

Walt Disney World Spas Pamper Guests With Relaxation, Rejuvenation and Healthy Indulgences

LAKE BUENA VISTA, Fla. — Indulge in a natural clay wrap to firm and purify your skin. Energize your body with a fitness program that fits your lifestyle. Then luxuriate in a relaxing hydrotherapy treatment to soothe your muscles and stimulate circulation. These are just a few of the restorative and invigorating treatments available at the two full-service spa and health club locations at Walt Disney World Resort.

Unique treatments for couples and young guests are some of the spas' special offerings. Couples can feel their cares melt away as they experience relaxing massages together in a romantic candlelit treatment room. Youngsters are never too young to spa with specialized treatments ideal for little ones. Disney's My First Manicure or My First Pedicure 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.

"We are committed to providing the finest therapeutic spa treatments, services and facilities, and we encourage all our guests to adopt a sense of healthy living and wellness," says Niki Bryan, owner of Niki Bryan, Inc., which operates the Walt Disney World full-service spas and health clubs.

The Spa at Disney's Saratoga Springs Resort & Spa

Guests of The Spa at Disney's Saratoga Springs Resort 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.

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.

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

Disney's Grand Floridian Spa & Health Club

The opulent Disney's Grand Floridian Resort & Spa has elevated guest service to a grander level of indulgence with a full-service spa and health club. The luxurious spa offers a broad, balanced program of beautifying and wellness services designed to lift the spirit, relax the body and invigorate the mind.

Inside the 10,000-square-foot sanctuary of the Victorian-themed spa, guests can indulge in therapies and treatments that incorporate the aromatic essential oils of Florida grapefruit, orange, tangerine and lemon.

Personalized pampering treatments include:

- *Massage therapies:* Soothe sore muscles and eliminate stress with a citrus zest massage, reflexology, sports massage, shiatsu or personalized aromatherapy massage.
- *Facials:* Nourishing and refreshing vitamins and minerals help balance, purify and replenish the skin. Selections from the spa's new Sodashi facial line include stress recovery, antioxidant and gentlemen's facials.
- *Water therapies and soaks:* Relieve tension with a series of water therapies and soothing soaks including lavender meadows bath and secret garden bath featuring gardenia bubble bath.
- *Body treatments:* Relax and rejuvenate with a citrus zest sugar scrub or aromatherapy body wrap and massage — one of the spa's signature treatments.
- *Hand and foot treatments:* Unwind with a spa manicure, pedicure or soothing leg treatment.
- *Couples treatments:* A candlelit couples room and in-room treatments are available.
- Children's massages, mini facials, manicures and pedicures are available.

Treatments can be selected individually or in a variety of packages. The spa features private treatment rooms, a couple's treatment room and lounges. Both women's and men's locker areas include a steam room, sauna and indoor whirlpool.

Guests can reserve spa treatments by calling 407/824-2332.

Walt Disney World Resort Fitness Centers and Salons

In addition to the two full-service spas, Niki Bryan, Inc., operates six fitness centers and five salons located throughout 10 Walt Disney World deluxe and moderate resorts. Manicures, pedicures and hair services are available at all salons. Fitness centers feature a full line of state-of-the-art exercise equipment and free weights. Personal training is available in each fitness center.