

# The Spa at Disney's Saratoga Springs Resort Offers a Healthy Approach to Rejuvenation

LAKE BUENA VISTA, Fla. — Guests of The Spa at Disney's Saratoga Springs Resort & Spa can choose from a wide array of specialty skin and body-care treatments designed to relax, renew and invigorate the body. Inspired by the celebrated spring waters of Saratoga and a variety of healing elements found in nature, popular treatments include a maple sugar body polish, Adirondack stone therapy massage, mineral springs hydrotherapy treatment and a rosemary spring therapeutic bath.

A rich body masque of essential oils and natural clay with trace minerals, followed by a thermal wrap, a cool shower and a massage, are part of the aromatherapy treatments that use aromatic botanical essences to stimulate the senses and aid relaxation.

Relaxing and restorative hydro massage therapies and treatments for young guests are some of the spas' special offerings. Youngsters are never too young to spa with specialized treatments ideal for little ones. Disney's My First Manicure&nbsp;or My First Pedicure&nbsp;treatments offer 25 minutes of princess-like indulgence for guests 4-12 years old. The My First Facial was designed to introduce the basics of good skin care. This 25-minute session gives tips for a lifetime of healthy skin.

Personalized treatments include:

- *Massage therapies* – Release tension and boost circulation with a heated stone massage or the spa's signature treatment — the Mystical Forest — a combination of reflexology and Swedish massage.
- *Hydrotherapy treatments* – Unique to this spa, guests can wash away stress, hydrate and heal with hydrotherapy treatments featuring various herbs, salt scrubs and essential oils.
- *Body treatments* – Considered by some to be the ultimate spa therapy, body treatments include a paraffin treatment, herbal body scrub, and a marine algae masque and wrap.
- *Facials* – Choose from a selection of cleansers, moisturizers and masques that help balance, purify and replenish the skin.
- *Hand and foot treatments* – Polish off your beauty regimen with a relaxing manicure, pedicure and paraffin treatment.
- Children's massages, mini facials, manicures and pedicures are available.

Treatments can be selected individually or in a variety of packages. The 12,600-square-foot Spa at Disney's Saratoga Springs Resort features private treatment rooms and separate locker facilities for men and women. Both locker areas include a steam room, sauna and indoor whirlpool.

The health club features a full line of state-of-the-art exercise equipment and free weights. Personal training is available.

Guests can reserve spa treatments by calling 407/827-4455.

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