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WALDORF ASTORIA®  
Spa



Treatments



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## A CUSTOMIZED EXPERIENCE

At The Waldorf Astoria Spa we are pleased to offer you a personally curated spa journey tailored to your unique needs.

As distinctive hosts we invite you to indulge in an elevated state of rejuvenation and renewal where each guest's experience is customized to best aide their well-being.

An enticing abode restores wellness and balance, allowing each individual to focus their intentions as best suits their needs.



## HYDRAFACIAL THERAPIES

### DELUXE VITAL YOUTH GLOW 80 mins

The ultimate in personalized skin health, this 80 minute facial uses HydraFacial Vortex-Fusion® technology to exfoliate, extract and hydrate skin. Lymphatic therapy decreases skin inflammation and removes unwanted build up. HydraFacial's Firm™ Booster helps smooth the appearance of fine lines while enhancing skin elasticity. LED light therapy provides finishing touches to this custom tailored facial experience.

### HYDRAFACIAL® 50 mins

This results-oriented, machine-assisted facial uses breakthrough aesthetic technology to remove dead skin and impurities, giving skin immediate new life.

## HYDRAFACIAL BOOSTERS

*These boosters may be added to any 50 minute or greater HydraFacial service to personalize your facial experience even further. Note that Boosters do not extend the duration of the service and may not be added a la carte.*

### RESTORE BOOSTER

This booster contains regenerative peptides that mimic growth factors to boost production of collagen and elastin.

### BRIGHTEN BOOSTER

This booster brightens and balances skin tone while minimizing the appearance of dark spots and sun spots.

### PERK EYE BOOSTER

Targeted to the delicate eye area, this booster brightens, firms and hydrates tired eyes.

### PERK LIP BOOSTER

Exfoliate, rehydrate and lightly plump lips with this targeted booster.

### HYDRAFACIAL NECK & DÉCOLLETÉ BOOSTER

Fight visible aging of the neck and décolleté with powerful anti-oxidants, packed with soothing properties to calm the skin.

## ADDITIONAL HYDRAFACIAL TREATMENTS

### KERAVIVE™ SCALP HYDRAFACIAL

50 mins

Show your scalp some love with this treatment designed for thinning hair. HydraFacial Vortex Technology and Keravive Peptide Complex Solution cleanses, exfoliates and delivers a proprietary blend of biomimetic growth factors and skin proteins to hydrate and nourish the scalp. The result is healthier, thicker-looking hair.

This treatment is a wonderful compliment to hair-restoration treatments, but is designed for anyone looking to improve their scalp health and experience fuller-looking hair. This service includes a take-home topical spray product for 30 days of post treatment home-care.

### HYDRAFACIAL CLARIFYING BACK TREATMENT 50 mins

Treat your back to the deep cleansing it deserves! This unique back treatment incorporates all the benefits of the HydraFacial and a special tip designed to loosen and remove impurities trapped in the pores. HydraFacial Vortex Technology enhances the penetration of serums rich in antioxidants, peptides and hyaluronic acid. Finish with an LED light therapy treatment designed to address acne and breakout concerns.



## FACIAL THERAPIES

### GOLD MINERAL FACIAL 80 mins

For an instant lift, this facial employs rose-quartz massage, Hungarian Moor Mud, and colloidal gold to lift and brighten.

### ILLUMINATING MINERAL FACIAL 50 mins

Using products enriched with minerals from the healing waters of Budapest, skin is left plumped and brightened.

### CBD GLOW FACIAL 50 mins

Brighten, soothe and nourish the skin with botanical-rich CBD products. A signature bouquet of luxury active florals including Damascus rose, orange blossom and hibiscus harmonize with full spectrum CBD to improve the appearance of dark spots, promote even skin texture, and address dark circles and fine lines.

### MANUKA HONEY FACIAL 50/80 mins

Healing Manuka honey offers an instant facial reboot, fighting off dull and fatigued skin. Designed for all skin types including sensitive skin, this soothing sweet facial offers the many proven benefits of Manuka.

### GENTLEMEN'S ORGANIC FACE TREATMENT 50 mins

Designed by men for the unique needs of men's skin, this treatment is custom tailored to your specific skin concerns.



## HIMALAYAN SALT THERAPIES

Relax and take in the salt air inside our Himalayan Salt Therapy room. Inhaling the fine salt particles, which act like an expectorant, speeds mucus clearance and helps to improve respiratory function, while simultaneously eliminating bacteria and soothing the lungs.

With 30 or 60 minute sessions to choose from, you can relax in a cozy recliner and breathe in the salt particles. Or choose to pair your Salt Therapy session with a Himalayan Salt Stone Massage for the ultimate salt spa experience.

HIMALAYAN SALT THERAPY ROOM      30 mins/60 mins

HIMALAYAN SALT STONE MASSAGE      50 mins/80 mins

Warm Himalayan Salt Stones ground and balance the body's electromagnetic field, nervous system and meridians to melt away stress.



## MASSAGE THERAPIES

### AROMATHERAPY SPLENDOR MASSAGE 50/80 mins

This decadent massage using Lola's Apothecary's signature fragranced Body & Massage Oils is designed to nourish your skin whilst enveloping you in a cloud of aromatherapy goodness through your chosen fragrance journey. Take home a miniature fragrance oil for continued home care. Minimum arrival time of 30 minutes before treatment is required for fragrance selection.

### WELLNESS INTENTION MASSAGE 50/80 mins

Select a personalized Wellness Intention for your massage and hand craft your own custom blended oil at our blending bar, for use in your massage. Using the highest grade essential oils, your bespoke formula will offer its own healing properties. Minimum arrival time of 30 minutes before treatment is required for this service.

### BOTANICAL PAIN RELIEF MASSAGE 50/80 mins

Soothe soreness and muscle pain with this custom pressure massage using an organic muscle balm enriched with anti-inflammatory ginger and capsaicin loaded cayenne. This locally made balm is yours to take home after your spa journey.

### HONEY BUTTER MASSAGE 50/80 mins

A luxurious shea butter bar blended with honey is used in this relaxing service to hydrate, protect and heal the skin. Enjoy the remainder of your honey butter bar to take home after the service.

### RESTORATIVE FOOT MASSAGE 50 mins

Revive tired feet with an invigorating foot scrub and cleanse followed by a foot and lower leg massage combining elements of reflexology and a locally hand crafted peppermint and eucalyptus salve, which is yours to take home after your spa journey.





CBD MASSAGE 50/80 mins  
This massage uses full spectrum CBD hemp oil to ease muscle and joint aches, reduce inflammation and soothe irritated skin.

HIMALAYAN SALT STONE MASSAGE 50/80 mins  
Warm Himalayan Salt Stones ground and balance the body's electromagnetic field, nervous system and meridians to melt away stress.

LAVENDER SOOTHING MASSAGE 50/80 mins  
Using lavender sourced from a family lavender farm in the Sonoma Valley of California, this massage uses a pure lavender oil to lift the spirits, ease stress and anxiety, relieve headaches, induce restful sleep and help to heal minor burns.

PRENATAL MASSAGE 50/80 mins  
Designed for mothers in their 2nd and 3rd trimesters, this massage focuses on alleviating discomfort experienced during pregnancy.

CUSTOMIZED MASSAGE 50/80 mins  
Enjoy a massage tailored to your specific needs and pressure preference. Using an unscented oil, this massage can be any blend of Swedish or deep tissue pressure and is personalized to your areas of concern.



## COUPLES THERAPIES

### COUPLES CELEBRATORY SPA PACKAGE 3 Hours

Celebrate each other with a day together at the spa. Settle in to our VIP couples suite where you will start with an 80 minute customized couples massage side by side. Next, unwind in the en-suite tub with a hot bath for two. Conclude your time in the couples suite with a 50 minute couples facial experience. After your services, adjourn to our co-ed Tranquility Lounge to enjoy a bottle of our house champagne. Cheers to you both!

Services Included:

- 80 minute couples massage
- 30 minute couples soak
- 50 minute couples facial
- Bottle of House Champagne

### COUPLES MASSAGE 50 mins/80 mins

Share in the bliss of a customized couples massage experience. This treatment is performed as a customized massage, but enhancements may be added to change the style or products used.



## TREATMENT ENHANCEMENTS

*These enhancements may be added to any 50 minute or greater massage or facial experience to customize your spa treatment. No additional time is included in enhancements. We regret that these cannot be performed as stand-alone services.*

### SIBERIAN GINSENG SCALP TREATMENT

This leave-in, invigorating scalp serum nourishes and deep conditions hair from the root to the tip.

### COOLING PEPPERMINT FOOT TREATMENT

Relieve tired, aching feet using this organic, locally hand crafted balm with essential oils of peppermint, camphor, and eucalyptus. Take home the jar of balm for continued home care.

### PARAFFIN HAND OR FOOT TREATMENT

Deliver intensive moisture to your hands or feet with an organic coconut oil, shea butter and vitamin E plant-based paraffin treatment. Choose between hands, feet or indulge in both.

### MEN'S BEARD CONDITIONING TREATMENT

Treat your beard to specialty hydration and a relaxing massage of the face. This enhancement leaves the beard deep conditioned and softened.

### ROSE QUARTZ COLLAGEN EYE & LIP MASK

Using Knesko's Rose Quartz eye and lip masks packed with active serum to soothe the delicate under eye and lip areas. Ingredients like grape seed and licorice root help fight free radical damage and brighten skin.

### DIAMOND RADIANCE COLLAGEN FACE, NECK & DÉCOLLETÉ MASK

This is THE mask for bright, energized, radiant skin. This Knesko collagen mask is infused with real diamonds, which is combined with vitamin b3 and hyaluronic acid to minimize pores, reduce dark spots and brighten skin tone.

### HYPERVOLT PERCUSSION MASSAGE

Incorporate the Hypervolt for up to 10 minutes of your massage time, focusing on up to 2 treatment areas. Targeted pulses of pressure help relieve muscle pain, stiffness, and soreness and increase range of motion. Can only be added to massage treatments.

## BODY THERAPIES

### CACAO & ROSE BODY RITUAL 110 mins

Using decadent raw cacao to safeguard against signs of aging, this intensely anti-oxidant treatment includes a sumptuous shea butter body polish, scalp massage, a whipped chocolate mousse wrap, and massage using body soufflé. Delight in blooms of rose, sweet orange and geranium while improving skin elasticity. This treatment is a feast for the senses!

### DEAD SEA RITUAL 110 mins

Have the best of both worlds! This service includes an aromatherapy massage, Dead Sea Salt Scrub, nourishing foot mask, and a Siberian Ginseng Scalp treatment.

### HUNGARIAN BODY WRAP 80 mins

Let your body soak up the mineral-rich Hungarian Moor Mud in this scrub and wrap treatment.

### PINK CLAY MOISTURE RITUAL 80 mins

Using Pink Clay containing powerful anti-inflammatories and adaptogens combined with uplifting oils of eucalyptus, peppermint and rosemary this treatment promotes muscle relief and infuses intensive moisture to the skin. This treatment includes a body polish, wrap, scalp massage and an application of nourishing oil.

### GOLDEN BODY TREATMENT 50 mins

A gold sugar scrub followed by a fragrant oil application enriched with gold to repair and strengthen the skin. This is the perfect treatment to give you dazzling skin for a special occasion.

### CITRON HONEY BODY TREATMENT 50 mins

A mineral-rich citrus and rosemary scrub stimulates circulation and sloughs away dull, flaky skin. Finish with an application of Manuka honey whipped oil, leaving the skin hydrated and soft.



## WELLNESS & RECOVERY TREATMENTS

*Please note that all wellness services are performed fully clothed. These services are best suited to those wearing comfortable clothes or workout attire. Soft socks will be provided for all Normatec treatments, which are yours to take home after service.*

### NORMATECH LEG RECOVERY TREATMENT 30/60 mins

Experience the ultimate in leg recovery with Normatec Compression Therapy. Full leg boots deliver air compression lymphatic massage in zones targeting feet, ankles, calves, hamstrings and quadriceps. Used by athletes, physical therapists and home enthusiasts alike, this system helps muscle recovery after exercise, reduces pain and soreness, decreases swelling, and improves circulation. Rest and relax while the Normatec gives new life to your legs!

### HARMONIC SLEEP LOUNGER 30/60 mins

Relax the para-sympathetic system in the experiential Mind-Sync lounge, designed to reduce stress and anxiety levels and enhance restorative sleep states. It combines clinically tested, virbo-acoustic sound therapy with zero-gravity positioning for maximum restoration. Experience Quantum Harmonic sound waves through the body while noise-cancelling headphones deliver the soothing meditation practice of your choice.

### RECOVERY ZONE TREATMENT 60 mins

Experience both the Harmonic Sleep Lounger and Normatec Leg Recovery Treatment Together!



## HAND & FOOT THERAPIES

Our nail services are designed for natural nails only. We regret that we cannot accommodate services for those with Acrylic or artificial gel nails. Please alert us at the time of booking if you already have gel polish on your nails, as removal takes extra time at extra cost.

### WALDORF ASTORIA MANICURE OR PEDICURE

These services include a soak, cuticle treatment, lavender scrub, callus removal, gua sha massage, paraffin treatment, mask, and polish application in your perfect shade.

### QUEEN BEE MANICURE OR PEDICURE

Enjoy the benefits of honey in these services including a soak, cuticle treatment, honey scrub, callus removal and a massage using honey butter. Finish with a polish application in your perfect shade.

### GEL MANICURE

This chip-resistant gel manicure includes a soak, scrub, massage and gel polish application that is perfect for special occasions..

### EXPRESS MANICURE OR PEDICURE

Designed for those on a tight schedule this mini service includes cuticle treatment, shape of the nail, lotion application and polish application.

### GENTLEMEN'S MANICURE OR PEDICURE

Manicure or pedicure tailored especially for men.

## NAIL ENHANCEMENTS

Enhance and personalize your manicure and pedicure experience. Unless noted, these do not add time to your service. We regret that these cannot be booked a la carte.

### GUA SHA MASSAGE

Incorporate rose quartz gua sha stones into the massage portion of your manicure or pedicure. This technique helps improve blood circulation and skin tone, stimulates pressure points and promotes lymphatic drainage.

### PARAFFIN HAND OR FOOT TREATMENT

Deliver intensive moisture to your hands or feet with an organic coconut oil, shea butter and vitamin E plant-based paraffin treatment. Can only be added to 50 minute or greater nail services.

### COOLING PEPPERMINT FOOT TREATMENT

Relieve tired, aching feet using this organic, locally hand crafted balm with essential oils of peppermint, camphor, and eucalyptus. Take home the jar of balm for continued home care.

SOAK OFF GEL OR CHIP-RESISTANT POLISH 30 mins

## SALON SERVICES

Waldorf Astoria Spa offers a full array of color, cuts, styles and hair treatments.

Short hair is defined as anything above the shoulders. Long hair is defined as anything touching or below the shoulders. All salon services are á la carte.

### DEAD SEA MINERAL MUD HAIR & SCALP TREATMENT

60 mins

Using mineral-rich mud from the Dead Sea, this treatment softens, nourishes and restores brilliance while repairing damaged hair. A blow dry finish is included in this service.

### SPECIAL OCCASION STYLE

50 mins

Get a glam look for your special occasion. This service can include an up-do, partial up-do, braids, buns, twists and curls. Ideal for weddings, galas and other special events. Up-do looks work best in hair that has not been shampooed within a 24 hour window of the appointment. For best results, please plan accordingly.

### REVITALIZING SCALP TREATMENT

30 additional mins

Reinvigorate your hair and scalp with a Siberian ginseng serum, which can be added to any cut, color, highlights or shampoo & blow dry. We regret that this service cannot be added to a special occasion style.

### ADDITIONAL HAIR SERVICES:

- Men's Cut
- Women's Cut- Short (above shoulder)
- Women's Cut- Long (touching or below shoulder)
- Shampoo & Blow Dry- Short (above shoulder)
- Shampoo & Blow Dry- Long (touching or below shoulder)
- Color (single process)
- Full Highlights
- Partial Highlights

## SPA INFORMATION

### HOURS

Monday – Thursday, 10am - 6pm

Friday – Saturday, 9am – 8pm

Sunday, 9am – 6pm

### SPA FACILITIES

Our Spa features individual ladies' and gentlemen's lounges complete with locker area, plush robes, comfortable slippers, rainfall showers, whirlpool, experiential shower and tea lounge. We also offer a co-ed Tranquility Lounge for shared relaxation featuring six zero-gravity wave loungers and a relaxation space. Use of the facilities is complimentary with any scheduled spa treatment.

### AGE POLICY

To protect the tranquil nature of the spa and its environment, guests under the age of 13 are not permitted to use the spa facilities. This includes the whirlpool, steam room, Tranquility Lounge, Salt room, and locker facilities. Younger guests between 13 and 17 are welcome to enjoy a spa or salon service when accompanied by an adult in the treatment room or checked in by a guardian at the salon. Guests between 13 and 17 may use the spa facilities only when accompanied by an adult and only when receiving treatments as a guest of the spa. Please be advised ladies' and men's locker rooms are clothing optional.

### ARRIVAL POLICY

We kindly request that you check in at the spa reception desk a minimum of 15 minutes prior to the start of your scheduled treatment. Our treatments begin promptly as scheduled. When possible, we will accommodate late arrivals. However, if we are unable to accommodate a late arrival, your treatment time may be shortened at the full service price.

### RESERVATIONS & CANCELLATIONS

Booking your spa reservations in advance is recommended. Please call the Waldorf Astoria Spa directly at 407-597-5360. As a courtesy to other spa guests and our therapists, we strictly adhere to the spa cancellation policy. If you must change or cancel an appointment, please advise six (6) hours in advance to avoid being charged 100% of the scheduled service cost.

### CELL PHONE RESTRICTIONS

To respect the privacy of our guests and maintain the sanctuary of our spa, we request that guests refrain from using cell phones in the locker rooms, wet areas, tea lounge and Tranquility Lounge. As our lounges are clothing optional, video and photography are prohibited to protect guest privacy.

### VALET PARKING

Spa guests not staying on the hotel property receive complimentary valet parking on the day of their service. Please advise reservations at the time of booking.

### SERVICE CHARGE

A 21% service charge will be added to all services for your convenience. This goes as a gratuity for your providers.





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Spa Reservations: 407.597.5360  
[WaldorfAstoriaOrlando.com/Spa](http://WaldorfAstoriaOrlando.com/Spa)