Bordered by Shingle Creek, The Ritz-Carlton Orlando, Grande Lakes immerses you into 500 acres of natural beauty, just a stone’s throw from the city. A luxurious retreat, surrounded by lakes and beautiful natural settings, surrender to the serenity of our relaxing spa featuring 40 treatment rooms, a private 4,000-square-foot lap pool, fitness center, boutique and a cafe.

Let us make the world revolve around you.
Escape to a place where the spirit is revived and the path to well-being awaits. Discover unique treatments infused with herbs grown in the resort’s organic garden and honey produced by our resident bees. Revel in nature’s beauty while enjoying our signature service: a “zero gravity” massage performed as you sway gently in a rocking hammock, delivering you into true tranquility.

**GRANDE CITRUS ESCAPE**

**120 MINUTES**

Give your body and mind a fresh start with this top to toe treatment. Harnessing the anti-oxidant rich benefits of honey and sweet orange, this treatment will hydrate your skin and soothe your soul.

**includes**

- Exfoliation, bath, wrap and scalp treatment
- Full body massage

**ASHIATSU**

**80 MINUTES OR 50 MINUTES**

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.

**GRANDE INDULGENCE MASSAGE**

**110 MINUTES OR 80 MINUTES**

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.

**includes**

- Full body massage with heated stones on the back, scalp treatment, severed gloves to hands and feet
- 30 minute private slumber escape

**THAI MASSAGE**

**90 MINUTES**

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

**GRANDE HAMMOCK EXPERIENCE**

**70 MINUTES**

Journey to our rooftop eco garden to enjoy the benefits of a “zero gravity” hammock massage. As you are gently rocked, our therapist will loosen your limbs, freeing you to release your cares. Loose-fitting, comfortable clothing required.

**includes**

- Foot Soak
- Massage in open air hammock

**LOMI LOMI INSPIRED MASSAGE**

**50 MINUTES**

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

Relaxation Massage
80 minutes or 50 minutes

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.

Naturally Nurtured Massage
80 minutes or 50 minutes

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.

Deep Muscle Massage
80 minutes or 50 minutes

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.

Hot Stone Massage
75 minutes

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

Stress Relief Massage
80 minutes or 50 minutes

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

Reflexology
50 minutes

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

Advanced Therapeutic Massage
80 minutes or 50 minutes

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.

Couples Massage
80 minutes or 50 minutes

Share any of our wonderful massage experiences side by side with a loved one or a friend in the couples’ massage room for two.

Couples Bath
60 minutes

Enhance any treatment with an intimate luxurious bathing experience in our private hydrotherapy tub. Afterwards you are whisked away to a private section of the relaxation sanctuary where you will enjoy a glass of champagne and chocolate-covered strawberries.

Choose from Deep Muscle, Stress Relief, Naturally Nurtured or Reflexology
SWEET ORANGE BODY GLOW
45 MINUTES
Revitalize the skin with a citrus exfoliation while a seven-head Vichy shower warms the body finishing with a deeply nourishing massage and oil application.
INCLUDES: Full body exfoliation, Vichy shower, back massage, application of oil.

BODY BALANCER
50 MINUTES
Restore serenity to body, mind and skin with this richly indulgent and deeply reviving back, neck and scalp treatment.
INCLUDES: Back exfoliation, back massage, application of facial oil, scalp massage.

DETOXIFYING BODY WRAP
75 MINUTES
Boost circulation and target uneven skin tone with this purifying treatment. Combines specialized techniques to encourage lymph movement and healthy digestion while inducing relaxation with a comforting cocoon wrap experience.
INCLUDES: Skin brush, detoxifying scrub, seaweed envelopment, scalp massage, detoxifying massage to abdominal areas and extremities.

FARM FRESH BODY GLOW
75 MINUTES
Begin by choosing from our two seasonal body scrubs for your exfoliation. Next immerse yourself in the warmth of our seven-head Vichy shower as you enjoy a luxurious scalp treatment. Finish your service with a heated moisturizer application.
INCLUDES: Full-body seasonal scrub, scalp massage, application of a seasonal moisturizer.
FACIAL

THE HYDRAFACIAL MD®
80 MINUTES OR 50 MINUTES
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.

50-MINUTE INCLUDES: Cleanse, gentle hydro-exfoliation, vortex exfoliation, hydrating Hyaluronic Acid Infusion, LED therapy

80-MINUTE ADDITIONALLY INCLUDES: Lymph drainage for the face and neck, biocellulose mask

PERFORMED WITH KISPA PRODUCTS

CUSTOM FACIAL
80 MINUTES OR 50 MINUTES
Purify, hydrate, brighten and smooth your complexion with this radiance-restoring expert facial that is tailored to your individual needs.

INCLUDES: Deep brush cleanse, skin analysis, facial exfoliation, massage, mask and scalp massage

PERFORMED WITH KISPA PRODUCTS

AGE-DEFYING FACIAL
80 MINUTES OR 50 MINUTES
Instantly combat the most visible signs of skin aging - smoothing fine lines and reversing youthful radiance to your complexion.

INCLUDES: Deep brush cleanse, skin analysis, facial exfoliation, special toning facial massage, mask, scalp massage

PERFORMED WITH KISPA PRODUCTS

ULTIMATE RADIANCE & RENEWAL FACIAL
80 MINUTES
Restore skin’s vitality and reveal a bright, smooth and radiant youthful-looking complexion. The must-have treatment for immediate results prior to a special event.

INCLUDES: Brush cleanse, Skin Radiance Mask, age-defying crystal massage, lifting mask, scalp massage

PERFORMED WITH KISPA PRODUCTS

GRANDE VITAMIN C
80 MINUTES OR 50 MINUTES
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.

INCLUDES: Brush cleanse, extractions, mask, hydration, Vitamin C facial treatment

PERFORMED WITH BIOCELULITIC PRODUCTS

ALPHA BETA PEEL FACIAL
80 MINUTES OR 50 MINUTES
Alpha hydroxy acids deeply exfoliate providing an immediate boost of collagen, reduce and hydration revealing visible results in skin clarity and discoloration.

INCLUDES: Steam, Alpha Beta peel, extractions, mask, 30 day home care system

PERFORMED WITH DR. DENNIS GROSS PRODUCTS

ORGANIC FACIAL
80 MINUTES OR 50 MINUTES
After a thorough analysis of the skin, a treatment is performed on all areas of the face, neck and décolleté, based on individual needs.

INCLUDES: Brush cleanse, extractions, mask, hydrating moisturizer

PERFORMED WITH ESPIA PRODUCTS

PERFORMED WITH EMINENCE PRODUCTS
THE MEN’S MASSAGE
80 MINUTES
The ultimate male escape. Unwind in style with this relaxing and intensely soothing treatment that includes a full body massage using heated stones on the back, facial massage and a soothing scalp massage.

STRESS RELIEF MASSAGE
80 MINUTES OR 50 MINUTES
Revive tired and aching muscles with this traditional massage using moderate to firm pressure to leave you feeling revitalized and re-energized.

THE PEDICURE
50 MINUTES
Essential maintenance for feet that incorporates a relaxing journey along the way.

MUSCLE RECOVERY MASSAGE
80 MINUTES OR 50 MINUTES
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.

RELAXATION MASSAGE
80 MINUTES OR 50 MINUTES
Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses medium pressure and a blend of essential oils to melt away tension.

THE MANICURE
25 MINUTES
Essential maintenance for hands

THE MUSCULAR RELIEF MASSAGE
80 MINUTES OR 50 MINUTES
Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave you feeling revitalized and re-energized.

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

THE MEN’S FACIAL
50 MINUTES
Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.

INCLUSIONS: Double cleanse, facial exfoliation, mask application, facial massage, neck, scalp massage.

INCLUSIONS: Soak, file and shape, cuticle work, application of body cream or buff.

INCLUSIONS: Soak, cut and file, cuticle work, application of hand cream or buff.

INCLUSIONS: Full body salt & oil exfoliation, back massage and oil application.

INCLUSIONS: Soak, exfoliation, steam and extraction, mask application.

INCLUSIONS: Soak, exfoliate, massage, mask, scalp massage.

INCLUSIONS: Full body salt & oil exfoliation, back massage, oil application.
ULTIMATE MANICURE
55 MINUTES
This indulgent treatment provides long-lasting results deeply nourishing products to repair, replenish and condition your nails.
Includes:
- Soak, file and shape, exfoliate, cuticle work, massage, personalized mask, hot stone massage, polish or buff.

ULTIMATE PEDICURE
70 MINUTES
An intensive treatment using deeply nourishing products to repair, replenish and condition your nails, depending on your individual needs.
Includes:
- Soak, file and shape, exfoliate, cuticle work, massage, personalized mask, hot stone massage, polish or buff.

GRANDE MANICURE
50 MINUTES
Maintain amazing results and keep nails in good condition with this conditioning treatment.
Includes:
- Soak, cut and file, cuticle work, application of hand cream, polish or buff.

GRANDE PEDICURE
50 MINUTES
Maintain amazing results and keep nails in good condition with this conditioning treatment.
Includes:
- Soak, file and shape, exfoliate, cuticle work, application of body cream, polish or buff.

ORGANIC MANICURE OR PEDICURE
50 MINUTES
Our eco-luxurious option for hands and feet includes your own bottle of mini polish for touch ups on the go.
Includes:
- Organic scrub, mask, massage, olive seed oil, foot soak, foot soak.

ARNICA FOOT RESCUE
50 MINUTES OR 60 MINUTES WITH POLISH
This treatment helps rejuvenate tired, achy feet. Harnessing the benefits of arnica within the foot soak and massage to re-energize legs and feet.
Includes:
- Soak, hot towel compress, foot exfoliation, arnica oil foot massage.

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.

GEL MANICURE
50 MINUTES
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.
Includes:
- Cut and file, keratin gloves, cuticle work, massage, gel polish application.
FACIAL ENHANCEMENTS
LIFE STAGE ANTI-AGING BOOSTERS
Boost any facial by using the technologically advanced LIFE STAGE serums and moisturizers to address all the most visible signs of aging.

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

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

BODY ENHANCEMENTS
HOT STONE MELTER
Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress.

SMOOTH & FIRM BODY BUTTER
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.

HAND, FOOT OR BACK REVIVE
Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands, feet or back smooth, soft and bright.

UPGRADE your treatments by choosing one or more of our carefully created service enhancements. Enhancements are available as incorporated additions to facial, body and massage services without adding additional time to the treatment. All Enhancements must be booked and received with a treatment.

FACIAL & BODY ENHANCEMENTS
MOROCCAN SCALP TREATMENT
Using the strengthening properties of MoroccanOil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

PINK HAIR & SCALP MUD TREATMENT
An intensely nourishing hair treatment to soothe, smooth and nourish both your scalp and hair.

NAIL ENHANCEMENTS
PARAFFIN HAND OR FOOT
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
Include this treatment within your manicure or pedicure to help repair and restore nails.
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.

ARRIVAL TIME
Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to relax in the loungers, steam 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 guest and the full value of your treatment will be charged.

WHILE VISITING THE SPA
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 as 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 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.

LOCKERS AND POOL
Lockers 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 gentleman’s lounges.

FOOD AND BEVERAGES
Consumption of 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.

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.

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.

For more information, please contact the Spa at 407.393.4200 or visit us at www.ritzcarlton.com/orlando.