



Deep beneath the lush Adirondack foothills flows one of nature's most celebrated spring waters...Saratoga Springs, America's first spa. The Spa at Disney's Saratoga Springs Resort embraces the wisdom of Solas per Aqua, health through water, with style reminiscent of historical Saratoga Springs. Your sense of well being will be restored with healthy and relaxing spa treatments featuring massage, facials, body treatments and hydrotherapy, each designed to elevate your mood and nourish, purify and relax your body and mind.

Spa Packages

Our combinations of selected spa treatments maximize relaxation and therapeutic benefits to compliment a healthy approach toward an optimum state of living!

Adirondack Adventure \$390

Maple Sugar Body Polish * Adirondack Stone Massage*
* Adirondack Stone Facial

Mystical Forest Retreat \$330

Mystical Forest Body Masque & Wrap * Mystical Forest Therapies
* Mystical Forest Facial

Couple's Relaxation \$400

Take time just for the two of you! Discover a new sense of togetherness!
The two of you will each receive a 45 minute Aromatherapy Massage and a 45 minute Hydro-Massage Therapy. Includes a relaxation time with tea for two.

Mother & Daughter Day \$490

Share a memorable and relaxing day enjoying healthy spa treatments!
Mini facials * Mystical Forest Therapies * Hand and Foot treatments

My First Spa Experience \$185

My First Facial * My First Manicure * My First Pedicure * My First Massage

Disney Vacation Club Members Packages

Seasonal Spa Packages are created exclusively for Disney Vacation Club members to maximize healthy benefits and relaxation of each treatment!

Relaxed, Yet?™

Massage Therapies

The Spa at Disney's Saratoga Springs Resort offers you a choice of Massage Therapies designed to release tension, promote harmony and restore your sense of well-being.

Swedish Massage

Traditional Swedish techniques are used to relieve muscle soreness, increase circulation and induce a state of total relaxation. (50 or 80 minutes) \$115, \$170

Aromatherapy Massage

The therapeutic benefits of pure aromatic, herbal essential oils are added to your Swedish massage. Choice of aromatherapy oil. (50 or 80 minutes) \$130, \$185

Adirondack Stone Therapy

This unique therapy brings heated basalt and sedimentary stones in line with your meridian (energy) points to promote a harmonizing and balancing effect on the body. Swedish massage techniques and aromatherapy oil induce a deep sense of relaxation. (80 minutes) \$185

Motherhood Massage

Designed for expectant ladies to relax and receive some much needed nurturing! Extra care and attention are given as you experience a sense of rejuvenation of both body and spirit! (50 minutes) \$130

Mystical Forest Therapies

Experience the calming and therapeutic effects of the Spa at Saratoga's Signature Treatment! Combining the unique healing powers of reflexology and Swedish massage, this treatment is energizing, balancing and deeply stress relieving. (50 minutes) \$130

Shiatsu

Based on the traditional Japanese technique designed to balance your "ki," or vital energy and aid the body in healing itself. Using elbows, knees, fingers and thumbs, your therapist concentrates on your body's acupuncture points. Shiatsu is received with clothes on; loose clothing is suggested. (50 minutes) \$130

Healing Hands Massage

Following a brief, private consultation with your therapist, this massage will concentrate on your specific needs. A curative blend of several techniques will alleviate your specific symptoms of holding unnatural stress. Moderate to firm pressure may be used during this massage. (50 or 80 minutes) \$130, \$185

Reflexology

Based on the ancient Egyptian tradition that energy zones run throughout and correspond to all of your body's major organ systems, this treatment is performed entirely on the feet using a pressure point technique. Reflexology induces deep relaxation and improves circulation. (50 minutes) \$130

In-Room Swedish Massage

Enjoy a Swedish massage in the absolute peace of your guest room. Your reservation to relax can be made by calling the spa. (50 or 80 minutes) \$160, \$210

Facials

We searched the world for pure, active and organic ingredients to bring you Jurlique skincare products to restore your natural, healthy radiance.

Saratoga Springs Deluxe

Enjoy this completely rejuvenating and stimulating treatment. Your esthetician will customize this treatment for your needs. Includes the beneficial effects of two masks, a hand and foot massage. Your skin will be revitalized, hydrated and feeling fresh! (75 minutes) \$165

Adirondack Stone Facial

Revitalize your skin and soothe away the stress of modern lifestyles with a hot stone facial. This deeply relaxing treatment cleans, nourishes and warms you from head to toe, with basalt stones strategically placed to maximize results! (50 minutes) \$145

Aromatherapy Facial

Pure, natural, and chemical free herbal ingredients will cleanse and nourish your skin as exotic aromas relax your mind. Customized for all skin types. (50 minutes) \$125

OPC Anti-aging, Antioxidant Facial

Restore a healthy radiance to nutrition-deprived skin due to sun damage, pollutants, aggressive products and time. A therapeutic treatment, rich in natural antioxidants. Excellent for mature skin, sensitive and allergic skin types. (50 minutes) \$145

Mystical Forest Facial

A relaxing facial that restores radiant, healthy skin! Essential for healing skin that is dehydrated and dry due to traveling or environmental influences. (50 minutes) \$125

Gentleman's Facial

A deep cleansing and purifying facial designed especially for men. Great for skin irritated by shaving. A hydrating treatment that leaves your skin smooth and refreshed. (50 minutes) \$125

Body Treatments

The Spa at Disney's Saratoga Springs Resort takes you into a tranquil, mystical state of relaxation with treatments designed for maximum body and mind benefits.

Mystical Forest Body Masque & Wrap

Envelope your body in a rich body masque using the signature Mystical Forest blend of essential oils and natural clay with powerful trace minerals that promote collagen renewal and stimulate natural tissue regeneration. You are lightly wrapped to encourage the bio-absorption of natural minerals as your skin is nourished and you return to a state of natural well-being. (50 minutes) \$130

Maple Sugar Body Polish

A fun and healthy way to restore the natural radiance of your skin. A gentle exfoliation using the combination of micronized sugar and essential oils will bring a native glow to your skin, while increasing circulation and hydrating your skin. (50 minutes) \$125

Healing Herbal Body Scrub and Swedish Massage

A gentle exfoliation using a natural exfoliating gel activates dull skin and circulation combined with an Aromatherapy massage using lavender body oil create a nourishing and deeply relaxing treat for your body and spirit! (80 minutes) \$185

Indian Summer Paraffin Body Treatment

An activating oil is applied to your skin and then warm paraffin wax is painted onto your body. Muscles and joints are soothed and warmed as a light wrap retains the heat. A deeply soothing treatment for sun damaged and dry skin. (80 minutes) \$185

Hand & Foot Treatments

Choose a relaxing manicure or pedicure or a therapeutic paraffin treatment and feel your best!

Spa Manicure

A relaxing hand massage and masque combine to create a luxurious hand treatment. Choice of natural nails or polish. (50 minutes) \$55+

Spa Pedicure

Relax as your technician gently exfoliates your feet, then applies a masque for hydrating and soothing your feet. Natural nails or polish. (50 minutes) \$65+

Spa Manicure & Pedicure Combination

Enjoy a combined manicure and pedicure, including massage and your choice of natural or polished nails. (80 minutes) \$110

Paraffin

Aromatherapy Oils and moisturizing cream are massaged into your hands and/or feet, and warm paraffin wax is applied to enhance absorption. (25 minutes) May be enjoyed separately or combined with a manicure or pedicure.

For Our Youngest Guests

My First Facial

A mini facial designed for our young guests, 4-12 years of age, to introduce the basics of good skincare. A fun and educational primer for a lifetime of healthy skin. This mini facial includes take home skincare samples. (25 minutes) \$70

My First Massage

A mini massage for guests ages 4-12 years. This treatment may be received with clothing on. Adult must be present during treatment. (25 minutes) \$70

My First Manicure

A mini manicure for our young guests, 4-12 years of age. (25 minutes) \$35

My First Pedicure

A real spa pedicure for our young guests, 4-12 years of age. (25 minutes) \$40

Hydro Massage Therapies

As your muscles relax in the warmth of the hydrotub, your therapist works with a pressurized stream of water to work deep in muscles to release tension, as you wash the world away and restore your sense of psychological and physical well-being. Each Hydro-Massage Therapy is designed to elevate your mood and ease specific conditions.

Geyser Spring – Enjoy Birch and Arnica, nature’s best herbal combination for soothing away muscular aches and pains and especially good to avoid soreness from overexertion. Combined with a powerful antioxidant scrub and health-giving lemongrass mineral salts, this is a great way to end your day and begin your evening! (45 minutes) \$115

Oneida Spring – Submerge yourself in a Hydro-Massage that will revitalize and encourage circulation, especially therapeutic for a jet lagged mind and body! You will emerge feeling refreshed, clear-headed and ready for your day! (45 minutes) \$115

Polaris Spring-Reconnect with yourself and release the cares of the day in this beautiful blend of nurturing oils and herbs. Pine essential oil grounds and quiets the mind and body, and is a perfect compliment to Sandalwood’s ability to induce meditation, all combined with relaxing lavender to soothe and nurture both mind & body. (45 minutes) \$115

Lincoln Spring – Designed for a special time when you need to look and feel your most radiant. A rich blend of rosewood, geranium, vetiver, palmarosa and lavender essential oils will hydrate and heal your skin, leaving it smooth and youthful. Ylang ylang and patchouli will linger as an exotic fragrance following this bath. (45 minutes) \$115

Rosemary Spring- We have blended thyme, rosemary, tea tree, sage and other potent herbs to effectively restore the weary traveler to vibrant health. This highly therapeutic hydro-massage is designed to promote lymphatic drainage and assist the body in the elimination of toxins. (45 minutes) \$115

Mineral Springs – Damaging free radicals are soaked out of the tissues with this high dose of vitamin C, combined with activating herbs to repair and rejuvenate you inside and out. Very refreshing and enlivening! (45 minutes) \$115

Spa & Health Club Guide

Welcome to the Spa at Disney’s Saratoga Springs Resort! Focused on enhancing your overall sense of health and well-being, the spa will work magic on your spirit! Release tension and restore your natural sense of balance for healthy living and enjoy the attentive service of our friendly cast members.

What can you expect at the Spa at Disney’s Saratoga Springs Resort?

You will be welcomed by our friendly spa cast members and led to the women’s or men’s private locker room where you will receive a locker along with a Spa robe and slippers to wear during your visit.

If you plan to enjoy a workout in the Health Club, please bring tennis shoes and comfortable workout clothing. Discover the cleansing, rejuvenating qualities of water in our relaxation lounges. You will find dry saunas, steam baths and refreshing showers

available for relaxing, detoxifying, and therapeutic use. Bathing suits are optional for the steam room, sauna and indoor whirlpool, but are not provided.

If you experience any discomfort due to room temperature, massage pressure, music volume or any other condition, please tell a spa cast member or therapist immediately. We request that cell phones be turned off while in the spa.

Upon entering your private treatment room, the therapist will leave the room so you may disrobe. Undergarments are not necessary, and please keep in mind that our therapists are trained to warmly drape you with a large towel at all times. For most body services, we recommend you undress completely. Bathing suits are required for hydrotherapy services. Shaving is not recommended prior to body services.

Spa Appointments

It is recommended that Spa appointments be made as far in advance as possible. A credit card is required for reservations. We welcome Groups and Conventions. For information and to make your reservation to relax, please call 407.827.4455. To ensure your preferred appointment time, recommend you schedule your next visit at the conclusion of your treatment.

Age Requirements for the Spa

Guests 10 years and older are welcome to receive spa treatments. For our youngest guests (4-10 years) we have selected treatments to introduce a healthy lifestyle. Guests under 18 must be accompanied by an adult during massage, water or body treatments.

Check-In Policy

Please check in with the Spa receptionist at least 30 minutes prior to your scheduled appointment. We encourage you to use the whirlpool, sauna and steam areas to relax and prepare for your treatments. We recommend showering prior to your appointment to receive full treatment benefit. Arriving late will limit the time for your appointment, and decrease its effectiveness and enjoyment. Your appointment will end on schedule, we regret we can not extend into our next guest's appointment. The full value of your treatment will be charged.

Personal Articles

Please do not bring valuables to the Spa. The Spa at Disney's Saratoga Springs Resort bears no responsibility for lost or stolen items.

Cancellation Policy

We request that guests extend a courteous notice for changes or cancellations. Guests not canceling appointment (4) four hours in advance will be charged \$50.00 per hour of service reserved. Packages require a 24 hour notice to avoid being charged per service. No shows will be charged for the full value of the treatments.

Gift Certificates and Payment for Spa Services

Gift Certificates may be purchased for the Spa or Boutique at the Spa reception desk. We accept most major credit cards and traveler's checks. Walt Disney World Resort guests may use their room card for convenience and payment can also be accepted prior to your treatments, upon request. Phone and Mail orders are accepted by calling 407.827.4455.

The Fitness Center

Sustain or renew your commitment to healthy living in our fully equipped, state of the art Fitness Center. Personal Trainers are available by appointment. Parent or guardian must accompany guests 14-17 years of age while using the Fitness Center

Fitness Center Amenities

State of the art Life Fitness and Hammer Strength equipment *Treadmills*Stair Steppers*Upright and recumbent cycles*Elyptical Cross Trainers*Two Full Circuits of Strength Equipment*Smith Machine*Cable Crossover*Free Weights*TV viewing
*Personal Training is available by appointment and can be made by calling the Spa

Fitness Center Requirements

Personal Training is available by appointment. Use of the Fitness Center is reserved for Spa guests, Walt Disney World Resort guests staying in Saratoga Springs Resort and Spa and Disney Vacation Club Members staying in a Walt Disney World Resort. Fees may apply for guests of other Walt Disney World Resorts. Key to the World (Resort ID) is required for workouts. In addition, Disney Vacation Club Members not staying at Disney's Saratoga Springs Resort & Spa must also present their Disney Vacation Club Member ID.

The Spa at Disney's Saratoga Springs Resort
1940A Broadway
Lake Buena Vista, FL 32830
Make a Reservation to Relax
(407) 827-4455
#MM15137
www.RelaxedYet.com