

# THE SPA

WHERE  
TRANQUILITY  
INSPIRES  
*TRANSFORMATION*



FOUR SEASONS

RESORT

ORLANDO AT WALT DISNEY WORLD® RESORT

# *WELCOME*

STEP INTO OUR LUXURIOUS OASIS OF  
RELAXATION AND REJUVENATION:  
THE SPA AT FOUR SEASONS RESORT ORLANDO.  
CREATE YOUR OWN PERSONAL JOURNEY  
FROM OUR COLLECTION OF HIGHLY EFFECTIVE  
TREATMENTS, PERFORMED BY A TALENTED  
TEAM OF SPA PROFESSIONALS. EXTEND YOUR  
SERENITY IN OUR SOOTHING RELAXATION  
AREAS, BOTH INDOORS AND OUTDOORS.

# THE SPA

*Custom-design your visit, making  
the most of our leading-edge facilities  
and restorative experiences.*

# *IMMERSIVE AMENITIES*

ARRIVE EARLY TO ENJOY ALL OF OUR SPA'S AMENITIES, INCLUDING THE AROMATHERAPEUTIC STEAM ROOMS AND OUTDOOR WHIRLPOOL TUBS. BE SURE TO TRY OUR EXPERIENCE SHOWERS, EQUIPPED WITH A RAINFALL SHOWER HEAD, NINE SURROUNDING WATER JETS, AND A DAZZLING DISPLAY OF LIGHT AND SOUND.

AFTER YOUR SESSION, DEEPEN YOUR SENSE OF BLISS WITH TIME IN THE SOLARIUM LOUNGE, COMPLETE WITH ZERO-GRAVITY WAVE LOUNGERS, OR LINGER ON THE SHADED OUTDOOR TERRACE.

# SOMADOME *MEDITATION*

EXPERIENCE THE INNOVATIVE  
MEDITATION POD, INVITING YOU TO  
IMMERSE YOURSELF IN A HEALING AURA  
OF LIGHT, COLOR, SOUND AND ENERGY.

PRIVATELY COCOONED WITHIN THE  
SOMADOME, BEGIN A PERSONALIZED  
GUIDED OR NON-GUIDED 20-MINUTE  
MEDITATION SESSION.

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# *TREATMENTS FOR TWO*

PLAN AN ESCAPE WITH  
SOMEONE SPECIAL, CREATING YOUR  
OWN LUXURIOUS RETREAT. SPACIOUS  
AND SUN-FILLED, OUR COUPLE'S SUITES  
FEATURE FLOOR-TO-CEILING LAKESIDE  
VIEWS. BOOK SIDE-BY-SIDE FACIALS  
OR MASSAGES AND SHARE QUALITY  
TIME TOGETHER.

**CONTACT US TO BOOK**

# *MAGICAL* MOMENTS FOR KIDS

TREAT YOUR LITTLE ONES TO A MAGICAL  
MAKEOVER, BECOMING A SHINING  
KNIGHT OR THE BELLE OF THE BALL.  
WATCH THEIR FACES FILL WITH JOY AS  
THEY SEE THEMSELVES TRANSFORM  
INTO A FANTASY STRAIGHT FROM A FAIRY  
TALE. PERFECT FOR AGES 3-10.

**CONTACT US TO BOOK**

# SPA *BOUTIQUE*

BRING HOME YOUR FOUR SEASONS SPA  
EXPERIENCE OR SHOP FOR BEAUTIFUL  
GIFTS, EXPLORING OUR COLLECTION  
OF CURATED SKINCARE, HAIRCARE AND  
MAKEUP, AS WELL AS HOME DÉCOR,  
LIFESTYLE AND ATHLEISURE FASHIONS.





# SPA *GUIDELINES*

FEEL FREE TO ARRIVE AT THE SPA AT LEAST  
15 MINUTES BEFORE YOUR APPOINTMENT,  
GIVING YOU PLENTY OF TIME TO CHANGE AND  
ENJOY ALL OF OUR RELAXING AMENITIES.

SPA ROBES, SLIPPERS AND  
A LOCKER WILL BE PROVIDED.

KINDLY INFORM US OF ANY ISSUES  
OR MEDICAL CONDITIONS THAT REQUIRE  
ADDITIONAL ATTENTION. IF YOU ARE PREGNANT  
OR HAVE SPECIFIC CONDITIONS, SOME  
TREATMENTS ARE NOT RECOMMENDED.

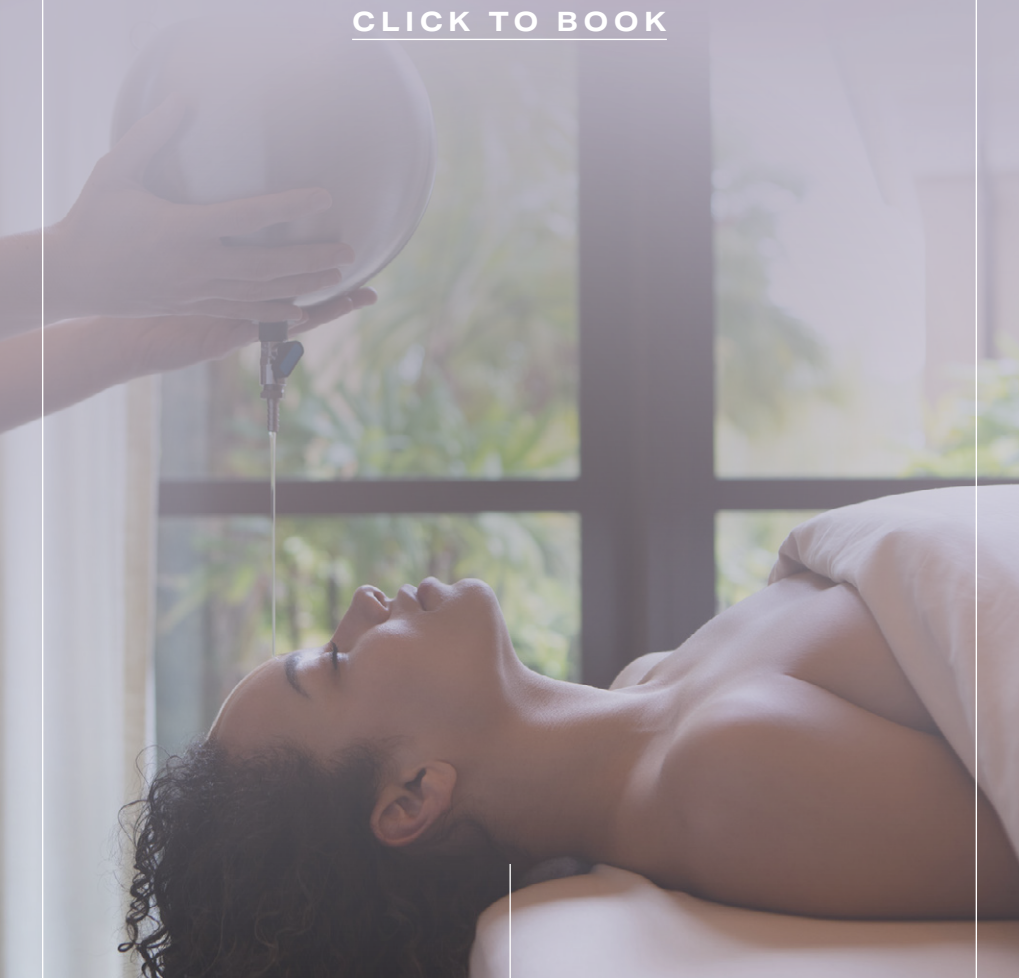
# TREATMENTS

*Explore our advanced skincare, body therapies and salon services – helping you look and feel your best.*

# *FACIALS*

TURN YOUR FOUR SEASONS SPA VISIT  
INTO A PERSONAL TRANSFORMATION.  
OUR AGE-DEFYING FACIAL TREATMENTS  
ARE DESIGNED TO HYDRATE,  
REGENERATE, LIFT AND REMODEL.

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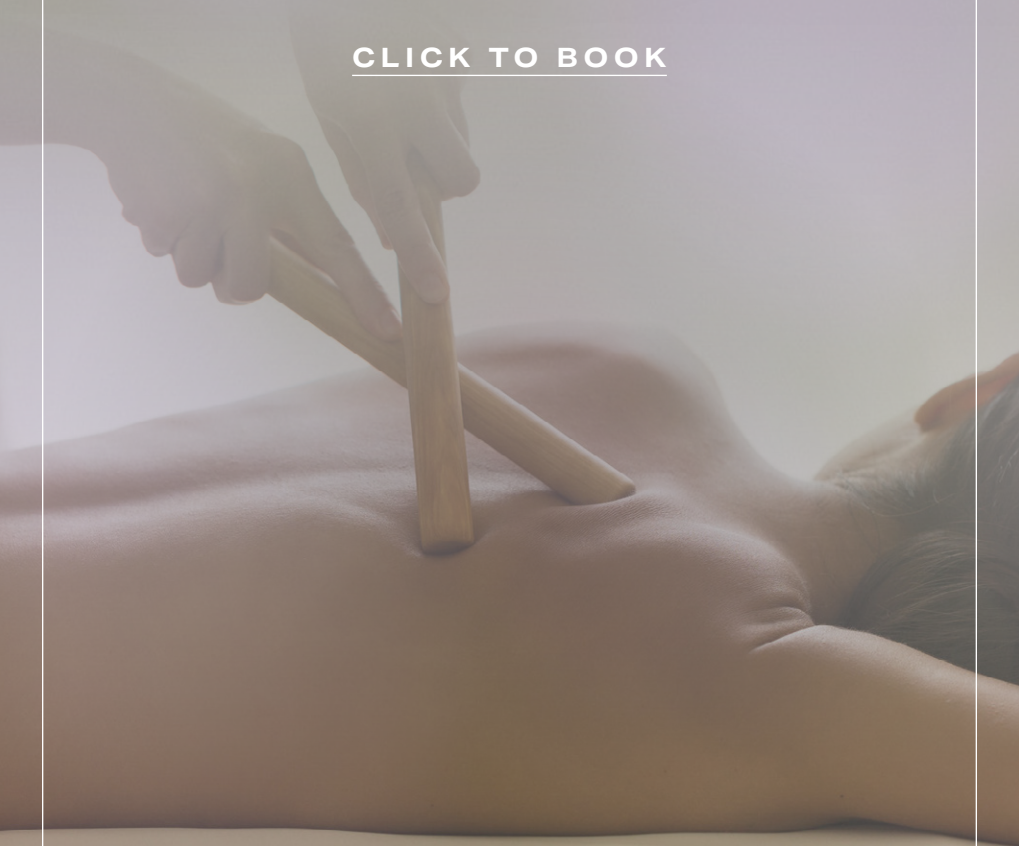




# MASSAGE

MELT AWAY TENSION WITH OUR WIDE VARIETY OF CLASSIC AND CUTTING-EDGE MASSAGE TECHNIQUES, INCLUDING CUPPING DETOXIFICATION AND OUR SIGNATURE NIRVANA MASSAGE.

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# BODY *TREATMENTS*

OUR SELECTION OF FULL-BODY RITUALS WILL LEAVE YOUR SKIN SILKY SMOOTH AND GLOWING. DISCOVER SCRUBS AND WRAPS, AS WELL AS TONING, LIFTING, DETOXIFYING AND SLIMMING TREATMENTS. LOCALLY INSPIRED SIGNATURE TREATMENTS INCLUDE THE LA FLORIDIAN AND HEALING HONEY.

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# VITALITY THERAPIES

DISCOVER THE REMARKABLE BENEFITS OF INTRAVENOUS DRIPS AND INTRAMUSCULAR SHOTS, OPTIMIZING WELL-BEING THROUGH PROPRIETARY BLENDS OF POWERFUL VITAMINS. OPTIONS INCLUDE OUR IMMUNITY DRIP, OVERSERVED DRIP, SKINNY SHOT AND MUSCLE SHOT.

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# *CRYOTHERAPY*

EXTREME TEMPERATURES PROVIDE A TARGETED TECHNIQUE TO HELP SLIM AND TONE THE FACE AND BODY. THE EFFECT TYPICALLY HEIGHTENS BETWEEN FIFTEEN DAYS AND THREE WEEKS AFTER TREATMENTS, PROVIDING RESULTS THAT CAN LAST SEVERAL WEEKS.

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# WAXING SERVICES

LET US TAKE CARE OF ALL YOUR FINISHING TOUCHES FOR FACE AND BODY. WITH RESPECT FOR YOUR PRIVACY, OUR HIGHLY TRAINED THERAPISTS WILL ENSURE A COMFORTABLE EXPERIENCE – FOR BOTH WOMEN AND MEN.

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# *SALON*

SLEEK AND SOPHISTICATED, OUR FULL-SERVICE SALON IS A WELCOMING PLACE FOR WOMEN, MEN AND CHILDREN – OFFERING THE FINEST IN HAIRCARE, NAILCARE AND MAKEUP APPLICATION.

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# PLAN YOUR SPA VISIT

## BOOK ONLINE

### **BOOK BY PHONE**

+1 (407) 313-6160

### BOOK VIA CHAT

DOWNLOAD THE FOUR SEASONS APP  
FOR DIRECT TEXTING OR CONTACT US  
THROUGH FACEBOOK MESSENGER

## *OPEN DAILY*

*9:00 am to 8:00 pm*

## *SPA RESERVATIONS*

*Please schedule your spa sessions in advance of your visit. All appointments may be guaranteed with a credit card or your room confirmation number.*

## *CANCELLATIONS*

*Please give us four hours' advance notice if you need to change, reschedule or cancel your appointment. No-shows and cancellations made less than four hours in advance will be billed at the full treatment rate.*