massage. The finishing touch is a rich, luxurious application of cream to the body.

75 minutes \$190

Relax and leave the world behind with our luxurious 2 hour body ritual. Your journey includes an organic exfoliation, wrap, full body massage, and hydrotherapy tub soak. This ultimate pampering experience will balance your mind, body and soul.

120 minutes \$330

Body Treatment Product Choices:

- **Blueberry Soy** - Blueberries, raspberries and guava leaf extract, all high in antioxidants condition the skin while soy, rich in vitamin B keeps skin healthy and encourages new cell growth.
- **Pear & Green Apple** - Pears and green apples both filled with vitamins and nutrition help to rebalance the skin while lemon and orange peel packed with vitamin C nourish and tone the body.

- **Cranberry Pomegranate** - This antioxidant powerhouse packed with cranberry, pomegranate and gooseberry help fight free radicals that cause premature aging. Papaya softens the skin leaving your body hydrated, protected and glowing.

- **Coffee** - Arabica coffee and Dead Sea salts with a blend of rosemary, mint and citrus essential oils help increase circulation and detoxify the body.

Ionithermie Cellulite and Toning Program

- Popular in Europe, this effective and non-invasive program reduces cellulite and tones the body. Treatment focuses on specific problem areas such as the stomach, hips, thighs and buttocks. Warm clay infused with algae and ivy is applied with gentle stimulus to propel active ingredients deeper into the body and skin, leaving skin looking firmer. Cellulite is reduced, skin tone is improved and inches loss is noticeable. A homecare program is advised for long term benefits. A series of 6 is recommended for optimum results.

75 minutes \$150

Algae Body Treatment - A natural body peel is applied to reveal new skin and prepare the body for a rich seaweed masque that helps to detoxify tissues, tone the skin and provide intense moisture. A relaxing scalp massage and a vitamin infused moisturizer complete this treatment.

75 minutes \$190

Mineral Mud Body Wrap - An invigorating exfoliation removes mature skin cells to leave the skin refreshed and ready for the application of volcanic fango mud. While wrapped in a comforting cocoon to allow minerals and trace element to stimulate the metabolism, you'll enjoy a relaxing scalp massage. This treatment concludes with an application of vitamin rich body cream.

75 minutes \$190

Arnica Body Soak - Immerse yourself in the therapeutic properties of arnica. Arnica is beneficial for the treatment of common ailments such as: bruising, sprains and rheumatic muscle and joint problems. This natural plant extract helps penetrate deep into the muscle to relieve tension, stress and improve circulation.

20 minutes \$85

Serenity Soy Milk Body Scrub & Soak - This treatment begins with an exfoliation using soy and pumice to prepare the skin for a luxurious milk bath. Mineral rich proteins soothe, soften and moisturize the skin leaving you both renewed and calm.

45 minutes \$130

Pomegranate Citrus Couples Bathing Ritual

- Reconnect together in this soak filled with beneficial antioxidants that refresh, soothe and protect. While relaxing together, apply the unique sugar scrub to your partner and enjoy the exfoliating effects. Following your bath, enjoy a plate of fresh strawberries with yogurt for dipping along with a refreshing pomegranate smoothie.

20 minutes \$130

Couples Rose Petal Gentle Bathing Ritual

- The scent of rose fills the air in this romantic setting of rose petals, candles and soft music as you prepare to soak in a gently flowing hydro tub. Sip champagne and delight one another with chocolate-covered strawberries after the bath in a private section of our relaxation conservatory.

20 minutes \$130

The facials

The Ritz-Carlton

Tailored Facial - Unsure which facial suits your needs the best? Let our experts' help you decide. After thorough analysis of your skin, a treatment is recommended based on your individual needs. The treatment will focus on all areas of the face, neck and décolleté. A specially designed at-home program is available.

50 and 80 minutes prices range from \$130-\$275

Deep Cleansing Organic Escape - This purifying, anti-aging facial uses pumpkin enzymes to clear skin of cellular build-up that causes clogged pores. A mélange of beta carotenes slows environmental damage to the skin, and 100% natural plant-based products free of synthetic ingredients ensure nourishment from the inside out.

50 minutes \$150

The Citrus C Facial - Treat your skin to a vitamin rich burst of citrus and fight the effects that our humid climate has on your skin. A cooling and refreshing lime cleanses and tones, grapefruit infuses rich anti-oxidants; pink kaolin restores balance and radiance, while mandarin and shea butter promotes maximum hydration. Vitamin C promotes collagen stimulation to leave skin looking young, radiant and fresh. It aids in the reduction of skin damaging free radicals.

50 minutes \$150

Intense Hydrating Facial - Designed for thirsty skin, this treatment meets the skin's most fundamental need for water. It not only deeply moisturizes, it corrects the inevitable consequences of dehydration: fragile, taut, dull-looking skin. This treatment restores a healthy moisture balance in the epidermis; the skin regains its total comfort.

50 minutes \$150

Does not include steam or extractions

Anti-Aging Pro Lift Facial - The Pro Lifting innovative skin care machine just recently approved for the US has been highly successful for many years in Europe for increasing firmness and optimizing the anti-aging process. This treatment combines the Intense Hydrating Facial with Pro Lift Technology. The appearance of fine lines and wrinkles are temporarily erased while the skin undergoes deep cleansing, relaxation and lifting. An eye treatment is included

90 minutes \$250

This treatment can include extractions if needed

Express Pro Lift Facial - This treatment is a shorter version of the Anti Aging Pro Lift Facial for a quick lift and tone, and a refreshed look.

50 minutes \$190

Men's Hot Towel Facial - This super-cleansing facial and relaxation treatment uses tea tree oil to free the skin of impurities. A clarifying cypress moisturizing serum leaves skin feeling refreshed and invigorated.

50 minutes \$140

Dermatologist Developed Treatments

These multi-functional treatments are developed by Dr. Dennis Gross, a board certified dermatologist and dermatological surgeon in New York City, the creator of MD Skincare®. These treatments deliver immediate results without a prescription, using medical grade ingredients. A full size home care product is included with every treatment to maintain optimum results.

Alpha Beta Peel® - A patented peel developed by a leading dermatologist, Dr. Dennis Gross, using natural alpha-hydroxy acids and beta-hydroxy acids. This treatment instantly reduces fine lines and imperfections, controls acne, rosacea and oily skin. A 30 day home-care treatment system is included.

Face, neck, décolleté and hands, 45 minutes \$190

Face only, 25 minutes \$140

Alpha Beta Deluxe Facial® - This treatment combines a deep cleansing facial treatment with the Alpha Beta Peel®. A luxurious self-heating mask is included to promote maximum hydration of the epidermis, leaving your skin refreshed, rejuvenated and firm. A 30 day home-care treatment system is included.

50 minutes \$220

Gentleman's Deluxe Facial® - This deep cleansing, relaxing facial includes a mini Alpha Beta Peel to reduce irritation and acne and is designed to tackle the whole gamut of shaving-related issues while providing deep pore cleansing. We include a 30 day supply of Men's One-Step Daily Facial Pads to be used after shaving, relieving inflammation, treating razor bumps, ingrown hairs and breakouts.

50 minutes \$150

Gorgeous Eye Treatment - This is a hydrating anti aging eye treatment to reduce fine lines and puffiness. A truly revitalizing treatment for tired eyes. This treatment includes a full size Lift and Lighten Eye Cream for continued treatment at home.

25 minutes \$95

hands & feet

The Classic Citrus Indulgence

Manicure or Pedicure - This intensive citrus aromatherapy combines the benefits of tangerine, grapefruit and mandarin essential oils to neutralize free radicals and renew and recondition the skin. Hands and feet are left smooth and supple.

Manicure: 30 minutes \$40

Pedicure: 45 minutes \$65

Deluxe Café Latte Stone Manicure and Pedicure

- Wonderfully aromatic coffee products are used in this manicure and pedicure. The Espresso scrub is formulated with sugar crystals to reduce calluses, caffeine to stimulate cell turnover and fruit-derived alpha hydroxyl acids to leave skin silky smooth. The whole experience is followed by a hot stone massage with a coffee oil to increase circulation, and relieve tension and stress, leaving skin radiant and glowing.

Manicure: 40 minutes \$65

Pedicure: 55 minutes \$90

Ultimate Resilience Pedicure - This unique pedicure will put you in a deeply relaxed state. You listen to a meditation CD while a technician massages your feet and legs in each step - first with the raw sugar, alpha hydroxy acid exfoliant, then with the mineral-rich volcanic clay masque and finally with an extended ultra-moisturizing lotion massage. Resilience Meditation CD's are available in the spa boutique.

55 minutes \$120

Ultimate Anti-Aging Manicure

Treatment - For beautiful hands, a patented peel developed by a leading dermatologist containing natural alpha and beta-hydroxy acids are used to improve skin tone, plump lines and wrinkles, provide intense hydration, diminishing the appearance of age spots, and builds collagen. An instant beautification eye area firming patch is placed on eye area while enjoying the service.

55 minutes \$130

Martini Manicure & Pedicure - Choose your choice of Cocktail drink, and receive the corresponding Manicure & Pedicure. One alcoholic beverage included. Choose from:

- **Sour Apple Manicure or Pedicure**

- **Cosmopolitan Martini Manicure or Pedicure**

- **Mojito Manicure or Pedicure**

- **Margarita Manicure or Pedicure**

110 minutes \$175

The Ritz-Carlton Organic Manicure and Pedicure Ritual - Transform your mind, hands and feet with this luxurious hand & foot treatment. This ritual includes warm floral infusions, Chinese jasmine, Indonesian ginger, algae & mandarin that cleanse, exfoliate, and drench your skin in the ultimate hydration. This service concludes with an indulgent warm oil shiatsu inspired massage and a mask, leaving your hands & feet emerging soft and renewed.

Manicure: 40 minutes \$75

Pedicure: 40 minutes \$75

Macho, Macho Pedicure - This rejuvenating treatment designed for men is purely delightful! This opulent ritual includes grooming techniques, aromatherapy exfoliation, and callous treatment, concludes with a massage.

25 minutes \$55

The MAN-icure just for him - This modest Manicure includes nail shaping, cuticle care and buffing, leaving the nails looking natural and healthy.

25 minutes \$35

King for a Day - The ultimate in gentlemen's pampering; two nail professionals simultaneously work on the hands and feet shaping and buffing the nails and massaging the hands and feet.

25 minutes \$100

Meeting Escape - The perfect solution to squeezing in that desperately needed manicure & pedicure when time is a factor. You'll soon be back in the meeting, and no one will ever know you were gone. Two nail professionals will shape, buff, hydrate, massage and polish your hands and feet simultaneously.

25 minutes \$100

Arnica Foot Soak and Buff - This treatment helps the body unwind and rejuvenate tired, achy feet. The experience includes an arnica soak, callus buff, and massage with arnica gel to reenergize legs and feet.

25 minutes \$40

for the hair

Restore, re-shape and re-create your look at The Ritz-Carlton Spa's Salon. Allow our experienced team of design professionals to highlight and enhance your natural beauty, redefining your total image.

- Individualized Cutting and Styling
- Coloring and Highlighting
- Wedding and Special Event Updos
- Scalp and Hair Conditioning Treatments

and more...

Happy Hour at The Spa - Join us to celebrate our 5th anniversary! Every Tuesday from 12 pm to 5 pm we invite you to take advantage of an exclusive customer appreciation discount of 25% off on any service and 10% off any retail item.



SPA GUIDELINES: To enhance your Spa experience, please arrive 30 minutes before your scheduled treatment. This will allow time to relax in the lounges, saunas, steam rooms and whirlpool. Arriving late will simply limit the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so the next guest will not be delayed. The full value of your treatment will be charged.

Spa facilities, including men's and lady's locker rooms, fitness center and lap pool, are accessible exclusively to our guests 16 years of age or older.

For Spa Guests under the age of 18, a parent must be present for full treatment. Spa services are not available to persons under the age of 14.

When making reservations, please notify the agent if you have high blood pressure, allergies, any physical ailments or disabilities, or if you are pregnant. There are a few services that should be avoided during pregnancy, specifically in the first trimester, but many can be enjoyed.

Most body treatments are enjoyed without clothing; however, please wear whatever is comfortable for you. Disposable underwear is available upon request. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided in the ladies' and gentlemen's lounges before and after treatments.

Lockers are available for clothing; however, it is recommended that you leave valuable items in the safe in your room or at home. Cell phones and pagers must be turned off while you are in the Spa.

For your convenience a 20% service charge will be added to each Spa service received. Additional gratuities are at your discretion.

A credit card number is required at the time reservations are made. All major credit cards are accepted. You may also charge Spa services to your hotel bill.

Hotel guests not receiving Spa treatments may use the Fitness center free of charge. Use of the locker rooms, sauna, steam, whirlpool and lap pool carries a daily fee of \$20. Guests not staying in the resort may use the full facilities for a daily fee of \$40.

Spa gift certificates may be purchased in specific dollar amounts online, over the phone, or in person. Gift certificates can also be used toward purchases in the Spa boutique. Go to www.grandelakesstore.com or call 407-393-4200.



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