Walt Disney World News

Nature Meets Nurture at New Senses – A Disney Spa at Disney's Saratoga Springs Resort

Lake Buena Vista, Fla. – Senses – A Disney Spa at Disney's Saratoga Springs Resort transports guests to a therapeutic haven of pampering and wellness at Walt Disney World Resort.

The two-story, full-service spa which opened July 25, 2013, is inspired by the healing properties of natural springs that have drawn people for centuries to Saratoga Springs in upstate New York. Senses Spa incorporates the springs, nature and the storyline of health in its design and theme. Design materials and textures, including natural stone, pebbles and rich woodwork, will "connect with the earth and speak to the serenity and tranquility associated with nature," according to Ginger Mclean, spa director.

Guests are greeted with the soothing sounds of a trickling fountain, branch-like fixtures and soft amber lighting setting the mood for this new oasis for rejuvenation and relaxation. Wood floors, stone details and wood-beamed ceilings bring a warm, organic feel to the newly imagined spa and fitness center.

Walt Disney Imagineers incorporated nature throughout the design using a hummingbird motif showcased in wood carvings and furnishings; alongside authentic Native American artwork.

Each treatment is guided by one of the spa's core themes – relax, renew or imagine – each of which will create a custom experience. All the senses are engaged in an ultimate relaxation experience, plus flavorful and soothing elixirs harmonize with the treatment selected.

A completely redesigned space, Senses – A Disney Spa at Disney's Saratoga Springs Resort, features 10 treatment rooms offering an array of therapeutic services including water therapy, massage and facials. An intimate couple's room is ideal for honeymooners, or for those who want to relax and spa together.

A glass mosaic tile mural featuring hummingbirds in a nature setting takes center stage in the whirlpool room. There's also heated loungers and a steam room providing relaxation and renewal. A glass doorway leads guests to three manicure and four pedicure stations, a great way to recharge after a day in the theme parks.

Signature treatments include:
Saratoga Springs Signature Bamboo-Fusion massage 80 min $200
Combining the soothing effects of warm stones and the ancient technique of bamboo massage, this signature Bamboo-Fusion treatment is guaranteed to create a deep state of relaxation. The Bamboo massage technique incorporates bamboo stalks providing deep-tissue work.

Saratoga Springs Signature Revitalizing Blueberry Facial 80 min $195
This unique facial experience incorporates a double mask, hydrating lip treatment, acupressure and facial massage. Antioxidant and tannin-rich blueberries purify and tighten pores for a luminous, revitalizing youthful glow.

The opening of Senses – A Disney Spa at Saratoga Springs Resort follows the opening of its sister spa, Senses, A Disney Spa at the Grand Floridian Resort that opened in December, 2012 featuring 15 treatment rooms. For more information, visit www.disneyworld.com/spas. To book a treatment at either spa, call 407-WDW-SPAS.

Disney offers additional facilities with traditional salon services, plus a limited menu of massages, facials, manicures and pedicures, plus a fitness center to soothe and unwind. These amenities are a convenient way to get a little "me time" right at your home resort. All five locations are now owned and managed by Disney so that means a whole

new menu of relaxing and pampering services with a dash of Disney in décor and guest service. Treatment hours are from 9 a.m.-6 p.m. with extended hours on weekends and holidays at Zahanati Massage & Fitness Center at Disney’s Animal Kingdom Lodge, Olympiad Fitness Center at Disney’s Contemporary Resort and Study Branches Health Club at Disney’s Wilderness Lodge. Salon hours are typically 9 a.m.-7 p.m. daily at La Vida Health Club and Casa de Belleza Salon at Disney’s Coronado Springs Resort, Ship Shape massage Salon Fitness at Disney’s Yacht & Beach Club Resorts and Ivy Trellis at Disney’s Grand Floridian Resort.

###