

SPA & SALON



MENU OF SERVICES



BUENA VISTA PALACE



Regardless of what you expect from a spa, you will find even more than you dreamed of when you visit The Spa at Buena Vista Palace. Our intimate spa is an oasis of thoughtful service and warmly inviting relaxation. Within this spectacular 10,000 square foot setting, the spa offers you a unique retreat encompassing fourteen spacious treatment rooms, a full service salon complete with private pedicure and manicure stations, and hairstyling stations. Our complete menu of spa treatments and salon services will help you re-connect with your senses and emerge from your spa experience inspired and invigorated.

Spa & Salon Packages

For your convenience a 20% service charge is included in every spa package. A tip or gratuity is not included in the service charge and may be given to the therapist at your discretion.

DAY AT THE SPA | 5½ hours plus lunch

- Oceanic Detox Mask
- Aromatherapy Swedish Massage
- Deep Cleansing Facial
- Express Manicure
- Spa Pedicure
- Shampoo & Blow Dry
- Spa Lunch & Split of Wine

PALACE PLEASER | 3½ hours

- Aromatherapy Swedish Massage
- Cold Stone Face Massage
- Deep Cleansing Facial
- Express Manicure
- Spa Pedicure
- Glass of Wine

TROPICAL SPA DAY | 2½ hours

- Paradise Glow
- Combination Massage
- Hand Paraffin
- Tropical Island Pedicure
- Glass of Wine

MOTHER-TO-BE DELIGHT | 2½ hours

Available for expectant mothers after their first trimester

- Pregnancy Massage
- Express Manicure
- Hand Paraffin
- Spa Pedicure

Bridal Packages

BRIDE-TO-BE | 2 hours

- Hair Styling with Veil Placement
- Make-Up Application
- Glass of Wine & Chocolates

BEAUTIFUL BRIDESMAID | 3½ hours

- Express Manicure and Hand Paraffin
- Spa Pedicure
- Hair Styling and Make-Up Application
- Glass of Wine

*PACKAGES CANNOT BE SPLIT OR SHARED



Facials & Skin Care

MICRODERMABRASION

50 minutes | 80 minutes with a facial

This skin-resurfacing treatment is a non-invasive procedure that uses crystals to remove dead skin cells and reveal younger, healthier-looking skin. It also stimulates the production of collagen and elastin, which further improves your skin's appearance. This treatment minimizes signs of aging and helps diminish hyperpigmentation. **Add-on for hands or décolleté, \$25.**

SEAWATER HYDRATING PEARL RITUAL

50 minutes

Dehydrated, dry, all skin types

Once the skin has been deep cleansed and exfoliated, a nourishing massage is performed with warm boluses filled with pure red seaweed and liquid calcium seawater pearls. Throughout the massage the pearls break and the skin is enriched with vitality and hydration from calcium and algae gel. A creamy mixture of shea butter and red seaweed is painted on skin to plump the complexion.

DEEP CLEANSING FACIAL

50 minutes

Perfect for all skin types, this facial begins a deep-pore cleansing followed by an exfoliating treatment with an enzyme peel and a soothing face massage. A mask is applied to improve your skin's moisture balance, producing a radiant complexion. Finish with a soothing neck and shoulder massage. ***This service can be performed as a back facial (50 minutes).***

Customized Deluxe Treatment Masks (Add-ons):

- Anti-Aging Mask
- Skin Soother Mask

GENTLEMAN'S SEA ESCAPE FACIAL

50 minutes

This customized treatment utilizes actives that address the specific needs of men's skin. The face is deeply cleansed, exfoliated and moisturized to reduce sensitivity commonly associated with daily shaving. A personalized serum is applied, followed by an eye treatment and a soothing facial mask to rejuvenate and invigorate the skin.

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ENLIGHTEN GLYCOLIC FACIAL

50 minutes

Not recommended for sensitive skin types

This treatment brightens facial skin and evens stubborn facial discoloration. Age Intervention® Enlighten contains two exceptional topical agents that address the appearance of facial discoloration and are combined with retinol, a potent anti-aging tool.

AGE INTERVENTION® REGENERATION FACIAL

50 minutes

This anti-aging facial benefits any skin type. It provides immediate skin resurfacing, rejuvenation and incorporates a powerful anti-aging anti-inflammatory technology; all combined with our remarkable skin rebuilding peptide blends.

VITAMIN C REPAIRING FACIAL

50 minutes

This treatment revitalizes the skin with both lipid soluble Vitamin C and DAE Complex® to encourage collagen production, repair free radical damage, and enhance facial tone. This facial will provide instant visible results. Skin will appear smoother, brighter, suppler, more firm, lifted and contoured.

TEEN FACIAL

50 minutes

(Up to 17 years old)

This facial gently cleanses and exfoliates the skin reducing the appearance of acne and blemishes. The skin is then hydrated, balanced and invigorated with an enzyme mask.

Treatment Enhancements for Facials

GLYCOLIC TREATMENT

No additional time

Not recommended for sensitive skin types

This Glycolic Resurfacing treatment resurfaces and clarifies skin texture, minimizes fine lines and wrinkles, fades the appearance of discoloration to even skin tone, and assists in resolving acne.

This treatment can be added to any facial

LED LIGHT THERAPY

No additional time

100% natural and dermatologist recommended providing boost to your collagen, helping with fine lines, wrinkles and hyperpigmentation.

This treatment can be added to any facial

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Massage Therapy

HOT STONE MASSAGE

50 minutes | 80 minutes

This ancient healing art brings relief to tense muscles, sore joints and a weary spirit. The warmth of smooth, heated stones is combined with the massage for an exceptional spa experience.

REFLEXOLOGY

50 minutes | 25 minutes (feet only)

Based on the theory that zones of the hands and feet correspond to specific areas of the body, pressure point stimulation assists circulation, promotes balance and releases tension. A refreshing warm herbal foot treatment enhances your experience.

SHIATSU

50 minutes

This traditional style of Japanese body work is done without oils. Stimulating and stretching the meridians of the body invigorates and balances the body and mind.

Comfortable clothing is required

CRANIOSACRAL

50 minutes

This gentle, non-invasive treatment improves the craniosacral system where the brain and spinal cord function. You will experience a light touch and gentle holding technique that will assist with muscle and energy blockage.

Comfortable clothing is required

COUPLE'S MASSAGE

50 minutes | 80 minutes

SWEDISH MASSAGE

50 minutes | 80 minutes

This classic form of full-body massage stimulates circulation and releases muscle tension.

Deep Tissue Massage

50 minutes | 80 minutes

Combination Massage

50 minutes | 80 minutes

Neck, Shoulder and Lower Back Massage

25 minutes

Kid's Massage (Ages 6 to 11 only)

**A parent must be present*

25 minutes

PREGNANCY MASSAGE

50 minutes

This soothing, full-body massage for the mother-to-be specifically addresses the discomforts of pregnancy. This experience aids in relaxation, benefits circulation and provides comfort during this time of change.

For expectant mothers after their first trimester only.



Treatment Enhancements for Massages

SELF-HEATING MUD PACK

No additional time

Seaweed-based thermal marine mud is applied in compress form to the spine, providing detoxifying benefits.

COLD STONE FACE MASSAGE

No additional time

AROMATHERAPY OILS

No additional time

Body Treatments

OCEANIC DETOX BODY MASK

50 minutes

This warm body mask of rich seaweed is known for its impressive detoxifying properties. Its energizing activity is derived from the purest concentrated Brittany Coast marine plants, used for hundreds of years to stimulate the body's metabolism and eliminate impurities from the tissue. This treatment is recommended for smokers, frequent travelers, and anyone seeking weight or stress management.

Not recommended for pregnant women or those with hyperthyroidism or allergic to iodine or seafood.

TROPICAL ESCAPE WRAP

50 minutes

Drenched with Papaya and Pineapple, this tropical wrap is also enriched with Crème Fraîche natural butter, Pomegranate extract, and other anti-aging ingredients. The luscious Crème Fraîche formula is applied all over your body for a glorious sensory escape. Your skin is deeply nourished and rejuvenated, revealing an astonishing decrease in body dryness and wrinkles.

Not recommended for pregnant women.

ULTIMATE ISLAND RITUAL

80 minutes

Organic Cane Sugar, Fijian Honey & Coconut Milk and Exotic Oils are combined to exfoliate, hydrate and renew the skin's moisture balance leaving the body with an Island Glow as a result. This royal treatment includes a warm scalp massage with vitamin-rich exotic oils.

SHIRODHARA

50 minutes | 25 minutes (hair & scalp only)

This treatment begins with a stream of exotic warm oil dripping onto your "third eye" helping the body become relaxed and balanced. The oil is slowly massaged into your hair and scalp and the experience concludes with a relaxing hand and foot massage.

PARADISE GLOW

25 minutes

Raw cane sugar combined with exotic oils is massaged into the skin with coconut milk, eliminating dull skin to reveal new healthy skin while strengthening elasticity and replenishing moisture to create the ultimate healthy glow.



Hand & Foot Treatments

HELPING HAND MANICURE

50 minutes

This manicure starts with a relaxing soak, followed by an exfoliation using a hand revitalizer...a hand's best friend! A relaxing arm massage with a moisturizing lotion of Rosemary, Lavender and Lemon leaves the hands silky and smooth. Treatment includes light hand massage and nail polish of your choice.

EXPRESS MANICURE

25 minutes

Cut, file, cuticle trim, soak, buff and nail polish with a light massage.

KID'S SERVICES

(Ages 6 to 11 only)

My First Manicure

25 minutes

My First Pedicure

25 minutes

TROPICAL ISLAND PEDICURE

50 minutes

Raw cane sugar infused with exotic plants and flower extract remove rough and dry skin preparing the feet for the ultimate hydrating Coconut Milk and Honey Masque. A relaxing lower leg and foot massage completes this transforming treatment. Your choice of nail polish adds the finishing touch to this service.

TOO SEXY FOR YOUR SHOES PEDICURE

50 minutes

Begin this ritual with a relaxing soak followed by a stimulating pumice exfoliation with a blend of grapefruit, peppermint, spearmint and eucalyptus. A peppermint and tangerine shea butter is applied during your foot massage leaving the feet pampered and fresh. Treatment includes complete nail work and polish.

EXPRESS PEDICURE

25 minutes

Feet are soaked in our softening whirlpool tub. Toe nails are trimmed and buffed, and nail polish is applied.



Treatment Enhancements for Nail Services

**Available in conjunction with a nail service*

PARAFFIN TREATMENT

15 minutes

FRENCH POLISH

CALLUS TREATMENT

15 minutes

OTHER NAIL SERVICES

Acrylic / Full Set	80 minutes
Acrylic / Fill	50 minutes
Nail Repair, each	15 minutes
Nail Removal	30 minutes
Nail Polish Change (hands only)	15 minutes

Salon Services

WEDDING SERVICES

Bridal Trial Run
(Hair and Makeup, approximately 1.5 to 2 hours)
 Special Occasion Style/Updo
 Flower Girls

MAKEUP SERVICES

Full Makeup Consultation and Application
 Makeup Application

HAIR SERVICES

Ladies

Shampoo & Blow Dry
 Ladies' Shampoo, Cut & Style
 Roller Set & Style
 Hair Cut only
 Children's Shampoo, Cut & Style *10 yrs. & under
 Bang Trim
 Flat Iron

Men

Men's Shampoo, Cut & Style
 Mustache or Beard Trim
 Men's Color
 Men's Highlights

HAIR TREATMENTS

Re-growth
 Color, First Time
 Corrective Color
 Semi-Permanent Color
 Partial Highlights/Lowlights
 Full Highlights/Lowlights
 Two Color Highlights
 Toner or Color Gloss
 Permanent Body Wave
 Deep Conditioning Scalp Treatment
 Smooth & Healthy Treatment
 Eyebrow Tinting
 Eyelash Tinting

WAXING

Lip or Chin
 Eyebrow
 Full Face
 Underarm
 Full Arm
 Half Leg
 Full Leg
 Bikini
 Stomach
 Chest
 Full Back

Spa Information

USE OF THE SPA FACILITY

Guests of the Buena Vista Palace Hotel are welcome to use the Spa and its facilities during their stay. For non-resort guests, there is a daily \$30 fee to use the spa facilities and the fitness center. Guests must be 17 years of age or older to enjoy the spa facility and spa pool.

AGE POLICY

Massages and nail services are available for guests ages 6–11 and a parent must be present for the entire length of the service. Guests ages 12–16 are welcome to enjoy salon services unaccompanied; a parent must be present for spa services. Body treatments are not available for guests under the age of 17. Gender of therapist may be chosen based on preference of the accompanying adult.

SPA & SALON HOURS

9 am to 5 pm / Sundays

9 am to 7 pm / Monday to Saturday

Hours of operation are subject to change at management's discretion.

PUBLIC TOURS

The Spa respects the privacy and tranquility of our guests; therefore public tours are not permitted during hours of operation.

RESERVATIONS

Booking your spa appointments in advance is highly recommended. Please call the Spa at 407-827-3200 or from within the resort at extension 7-3200. A credit card is required to hold all spa and salon reservations. Please communicate all health information at the time of booking including any allergies, physical ailments or disabilities requiring special assistance. Pregnancy massage is only available during the second and third trimesters.

CHOICE OF THERAPIST

Please communicate any requests for a specific therapist or gender of therapist at the time of booking.

CANCELLATION POLICY

If you must re-schedule or cancel an appointment, please notify the Spa at least 4 hours in advance of your appointment time, otherwise you will be charged for the scheduled service. For cancellation of a package, 24-hour notice is required.

SERVICE CHARGE

For your convenience, a 20% service charge will automatically be added to each spa treatment and salon service. A tip or gratuity is not included in the service charge and may be given to the therapist at your discretion.

SPA ETIQUETTE

We ask that you respect other spa guests' right to privacy and relaxation by leaving cell phones, pagers and cameras locked in your spa lockers or your resort room. Smoking is not permitted in the spa facility and spa pool, including cigar smoking.

How to SPA

WHEN SHOULD I ARRIVE?

We suggest that you arrive at least 30 minutes prior to your first appointment to allow ample time to check in and familiarize yourself with the spa facilities. Arriving late impacts the time of treatment, therefore your service will end on time so as not to delay the next guest, regardless of how late you begin. The full value of the service will be charged.

WHAT DO I NEED TO BRING?

A robe, spa slippers and a private locker will be provided when you check in at the Spa. Grooming amenities will be available for you.

SHOULD I BRING MY VALUABLES?

For the safety of your valuables, we suggest that you lock them in the safe provided in your resort room. The Spa does not assume any liability for your valuables. For your comfort, please do not wear any jewelry during your treatment.

WHAT SHOULD I DO PRIOR TO TREATMENT?

Showering is essential before any treatment, as the beneficial oils are best absorbed through clean skin. Shaving is recommended, but not necessary, for gentlemen at least 2 hours prior to a facial. Shaving is not recommended prior to body treatments or hair removal services.

ARE THERE HEALTH BENEFITS TO A SPA VISIT?

The guaranteed benefit of a spa visit is your immersion in a relaxing environment, which reduces stress and contributes to your good health. Many spa services are geared toward easing various aches and pains. Additionally, take-home programs can help you make lifestyle changes for long-term benefits.

SHOULD I AVOID THE SPA IF I'M PREGNANT?

Not at all, though you should avoid any treatments using deep pressure and heat. You might want to take advantage of our customized Mother-to-Be package or a pregnancy massage, available to expectant mothers in their second and third trimester only. Please advise us of your due date when booking your appointment.

DO I HAVE TO DISROBE ENTIRELY?

This is your experience and we want you to be comfortable. It is customary for guests to completely disrobe for their spa services, although you may wear a swimsuit or undergarments if you prefer. Keep in mind that our therapists are trained to drape you discreetly and to protect your privacy at all times.

ALCOHOL BEVERAGE SERVICE

Alcoholic beverages may not be consumed prior to any spa service, including the use of our saunas. Alcohol is not permitted due to an increased health risk when using heat or having body treatment that releases toxins into the bloodstream. The Spa maintains a two alcoholic drink maximum, which should only be enjoyed after your services. Beverage coolers are not allowed in the spa facility or spa pool.



BUENA VISTA PALACE
HOTEL & SPA

IN THE WALT DISNEY WORLD® RESORT

1900 E. Buena Vista Drive, Lake Buena Vista, FL 32830
407.827.3200 BUENAVISTAPALACE.COM

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