

Spa Menu

FACIAL RADIANCE

TOUCH THERAPIES

BODY THERAPIES

SALON SERVICES

SPA ETIQUETTE

SPA PRICELIST

contact spa 

Nestled in the idyllic, luxurious enclave of Golden Oak, The Spa at Four Seasons Resort Orlando at *Walt Disney World*® Resort is an oasis of serenity. The 13,000 square-foot sanctuary is inspired by the natural palette and imagery of the Florida Everglades. Contemporary design complements indigenous sensibility and provides an unmatched environment to experience unparalleled Spa services.

A comprehensive collection of remarkably effective and exclusive therapies are performed by the most talented team of Spa professionals in the Sunshine State. The Spa offers expert hair and nail care, advanced aesthetic services, beautiful body therapies, and fitness programs all designed to help you look and feel your best. We look forward to welcoming you to The Spa at Four Seasons Resort Orlando at *Walt Disney World*® Resort.

THE SPA

Four Seasons Resort Orlando at
Walt Disney World® Resort



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GENEO 3-in-1 FACIAL Exfoliate. Infuse. Oxygenate. See profound visible improvement in your skin's texture, tone and appearance with this technologically advanced facial. A thorough and effervescent exfoliation polishes your skin and significantly accelerates the absorption and optimal utilization of vital nutrients to achieve a smooth and healthy appearance. The beneficial ingredients of the facial are infused deep into the skin where they are most needed. Your body responds by sending oxygen-rich blood to your face, which naturally oxygenates and rejuvenates your cells. Better cellular turnover is the result - more radiant skin and a beautifully fresh glow.

REJUVENATING OXYGEN FACIAL Achieve incredible and immediate results with this revolutionary combination of refined hyperbaric oxygen and hyaluronic layering. This skin-quenching treatment is customized to your skin's concerns and includes intense hydration, brightening tonal balance and firming for a dramatic improvement in lift, tone, glow and moisture.

AGE DEFIANCE Hit pause on the aging process with this facial designed to reactivate healthy cell function and address the underlying problems of aging at the skin's cellular level. Key amino acids, vitamins and isoflavones work to treat structural repair and address issues like sagging skin, fine lines, and dull tone.

CITRUS A'PEEL This antioxidant treatment relieves sun damaged skin and helps prevent the signs of premature aging. A reparative serum rich in a high concentration of 100% pure Vitamin C stimulates collagen production to renew firmness.

FIRE & ICE FACIAL This intensive and remarkably effective facial is designed to resurface the skin rapidly and safely. Precise combinations of two professional treatment masks are complimented by serums and creams expertly selected to address your skin concerns.



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ACTIVE ENZYME FACIAL Your aesthetician works with you to select the appropriate level of exfoliation in this customized facial benefitting all skin types. Emerge with a complexion as soft as it's ever been and glowing for days.

SWIFT LIFT PEPTIDE FIRMING FACIAL Actively firm, lift and address the visible signs of aging! This beautiful facial includes a thorough analysis, deep cleansing, and a natural fruit acid exfoliating peel to rapidly remove dead skin cells. Advance algaebased peptides, hyaluronic acid, and a variety of plant extracts help to firm and visibly diminish the appearance of fine lines and wrinkles, leaving skin younger looking, toned, soothed and luminous.

SIGNATURE RADIANCE FACIAL Our signature radiance facial is a customized treatment that combines active vitamin C, natural fruit acids, and a wide variety of potent botanical extracts and coenzymes to brighten skin, noticeably improve tone and texture, and minimize the appearance of fine lines and wrinkles. Your face is left noticeably radiant, hydrated and glowing.

ACTIVE MEN'S FACIAL Effective and concise, this facial is perfect for active gents who are looking for great results with a streamlined approach. Let our aestheticians get you started or help you continue on the path to a fresh looking face and teach you steps that can be performed at home with minimal effort to keep the good look going.

FOREVER YOUNG Start young to stay young! Whether it's maintaining your youthful glow or dealing with problematic skin, our aestheticians will ensure you put your best face forward and offer techniques to keep you looking radiant. You're off to great start.

BACK FACIAL This back treatment offers exfoliation, deep pore cleansing and extractions to balance and normalize sensitive areas and improve the appearance of your back.

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NIRVANA Defined as the state of perfect happiness and peace; our four handed massage will deliver you there. Two of our supremely talented massage therapists work in concert to ease your body and spirit...and set you on the path to nirvana.

INTENTIONAL AROMATHERAPY Allow our Spa Sommeliers to help you craft your massage according to your needs and intentions in the moment. Five luxurious botanical blends support healing and heightened feelings of well-being and rejuvenation. Your selected blend is expertly massaged onto your body using techniques which will enhance the benefits of the oils you have chosen.

STICKS AND STONES Exclusive to Four Seasons Resort Orlando, sculpted basalt stones and birchwood massage sticks allow your massage therapist to target every spot that ails you in this focused variation on hot stone massages. Warm flowing massage movements and muscle release intertwine to achieve tension relief, tissue purification and profound relaxation.

DETOXIFYING CUPPING TREATMENT Detoxify and invigorate your body with this unique full body massage and cupping therapy. Massage and cupping techniques stimulate circulation while natural plant and botanical extracts revitalize the skin and help promote elasticity.

MASSAGE CLASSICS Our exquisitely talented therapists perform your choice of classic massage techniques, or blend them to suit you. Swedish, Deep Tissue, Reflexology, and pressure point therapy are expertly performed to your pressure preference.

COUPLES MASSAGE Enjoy your massage of choice from our Massage Classics offering in the company of someone you love. Our spacious Spa couples suites are the perfect venue to unwind together.

IN-SUITE RETREAT Choose from our massage classics menu and we'll come to you. Enjoy the benefits of massage in the comfort of your guest room.

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REJUVENATION

LA FLORIDIAN This enchanting and exclusive service begins with a fine cane sugar body polish with the intoxicating aroma of jasmine flower and organic pink grapefruit. Next a whipped shea butter and pink grapefruit crème is smoothed onto your satiny skin before a steamy wrap helps to infuse this deeply hydrating goodness. While wrapped, enjoy our signature jasmine hot oil hair and scalp treatment. You will emerge with a renewed radiance of body and spirit.

SUN WORSHIPER Delightfully cooling to the body and mind and especially helpful if you've caught too many rays! A healing gel mask of aloe vera and sea algae is gently applied to the body, paying special attention to over-sunned areas. Your face is treated with healing and protective serums and botanical hydrosols while your body is lightly wrapped, allowing the rapid anti-inflammatory and healing properties of aloe vera and sea lavender to work their magic. A healing and hydrating lotion application concludes the treatment.



ENVELOPMENTS

FRENCH GREEN CLAY, SEAWEED, GRAPE STEM CELL DETOX WRAP This body wrap begins with a gentle sugar exfoliation to smooth and improve skin tone and texture. Shea butter and noni make skin silky-smooth, while our lively peppermint infused French green clay detox body mask helps to draw out impurities while nourishing your skin. Coconut and argan oils, grape stem cells and tea extracts help to hydrate and improve tone and texture.

CITRUS DRENCH An ideal envelopment for skin that has been exposed to free radical and sun damage. This wrap helps to restore elasticity and deep hydration. Natural ingredients like crystalized honey, shea butter, ascorbic acid and orange extract protect your skin while providing rejuvenating and firming results.



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EXFOLIATIONS

GINGER-COCONUT-ARGAN SUGAR GLOW

This dazzling natural treatment begins with a lively citrus-kombucha body wash followed by the vibrant aromas of our ginger-lime sugar scrub. Warm, nourishing coconut, argan, avocado and apricot oils, infused with rose hip and vitamin E is slowly drizzled on to your body for superior hydration, nourishment, and total relaxation.

C+C VITAMIN SCRUB This potent antioxidant treatment is ideal for skin suffering from the loss of elasticity and dehydration due to sun and environmental damage at any age. Perfectly polish the surface of your skin with high concentrations of Vitamin C, green tea, and rosehip oil. These powerful botanicals are natural exfoliants that yield a full body soft and radiant glow.

AIRBRUSH TANNING A natural and healthy glowing tan; the perfect head start or alternative to sunbathing. Our aloe based product leaves a beautiful tanned result that will last for 5-7 days based on your skin type and level of preparation.



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SALON SERVICES

TAILORED COLOR

Full Highlights
Partial Highlights
Balayage & Ombre
(Free hand technique)
Custom Color
Color Regrow
Glaze for Shine
Hues for Him
Corrective Color
Color Makeover

COUTURE CUTS

Cut & Style (Short, Long)
Gent's Cut & Style
Handcrafted Long Layers

NOURISHING RITUALS

Indulgent Deluxe
Chronologiste

SIGNATURE STYLES

Shampoo & Blow Dry
(Short, Long)
Shampoo & Style
with Extensions
Up-do & Romantic Curls

EXCLUSIVELY YOURS

Hair Extensions with
Master Stylist
Luxury Keratin
Smoothing Treatment

WEDDING SERVICES

Wedding Day Styling
Wedding Trial Styling
Rehearsal Dinner Styling

MAQUILLAGE

Make up Application
with Lashes
Make up Lesson
Bridal Make up

NAIL CARE

Classic Manicure
Citrus Nutri-cure Mani
Children's Manicure
Shellac Manicure
Polish Change - Hands
Classic Pedicure
Citrus Nutri-cure Pedi
Children's Pedicure
Polish Change - Feet

MAGICAL MOMENTS

Our Magical Moment experience at Four Seasons Resort Orlando at *Walt Disney World*® Resort is where every little visitor's dream becomes a reality - a magical princess/prince makeover in our glamorous Salon. Preparing for a regal and enchanting day in Magic Kingdom has never been so luxurious.

Belle of the Ball
Princess and Queen
Royal Treatment
Shining Knight

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SPA ETIQUETTE

Stress reduction is a major contributor to good health; The Spa at Four Seasons Resort Orlando is here to help you relax. In this environment of tranquility, we ask that you please respect other guests' rights to privacy and quiet. Our spa services are designed to ease what ails you and guide you to optimal comfort and well-being. Home care programs and products are available.

HOURS OF OPERATION

8:00 am to 9:00 pm

SPA RESERVATIONS AND CANCELLATIONS

For maximum convenience and flexibility, we recommend that you schedule your spa sessions in advance. All appointments can be guaranteed with a credit card or room confirmation number. Because we reserve your spa appointment time especially for you, we ask that you give us four hours advance notice should you need to change or cancel your appointment. No-shows and cancellations made less than four hours before scheduled time will be billed at full treatment rate.

CHECK-IN

We suggest that you arrive to The Spa at least 15 minutes before your scheduled appointment; providing you with sufficient time to change, and make use of our beautiful Spa facility. Spa robes, slippers, and a locker will be provided upon your arrival to The Spa. If you choose, undergarments may be worn during treatments. All of our therapists are skilled in proper draping procedures to ensure that your complete comfort and privacy is always maintained.

MEDICAL

Kindly inform us of any special or medical needs that require additional attention. If you are pregnant, or have specific medical conditions, some treatments are not recommended. If you are unsure, just ask.

VALUABLES

Please remove any jewelry and other valuables prior to your spa visit. You can secure them in the safe located in your room.

GIFT CERTIFICATES

Gift certificates are available for purchase at The Spa.

THE SPA PRICE LIST

FACIALS

Geneo 3-in-1	50m \$275	80m \$325
Rejuvenating Oxygen	50m \$275	80m \$325
Age Defiance	50m \$200	80m \$295
Citrus A'peel	50m \$200	
Fire & Ice	50m \$200	
Active Enzyme Exfoliation	50m \$200	
Swift Lift Peptide Firming	50m \$170	
Signature Radiance	50m \$170	80m \$260
Active Men's	50m \$170	
Forever Young	50m \$170	

TOUCH THERAPIES

Nirvana	50m \$330	80m \$490	110m \$640
Classic Massage	50m \$165	80m \$245	110m \$320
Intentional Aromatherapy	50m \$175	80m \$255	110m \$340
Sticks and Stones Massage	50m \$175	80m \$255	110m \$340
Cupping Detoxification	50m \$175	80m \$255	
Maternity Caress	50m \$175	80m \$255	
Couples Massage	50m \$330	80m \$490	110m \$640
In-Room Retreat	50m \$245	80m \$320	110m \$395

BODY THERAPIES

Citrus Drench Cocoon	50m \$180
Sun Worshiper	50m \$175
French Green Clay, Seaweed & Grape Stem Cell Detox Wrap	80m \$250
La Floridian	80m \$250
Ginger, Coconut & Argan	
Sugar Glow	50m \$180
C+C Vitamin Scrub	50m \$180
Airbrush Tanning	25m \$100

HAIR

Full Highlight	80m \$210
Partial Highlight	50m \$160
Balayage / Ombre - Free Hand*	80m \$220
Full Color	50m \$120
Color Regrowth	50m \$100
Corrective Color*	50m \$300
Hues for Him	25m \$85
Glaze for Shine	25m \$80
Hair Extensions *consultation required	
Luxury Keratin Smoothing	120m \$500
Short Cut & Style	50m \$100
Long Cut & Style	50m \$130
Signature Handcrafted Long Layers*	75m \$150
Gent's Cut & Style	25m \$50
Short Shampoo & Blow Dry	50m \$75
Long Shampoo & Blow Dry	50m \$85
Shampoo & Style with Extensions	75m \$130
Up-Do Style & Specialty Curls	50m \$130
Indulgent Deluxe Nourishing Enhance	15m \$60
Chronologiste Nourishing Enhance	25m \$90
Rehearsal Dinner	50m \$130
Wedding Trial	50m \$140
Wedding Day	75m \$180
Kids Cut	Boy \$35 / Girl \$60

DEPILATORY

Brow	25m \$35
Lip	25m \$30
Chin	25m \$30
Cheek	25m \$35
1/2 Arm	25m \$55
Full Arm	25m \$70
Underarm	25m \$40
1/2 Leg	25m \$65
Full Leg	50m \$100
Bikini	25m \$65
Brazilian	50m \$100
Back	50m \$95
Chest	50m \$75
Stomach	25m \$60

NAILS

Classic Manicure	25m \$55
Classic Pedicure	50m \$75
Citrus Nutri-cure Mani	30m \$75
Citrus Nutri-cure Pedi	60m \$95
Children's Manicure	25m \$35
Children's Pedicure	25m \$50
Shellac Hands	45m \$70
Shellac Feet	60m \$100
Shellac Removal	Hand 15m \$20 Feet 30m \$25
Polish Change	Hand \$25 Feet \$30

ENHANCEMENTS

Take your Spa treatment to a truly personalized level with these enhancements designed to customize your therapy. All enhancements are \$25. Enhancements do not increase the duration of your treatment, rather they are layered in to tailor your treatment as you desire.

Choose from: Hand or Foot Paraffin, Scalp Escape, Muscle Relief, Sun Indulged, Exfoliation, Sinus Relief, Bright Eyes, Luscious Lips

MAQUILLAGE

Application with Lashes	50m \$130
Makeup Lesson	50m \$160
Bridal Makeup	50m \$160

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TRANQUILITY FOR TWO The perfect way to spend quality time with someone you love; from couples' massages to mom & daughter facials, most of our treatments can be paired in combinations of your choice either in our spa couples suites or our private spa bungalows. Let our spa experts help you find the best treatment selections for the two of you! (Pricing is determined by the treatments selected)