

*Let us make the world  
revolve around you.*

# ESCAPE

Bordered by Shingle Creek, The Ritz-Carlton Orlando, Grande Lakes envelops 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.



# EXPERIENCE

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 as our signature treatments deliver you back to 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

## 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, keratin gloves to hands and feet, 110 minute treatment includes a 30 minute private slumber escape

## ENERGY BALANCING TREATMENT

80 MINUTES OR 50 MINUTES

Experience a realignment of the mental, physical and emotional body through gentle chakra balancing, meditation and a customized journey through the senses. Your therapist will present a chakra stone display and perform an assessment of your energy flow. Twelve Reiki and cranial-sacral holds are used by the therapist to align, release and open the chakras. A crystal infused inhalation oil is used to aid in opening the chakra that is in need of the most attention. Your session concludes with a chakra tea and revitalized feeling of wellness.

**INCLUDES** Customized chakra tea and energy analysis

## ASHIATSU

80 MINUTES OR 50 MINUTES

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

## LOMI LOMI INSPIRED MASSAGE

75 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).

## THAI MASSAGE

80 MINUTES

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



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# MASSAGE

## 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 couple's massage room for two.

**CHOOSE FROM** Deep Muscle, Stress Relief, Advanced Therapeutic, Men's, Relaxation, Naturally Nurtured, Muscle Recovery or Reflexology

## COUPLES BATH

20 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.

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

## 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.

## 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.





# BODY

## 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 hydra-exfoliation, Vortex extraction, hydrating Hyaluronic Acid infusion, LED therapy

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

PERFORMED WITH SKINCEUTICALS 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 ESPA PRODUCTS

## AGE-DEFYING FACIAL

80 MINUTES OR 50 MINUTES

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

**INCLUDES** Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

## ULTIMATE RADIANCE & RENEWAL FACIAL

80 MINUTES

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.

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

PERFORMED WITH ESPA 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 EMINENCE 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, exfoliation, mask, hydration, Vitamin C hand treatment

PERFORMED WITH SKINCEUTICALS PRODUCTS

## ALPHA BETA PEEL FACIAL

80 MINUTES OR 50 MINUTES

Alpha hydroxy acids deeply exfoliate providing an immediate boost of collagen, elastin 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



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# MEN

## THE MEN'S MASSAGE

80 MINUTES

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.

## 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.

## 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.

## POWER HOUR

50 MINUTES

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

50 MINUTES

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

**INCLUDES** Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage

## THE PEDICURE

50 MINUTES

Essential maintenance for feet that incorporates a relaxing journey along the way.

**INCLUDES** Soak, nail file and shape, exfoliate, cuticle work, application of body cream or buff

## THE MANICURE

25 MINUTES

Essential maintenance for hands

**INCLUDES** Soak, cut and file, cuticle work, application of hand cream or buff



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# BEAUTY

## 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

## ULTIMATE MANICURE

55 MINUTES

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

**INCLUDES** Soak, nail 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, nail file and shape, exfoliate, cuticle work, massage, personalized mask, hot stone massage, polish or buff

## GRANDE MANICURE

50 MINUTES

Our signature treatment is designed to strengthen and enrich your nails while restoring health to your hands.

**INCLUDES** Soak, nail file and shape, cuticle work, exfoliation, application of hand cream, polish or buff

## GRANDE PEDICURE

50 MINUTES

Our signature treatment is designed to strengthen and enrich your nails while alleviating tension in the feet.

**INCLUDES** Soak, nail file and shape, cuticle work, exfoliation, application of hand 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, cuticle work, nail shape, buff and polish

## 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 file, exfoliation, arnica oil foot massage



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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.

# ENHANCEMENTS

## FACIAL ENHANCEMENTS

### LIFESTAGE ANTI-AGING BOOSTERS

Boost any facial by using the technologically advanced LIFESTAGE 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 compliment your facial experience.

### HAND REVIVER

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 REVIVER

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

## FACIAL & BODY ENHANCEMENTS

### MOROCCANOIL 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.

### KERATIN GLOVE HAND OR FOOT

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

## 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



# 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.

## **ARRIVAL TIME**

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to relax in the lounges, saunas, 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 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.

## **LOCKER AREAS AND 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 AND 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.

### **GRATUITIES**

For your convenience, a 20% gratuity will be added for each spa service. Gratuities are fully dispersed to the spa staff that served you during your visit. The gratuity amount is subject to adjustment based on 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.