

MENU OF SERVICES





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 Packages

Gratuuity included in all packages

DAY AT THE PALACE

Renew your spirit with a series of treatments designed to give you a new glow. Allow yourself to drift into a blissful state with the 50-minute Palace Signature Massage, followed by Palace Signature Facial, 50-minute Oceanic Detox Body Mask, 50-minute Palace Signature Pedicure and 25-minute Traditional Manicure. Complete your day with a Shampoo & Blow Dry, to nurture and polish from head to toe. Package includes Spa cuisine lunch.

Approximately 6 1/2 hours \$520

PALACE PLEASER

This is the perfect day of relaxation and pampering. This delightful package begins with a 50-minute Palace Signature Massage, followed by a 50-minute Palace Signature Facial, 50-minute Palace Signature Pedicure and 25-minute Traditional Manicure.

Approximately 3 ½ Hours \$337

ON-THE-GO

Receive a blissful 80-minute Royal Velvet Sugar Scrub and Massage followed by a 25-minute Traditional Manicure. Finish with style with a Shampoo & Blow Dry.

Approximately 3 hours \$260

GENTLEMAN'S DAY AWAY

Relax and recharge with a 50-minute Deep Tissue Massage, followed by a Palace Homme Facial and finish your day with a Palace Signature Manicure. Leave confident that the strength within shows throughout.

Approximately 3 hours \$280



Facials & Skin Care

FOUNTAIN OF YOUTH FACIAL

This extraordinary anti-aging facial uses a seashore plant extract blended with proven and patented ingredients to impart unprecedented hydrating effects. This relaxing treatment includes a double exfoliation followed by a specific serum application that targets signs of aging through a series of massage techniques. This multi-active process produces a visible refinement of the skin that rivals aggressive medi-spa treatments! The finale is a cooling facial masque that soothes and tones tissue, reducing the appearance of fine lines for youthful and radiant skin.

80 minutes \$185

PALACE SIGNATURE FACIAL

This deep-cleansing facial offers all the therapeutic benefits of a classic European facial and more. Begin with an enzyme peel and steam for deep-pore cleansing, which also includes an anti-stress facial massage. A personalized mask is applied to improve your skin's moisture balance, producing a radiant complexion. The 80-minute version of this facial includes a paraffin hand masque and a warm marine masque applied along the spine.

50 minutes \$120 / 80 minutes \$170

PALACE HOMME FACIAL

Designed specifically for gentlemen, this custom treatment leaves your skin wonderfully toned and revived. You will feel like a new man and look younger after this restorative 50 minutes of relaxation and deep-cleaning. The 80-minute treatment includes a scalp massage, paraffin hand masque and a warm marine mask applied along the spine.

50 minutes \$120 / 80 minutes \$170

SEA ESSENTIAL ULTRA-MOISTURIZING TREATMENT

This facial treats the driest skin, relieving tightness and dehydration. The key to beautiful skin is hydration. This innovative treatment incorporates patented marine ingredients proven to restore the skin's ability to hold on to its natural moisture. Enjoy an intensely hydrating mask that penetrates deep into the epidermis leaving your skin incredibly soft and replenished.

50 minutes \$135

DELICATE SKIN SOOTHER FACIAL

Perfect treatment for over-reactive skin, rosacea, couperose, microdermabrasion, chemical peels or sunburn.

This extra mild treatment uses a green algae extract of Chlorella to regenerate and counteract the appearance of overly rosy cheeks. A fresh, creamy mask is layered with actives that leave your skin calm by restoring circulation. Recommended for the treatment of redness caused by over-reactive skin, rosacea, cuprose, microdermabrasion, chemical peels or sunburn.

50 minutes \$135

MICRODERMABRASION

The fastest growing application for skin-resurfacing technology, this wonderful anti-aging technique is enhanced by aluminum oxide crystals wand to stimulate collagen and elastin productivity. It provides a simple approach to healthy, youthful skin for men and women of all ages. You will enjoy fresher, younger skin, reduced pore size and increased firmness. This treatment minimizes lines and wrinkles, and removes skin discoloration, hyper-pigmentation and other signs of aging. (Organic grains are available for sensitive, cuperose and rosacea skin).

50 minutes \$135 / 80 minutes with a facial \$200

BACK FACIAL

This service begins by gently cleansing the back. Hot towel packs are applied to assist in deep-pore cleansing and relaxation followed by an exfoliating scrub. A luxurious massage with specialty serums is performed, followed by a personalized mask and finished with a customized moisturizer. An excellent treatment that will leave your back with a healthy glow.

50 minutes \$115

Facial Add-Ins

EYE & LIP CARE TREATMENT

Whether you have crow's feet, dark circles, or excess puffiness, the eye and lip area show signs of aging and fatigue first. This treatment begins with a three-phase massage performed directly on the eye zone, followed by a supple, comforting eye and lip mask that delivers therapeutic elements for the improvement of your skin. Depart with soft lips and noticeable smoothed eye contour area. You may even skip the make-up! \$70

INTENSIVE EXFOLIANT ACID PEEL

Improves skin texture and uniform skin color, reduces the appearance of acne scars and razor bumps, softens fine lines and increases skin firmness. \$75



Body Treatments

ROYAL VELVET SUGAR SCRUB & MASSAGE

This exquisite treatment begins with exfoliation, using an infusion of brown sugar blended with essential oils, followed by a luxurious massage using African Shea Butter. Your skin will be left feeling velvety smooth, nourished, relaxed and revitalized. Choose from scents such as Cranberry, Mango-Ginger and Vanilla-Orange.

80 minutes \$175

EUROPEAN ROSE BODY TREATMENT

This unique exfoliation experience is the ultimate in scrub and mud treatment. Begin with a cream-based body polish that contains Micronized Buffing Beads, natural Luffa and Apricot Powder to gently refine and smooth skin. A mud wrap with natural sun-dried rose clay and a blend of relaxing essential oils are applied to help accelerate cell renewal and skin hydration. This decadent treatment ends with an application of African Shea Butter through relaxing massage strokes. *Not recommended for pregnant women.*

80 minutes \$160



MOOR MUD MASQUE

A non-heat treatment using a rich, organic mud with curative, balancing and toning properties, and a deep cleansing, astringent effect for the skin. This treatment is beneficial for calming inflammation or soothing sunburn.

Not recommended for pregnant women.

50 minutes \$120

OCEANIC DETOX BODY MASK

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.

50 minutes \$135



Massage Therapy

HOT STONE MASSAGE

An extraordinary spa experience, this ancient healing art brings relief to tense muscles, sore joints and a weary spirit. The warmth of smooth, heated basalt stones is combined with the expert touch of the massage therapist to melt away stress and tension.

50 minutes \$130 / 80 minutes \$180

PALACE SIGNATURE MASSAGE

This classic form of full-body massage stimulates circulation and rejuvenates your body and spirit. Different styles of massage and body work are applied to allow you to relax deeply and enjoy the benefits of customized massage services.

50 minutes \$110 / 80 minutes \$160

Aromatherapy Upgrade: 50 minutes \$120 / 80 minutes \$170

Deep Tissue Upgrade: 50 minutes \$130 / 80 minutes \$180

Combination Massage (Swedish & Deep Tissue):

50 minutes \$120 / 80 minutes \$170

SHIATSU MASSAGE

This massage is a form of “touch communication” that helps in balancing one’s body energy flow. Based on the Oriental technique of applying finger pressure to various parts of the body, shiatsu pressure and stretching is the key. Your therapist will use thumbs, palms, fingers and elbows to work on the body’s acupressure points and on balancing your meridian. Shiatsu works on the whole being, from the physical to the spiritual.

50 minutes \$125



REFLEXOLOGY

An ancient Oriental method of massage is applied to pressure points on the hand and feet, which correspond to specific parts of the body. This technique promotes balance and releases tension. This massage is enhanced with a warm herbal foot treatment.

50 minutes \$120

MOMMY-TO-BE MASSAGE

This soothing experience serves to renew and revive the Mommy-to-Be as the therapist performs a full-body massage to specifically address the discomforts of pregnancy. This experience aids in relaxation, benefits circulation and provides comfort during a beautiful time of change.

50 minutes \$120

For expectant mothers after their first trimester

CRANIOSACRAL

This gentle, non-evasive 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 required.

50 minute \$125

Massage Add-Ins

COLD STONE FACIAL MASSAGE

\$25

SELF-HEATING MUD PACK

Warm, mineral-rich mud is applied in compress form to the spine.

\$25



Kids & Young Adult Treatments

Services available for ages 11 to 16

SWEDISH MASSAGE

25 minutes \$70

(please note loose clothing is required for ages 11-16)

EXPRESS FACIAL

25 minutes \$70

TEEN FACIAL

50 minutes \$110

HANDS & FEET

Manicure 25 minutes \$25

Pedicure 25 minutes \$40



Hair & Nail Spa

PALACE SIGNATURE MANICURE

Transform your hands with this healing spa manicure customized to meet your personal needs. This treatment includes a gentle exfoliation and soothing hand bath. A light hand massage is performed with a moisturizing hand cream, and a manicure and paraffin hand treatment completes the service.

50 minutes \$50

PALACE SIGNATURE PEDICURE

During this service, the feet are soaked in a purifying bath, followed by a gentle exfoliation treatment to aid in the elimination of calluses and dry, rough or cracked skin. Our treatment includes nail and cuticle conditioning and filing, full foot to knee scrub and mask. A relaxing massage oil applied from knee to foot followed by your choice of nail polish.

50 minutes \$70

SPORTS PEDICURE

This pedicure is the ultimate for your tired limbs. A heated Moor Mud wrap is applied to relieve tension and helps to improve circulation in your legs. A paraffin dip and a Palace Signature Pedicure complete this service.

80 minutes \$85

EUROPEAN ROSE MUD PEDICURE

You will experience relaxation and pampering starting with an exfoliation and the powerful, natural ingredients of the European Rose Mud on legs and feet. The Rose Mud provides intensive moisturizing, followed by a revitalizing foot massage. Paraffin treatment and pedicure will leave your legs and feet refreshed.

80 minutes \$85



Salon Services

NAILS

Traditional Manicure\$35

ADD-ON'S (WITH NAIL SERVICE ONLY)

Paraffin Treatment.....\$25

French Manicure/Pedicureadd \$10

HAIR DESIGN

Ladies

Ladies' Cut & Stylefrom \$60

Hair Cut only.....from \$45

Shampoo & Blow Dry\$50

Roller Set & Stylefrom \$55

Bang Trim\$25

Flat Iron.....from \$25

Special Occasion Stylefrom \$70

Wedding Up Do (bride).....from \$85

HAIR DESIGN

Men

Men's Cut	\$35
Mustache or Beard Trim.....	\$15
Men's Color	\$50
Men's Highlights	\$25

HAIR COLOR TREATMENT

Re-growth	from \$75
First Time Color.....	from \$90
Double Process.....	from \$140
Corrective Color	from \$150
Semi-Permanent Color	from \$80
Full Highlights/Lowlights	from \$135
Partial Highlights/Lowlights.....	from \$90
Permanent Body Wave	from \$115
Scalp & Deep Conditioning Treatment.....	\$40
Eyebrow Tinting.....	\$25

WAXING

Ladies

Lip, Chin, Eyebrow (each)	\$25
Full Face	\$50
Underarm	\$40
Half Arm.....	\$45
Full Arm	\$60
Half Leg.....	\$55
Full Leg	\$85
Bikini	\$50

Men

Stomach.....	\$45
Chest.....	\$60
Full Back.....	\$70

MAKEUP ARTISTRY

Makeup Consultation and Application	\$85
Special Occasion Application.....	\$75

Spa Information

GUEST USE OF THE SPA

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 \$20 fee to use the spa facilities and the fitness center. Guests must be 17 years of age or older to enjoy the spa facility.

AGE POLICY

Children ages 11-16 are welcome to enjoy massages, facials, and body treatments but must be accompanied by an adult at all times. Gender of therapist may be chosen based on preference of the accompanying adult. Children ages 11-16 are welcome to enjoy hair & nail services unaccompanied. Children ages 6-10 are welcome to enjoy hair & nail services only but must be accompanied by an adult at all times. Children under 17 years are not permitted to use the spa facility, lap pool and fitness center.

SPA HOURS

Spa Treatments: 9am to 8pm

Hair & Nail Spa: 9am to 7pm

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 the appointment at the time the reservations are made.

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 / GRATUITY

For your convenience, a 20% service charge will automatically be added to each spa treatment and salon service received. Additional gratuities for exceptional service 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 hotel room safe as these items are not allowed in the Spa. Smoking is also prohibited.

How to SPA

HOW EARLY SHOULD I ARRIVE FOR A SPA SERVICE?

We suggest that you arrive at least 30 minutes prior to your first appointment to allow ample time to check in, change, acclimate to the spa environment and enjoy the spa facilities. Please note your service will end on the scheduled time so that the next guest is not delayed, regardless of how late you begin.

WHAT DO I NEED TO BRING?

The Spa provides you with a robe, towel and slippers, in addition to grooming amenities such as shower gel, shampoo, conditioner and moisturizer. Other convenience items are available upon request.

SHOULD I BRING MY VALUABLES?

For the safety of your valuables, we suggest that you lock them in the safe provided in your hotel room. The Spa does not assume any liability for your valuables.

WHAT SHOULD I DO BEFORE MY TREATMENT?

Showering is essential before any treatment, as the beneficial oils are best absorbed through clean skin.

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 ALERT SOMEONE IF I HAVE ANY PHYSICAL AILMENTS, DISABILITIES OR ALLERGIES?

Please notify the Spa Concierge when booking your appointments and inform your therapist at the beginning of your treatment.

SHOULD I AVOID THE SPA IF I'M PREGNANT?

The Spa welcomes expectant mothers after the first trimester. You will want to avoid treatments that use deep pressure and heat. Please advise the Spa Concierge of your due date when booking your appointment and he or she will assist in determining the best treatments for you and your child.

DO I HAVE TO DISROBE ENTIRELY FOR A SPA TREATMENT?

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.



BUENA VISTA PALACE
HOTEL & SPA

IN THE WALT DISNEY WORLD® RESORT

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