



SENSES

A Disney SPA

# SENSES

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*A soothing escape into a world of relaxation and rejuvenation is just steps away from Disney Theme Park fun and comes in the form of a visit to one of the Senses Spas, located at:*

**Disney's Grand Floridian Resort & Spa**  
4401 Grand Floridian Way  
Lake Buena Vista, FL 32830

AND

**Disney's Saratoga Springs Resort & Spa**  
1940 Broadway  
Lake Buena Vista, FL 32830

Hair Salon Services available at:

**Ivy Trellis Salon**  
**La Vida Salon**  
**Salon by the Springs**  
**Ship Shape Salon**

To book your "Me Time" magic at one of our Senses Spa and Salon locations, please call:  
**(407) WDW-SPAS or (407) 939-7727**

For additional information, please visit our website at:  
**[disneyworld.com/spas](http://disneyworld.com/spas)**



## Facials

### VITAMIN C SIGNATURE FACIAL 80 min 235

The ultimate facial experience for any skin type. Age-defying and hydrating, a Vitamin C mask along with a cool salt stone facial massage rejuvenates the skin.

### COCOA ENZYME FACIAL 50 min 150

Turn back the years with our chocolate facial. Natural cocoa, full of rich antioxidants and natural enzymes, stimulates the skin during this results-driven treatment and will leave you with a natural glow.

### REFINED GENTLEMAN'S FACIAL 50 min 150

A results-oriented Vitamin C facial experience that is specially designed for men's skin needs. A luxurious scalp massage is included.

### CUSTOM FACIAL EXPERIENCE 50 min 150 | 80 min 200

Allow our skilled Cast Members to pamper you and feed your skin with exactly what it needs. After a personal consultation and skin analysis, your facial will be personalized to provide the best results.

### TROPICAL IMMERSION FACIAL 50 min 150 | 80 min 200

The antioxidant and healing properties of coconut, bamboo and monoi refresh and hydrate the skin.

### BEYOND ORGANIC FACIAL 50 min 150 | 80 min 200

A collection of organic ingredients combined to hydrate and regenerate the skin to its natural state. Perfect for all skin types, especially sensitive skin.

## Facial Enhancements

Enhancements are included in the service time 25 each

- WARM OIL SCALP ENHANCEMENT
- HYDRATING FOOT ENHANCEMENT
- FACIAL BOOSTERS ENHANCEMENT
- LIP OR EYE ENHANCEMENT
- COOL SALT STONE ENHANCEMENT

## Facial Add-Ons

Add-ons will extend service time by 25 minutes 50 each

- FULL FACE MICROCURRENT
- BACK FACIAL

## Extend the Bliss

# therapies

**ASSAGE** 80 min 210  
 assage features our Signature hydrating body souffle. You are e the relaxation with a soothing oint massage. Finish it all off lexology. The ultimate treat!

50 min 150 | 80 min 210  
 e nervous system along the neuromuscular techniques elps encourage healthy are dissolved away, d and recharged.

5 | 80 min 195  
 is Swedish massage relaxing experience.

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50 min 145  
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50 min 135  
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## ents

time 25 each

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# Body Therapies

**CITRUS MILK SIGNATURE EXPERIENCE** 75 min 195  
 Relax and nourish your skin and soul with our ultimate treat. Begin with a whipped body sugar scrub, followed by a soothing soak in a milk bath. Finish off with a relaxing massage and our citrus-infused oil.

**TROPICAL IMMERSION BODY TREATMENT** 75 min 195  
 Rejuvenate your body with our tropical getaway. Start off with a coconut sugar scrub, followed by your choice of either a mango-enzyme body wrap, or enjoy a longer massage with our rich apricot oil. No matter the choice, top it all off with a luxurious body cream.

**CITRUS INFUSION BODY TREATMENT** 75 min 195  
 Experience the best of both worlds. Our skilled Cast Members start with a citrus-infused body polish and finish with a customized massage with a special oil blend.

**NATURAL ELEMENTS BODY WRAP** 75 min 195  
 Improve circulation with the healing properties of seaweed, kombucha, clay and grape stem cells. Begin with an invigorating scrub of ginger-lime followed by a seaweed-clay application before being cocooned in our warm wrap. Enjoy a relaxing scalp massage and finish off with a hydrating body butter of grape stem cells and white tea.

# Nails

**ORANGE BLOSSOM SIGNATURE MANICURE** 50 min 75

**ORANGE BLOSSOM SIGNATURE PEDICURE** 80 min 95  
 Surround yourself with the scent of our Signature Orange Blossom oil. Your manicure or pedicure includes an aromatic exfoliation followed by a nourishing mask. Warm stones and paraffin soothe the feet as a decadent cream leaves you relaxed and rejuvenated.

**CUSTOM MANICURE EXPERIENCE** 50 min 55

**CUSTOM PEDICURE EXPERIENCE** 50 min 55  
 Customize your experience in true Disney style with our selection of essential oils named after famous Disney songs. Experience an aromatic exfoliation followed by a nourishing masque and choice of weekly polish color to round out your experience.

**SHELLAC MANICURE** 75 min 85  
 Complete your Custom Manicure with Shellac Polish.

## Nail Enhancements

Enhancements are included in your service time unless otherwise noted 25 each

HYALURONIC OR ANTI-AGING BOOSTER ENHANCEMENT

PARAFFIN ENHANCEMENT

CHARACTER COUTURE NAIL DECAL OR DESIGN 3 per nail

## Nail Add-Ons

Add-ons will extend service time by 30 minutes

FRENCH POLISH 15

GEL POLISH REMOVAL 30

POLISH CHANGE 25

\*includes polish removal and new polish application. Not available with Shellac.

CHARACTER COUTURE NAIL DECAL OR DESIGN FULL SET 30

SHELLAC POLISH 35

# SPA PACKAGES

**MAKE YOUR OWN MAGIC**  
 - 6 hours 675

Citrus Grove Signature Massage, Vitamin C-Sig Body Treatment of your choice, Custom 3 Experience and Custom Pedicure Experi

**CITRUS SIGNATURE PACKAGE**  
 - 4 hours 475

Citrus Grove Signature Massage, Vitamin C-S and Orange Blossom Signature Ped

**ME TIME MAGIC**  
 - 3 hours 350

Custom Massage, Custom or Refined Gen and Custom Pedicure Experi

**SPA FOR TWO**  
 - 2 hours 425

Two custom massages for 50 min Two Custom Pedicure Experi

The Spa services selected for each package have been provide optimal results. Services are not interchang within the same day by the same Guest. Discounts

# CHILDREN'S SE

Exclusively designed for child accompanied by parent or guard Character Couture Packages avail

**SWEET TREATS MANICURE**

**SWEET TREATS PEDICURE**

A perfect magical moment that allow end of the services. Reserved fo

## Therapies

**EXPERIENCE** 75 min 195  
with our ultimate treat. Begin with a  
by a soothing soak in a milk bath,  
ge and our citrus-infused oil.

**TREATMENT** 75 min 195  
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e of either a mango-enzyme body  
h our rich apricot oil. No matter  
a luxurious body cream.

**TREATMENT** 75 min 195  
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a special oil blend.

**Y WRAP** 75 min 195  
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## SPA PACKAGES

### MAKE YOUR OWN MAGIC

- 6 hours 675

Citrus Grove Signature Massage, Vitamin C Signature Facial,  
Body Treatment of your choice, Custom Manicure  
Experience and Custom Pedicure Experience.

### CITRUS SIGNATURE PACKAGE

- 4 hours 475

Citrus Grove Signature Massage, Vitamin C Signature Facial  
and Orange Blossom Signature Pedicure

### ME TIME MAGIC

- 3 hours 350

Custom Massage, Custom or Refined Gentleman's Facial  
and Custom Pedicure Experience

### SPA FOR TWO

- 2 hours 425

Two custom massages for 50 minutes and  
Two Custom Pedicure Experiences

*The Spa services selected for each package have been specifically designed to  
provide optimal results. Services are not interchangeable and must be utilized  
within the same day by the same Guest. Discounts do not apply to packages.*

## CHILDREN'S SERVICES

Exclusively designed for children ages 4-12,  
accompanied by parent or guardian at all times.

**Character Couture Packages available at Salon locations.**

**SWEET TREATS MANICURE** 25 min 35

**SWEET TREATS PEDICURE** 25 min 50

A perfect magical moment that allows for a sweet treat at the  
end of the services. Reserved for Guests ages 4-12.



## ials

FACIAL 80 min 235  
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## Massage Therapies

CITRUS GROVE SIGNATURE MASSAGE 80 min 210

Our Signature customized relaxation massage features our Signature blended oil, followed by an application of hydrating body souffle. You are then wrapped in a warm cocoon. Continue the relaxation with a soothing scalp massage and cool stone pressure point massage. Finish it all off with a hydrating foot treatment with reflexology. The ultimate treat!

AUTHENTIC AROMATHERAPY MASSAGE 50 min 150 | 80 min 210

Carefully applied pressures stimulate the nervous system along the spinal column, along with Swedish and neuromuscular techniques to relieve muscular tension, which helps encourage healthy circulation. Stresses and strains are dissolved away, leaving you feeling deeply relaxed and recharged.

SWEDISH MASSAGE 50 min 135 | 80 min 195

Enhance circulation and flexibility as Swedish massage incorporates long, gentle strokes for a relaxing experience.

CUSTOM MASSAGE 50 min 145 | 80 min 200

Customize your massage experience with techniques and pressure to target your personal needs.

MASSAGE FOR TWO 50 min 290 | 80 min 400

Relax together in our special room for two. A customized massage addresses individual concerns while being together.

WARM STONE MASSAGE 75 min 210

Experience this time-honored practice of using warm stones to bring deep, restorative tranquility to the body and mind.

EXPECTANT MOTHER MASSAGE 50 min 145

We offer this special massage that incorporates prenatal techniques to nurture and increase circulation while honoring the safety of mom and baby. We offer this massage to mothers-to-be after their 13<sup>th</sup> week of pregnancy.

LEG & FOOT INTENSIVE MASSAGE 50 min 135

Treat your tired legs and feet with this specialized treatment. Includes a foot exfoliation and reflexology massage.

## Massage Enhancements

Enhancements are included in the service time 25 each

HYDRATING HAND OR FOOT ENHANCEMENT

WARM OIL SCALP ENHANCEMENT

WARM STONE OR BAMBOO ENHANCEMENT (one area)

EXFOLIATING SUGAR SCRUB ENHANCEMENT (one area)

AROMATHERAPY OIL BLEND ENHANCEMENT

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SENSES SPA 3  
HOURS VARY AND M

Strong reduction in  
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## KNOW BEFORE YOU GO

### SENSES SPA SERVICES AVAILABLE DAILY. HOURS VARY AND MAY CHANGE DUE TO SEASONALITY.

Stress Reduction is a major contributor to good health. Our spa services are designed to guide you to optimal comfort and well-being. To continue your Spa experience at home, please stop by our retail boutique. Our Cast Members are available to assist with customizing a regimen to continue your results. We can ship purchased products home or back to your *Disney Resort* room.

#### SPA ETIQUETTE

We strive to keep a tranquil environment and kindly ask that you please respect other Guests' right to privacy and quiet. We ask that you refrain from loud conversation and speak softly while visiting the Spa. We kindly ask that cell phones, pagers, smartphones, iPads and tablets be left in your Resort room. If you do bring a device, please make sure that you turn it off or on silent once in the Spa.

Senses Spa is not responsible for lost or stolen items.

#### ARRIVAL

Please arrive 30 minutes prior to your treatment to enjoy the Spa Amenities and begin your relaxation. Arriving late for your service will result in abbreviated service time.

Full price of service will be charged.

#### FACILITIES

Guests with reservations at the Spa have full-day access (on day of service) to our amenities, which include a steam room, whirlpool and relaxation lounges. A swimsuit will be required to use these facilities.

#### CANCELLATION

We kindly request six hours' notice to avoid being charged the full service amount.

#### GRATUITY

A 20% gratuity will be added to all Spa Services for your convenience. Additional gratuities are at your discretion.

#### AGE REQUIREMENT

Spa Guests must be 18 years or over to enjoy Spa or Salon services without supervision. Guests younger than 18 years need to be accompanied by an adult at all times. This includes during service treatment times and in lounge areas. Please contact a Cast Member if you have any questions.



# Therapies

MASSAGE 80 min 210  
This massage features our Signature hydrating body soufflé. You are able to enjoy the relaxation with a soothing oil massage. Finish it all off with a hot stone therapy. The ultimate treatment!

50 min 150 | 80 min 210  
This massage targets the nervous system along the spine using neuromuscular techniques. Hot stones encourage healthy circulation and are dissolved away, leaving you relaxed and recharged.

80 min 195  
This Swedish massage is a relaxing experience.

80 min 200  
This massage uses hot stone techniques and is tailored to your individual needs.

80 min 400  
This customized massage is designed to bring you and your partner together.

80 min 210  
This massage uses hot stones to bring you and your partner together and relax your body and mind.

80 min 145  
This prenatal massage uses safe techniques to ensure the safety of you and your mother-to-be.

80 min 135  
This customized treatment is designed to bring you and your partner together.

80 min 25 each

80 min

80 min (one area)

80 min (one area)

80 min

80 min

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### FOR YOUR COMFORT

Please leave valuables in your Resort room safe or at home and dress comfortably to enjoy your Spa day.

### MEDICAL CONCERNS

We respect the health of our Guests. If you have a medical condition, we ask that you consult your physician prior to your visit. Guests who are pregnant must be notified.