



APPOINTMENTS

We suggest reserving Spa appointments in advance by calling (407) 827-4455. Gift certificates are available.

Please check in at The Spa at least 30 minutes prior to your first appointment. We regret that late arrivals will not receive extension of scheduled appointments. Guests will be charged 50% for treatments not canceled at least 4 hours in advance of appointment time. All no-shows are charged at full value.

When visiting The Spa at the Disney Institute you are welcome to ask for a specific therapist or gender-specific therapist. We cannot guarantee requests, but we will make every attempt to honor your preference.

FACILITIES

The Spa at the Disney Institute is located in our 38,000-square-foot Fitness Center. We invite you to enjoy our state-of-the-art fitness room with CYBEX® weight and cardiovascular equipment, indoor water exercise pool, and locker room areas—each fully equipped with steam room, sauna, and indoor whirlpool. We suggest enjoying the steam room or sauna prior to indulging in our treatments. The Spa and Fitness Center are non-smoking facilities.

Weight Room hours 6 a.m. to 8 p.m. The Spa hours 8 a.m. to 8 p.m.

GOLF CLINIC AND PRIVATE LESSONS

Our beautiful 18-hole Lake Buena Vista Golf Course is available for golf clinics and private lessons (available by appointment). Our programs have been developed in collaboration with some of the most successful golfers in the country and are taught by our PGA professionals. Work on improving your golfing skills, then indulge yourself with a relaxing massage as a reward. To schedule a clinic or private lesson, please call (407) WDW-PLAY (407-939-7529).

TENNIS CLINIC AND PRIVATE LESSONS

We at Disney Institute are pleased to offer our guests the finest tennis instruction available featuring Peter Burwash International (PBI), the world's leader in tennis management services. Our program includes a variety of specially designed tennis clinics as well as group and private instruction for both new tennis players and returning veterans. To schedule a clinic or private lesson, please call (407) WDW-PLAY (407-939-7529).



OUR SPA ADVISORS

The Spa at the Disney Institute has engaged with three of the leading body and face care companies: Phytomer, Sothys and Judith Jackson®. Our professional staff has been trained by these companies to provide treatments using their top quality products and specialized techniques.

Phytomer

Phytomer is located on the western coast of France. Its name, which means “plant of the sea,” reflects the company’s historic use of the therapeutic powers of the ocean. The Phytomer philosophy of “beauty through health” is seen in the Phytomer Method, which encompasses a carefully designed treatment program of skin and body care.

SOTHYS PARIS

Sothys places an emphasis on the synergy between products and treatment methods to maximize the effectiveness of treatments. Also located in France, Sothys research and development teams have created products with highly concentrated ingredients to maximize results.

Judith Jackson Inc.

Judith Jackson Aromatherapy therapy is the true art and science of personal and professional treatment with pure, natural essential oils. The life-enhancing power of fragrant plants, trees and flowers is captured in oils, creams and lotions for face, body, bath and hair. This unique product and treatment system magically banishes stress and promotes a deep sense of well-being.

The minimum age requirement for use of The Spa and its Fitness Center is 14 years of age. Guests ages 14-17 must be accompanied by an adult at all times, including massage and treatment rooms. An 18% service fee will be added to all services. All prices subject to change. Alcohol is not served or permitted in The Spa.

GIFT CERTIFICATES ARE AVAILABLE.



FACIALS

The Spa at the Disney Institute offers sophisticated facial care designed to improve your skin and provide you with total relaxation.

NEW! LIFT DEFENSE INSTITUTE TREATMENT by SOTHYS

An intensive skin fitness program combining the latest scientific ingredients with an Ultra-Precision Program that firms the skin and fights wrinkles. The active ingredients reinforce the integrity of cell barriers, helping to regenerate and repair the skin. (80 minutes, \$95)

AQUALIFT REPLENISHING TREATMENT by PHYTOMER

This relaxing facial provides the anti-free radical properties of marine spring water. Rich in minerals, especially calcium and oligo-elements found off the coast of France, this geothermal water has natural elements for firming and toning action. (50 minutes, \$85)

OXYGENATING SEAWEED FACIAL by PHYTOMER

As this warm mask bubbles its way onto your skin cells, sea nutrients energize, remineralize, remove toxins, and promote cellular exchanges. This relaxing facial includes a warm spine treatment, making your skin feel truly alive. (50 minutes, \$85)

The Aqualift Replenishing Treatment and the Oxygenating Seaweed Facial can be combined into an 80-minute treatment. (\$125)

HYDRACTIVE FACIAL by PHYTOMER

A seaweed-based facial is ideal for any skin type. This restores the natural balance of the skin by providing essential nutrients as well as easing the ill effects of the environment. (50 minutes, \$85)

With additional soothing eye treatment. (80 minutes, \$120)



FACIALS

The highest-quality products and techniques of some of the world's greatest names in body and face care ensure the finest in treatments.

ULTIMATE EUROPEAN FACIAL by SOTHYS

Help maintain a healthy complexion with this complete facial, which includes a deep pore cleansing, steam with exfoliation and facial massage, individualized ampoule treatment, and a soothing masque. (50 minutes, \$85)

MEN'S SKIN FITNESS FACIAL by SOTHYS

Designed to accommodate a man's special needs, this facial starts with proper skin cleansing and finishes with a nourishing treatment that is designed to help relieve razor burns, skin dryness, and irritation. (50 minutes, \$85)

ANTI-STRESS VITAMIN C FACIAL by SOTHYS

A relaxing aromatherapy vitamin C treatment designed for the active client. The essential oils and aromatherapy provided by this facial will leave your skin hydrated and with a radiant glow. At the end, you will receive a special gift: a pre-formulated vitamin complex to use at home for the next 10 days. (50 minutes, \$85)

NEW! LAVENDER LIFT AROMATHERAPY by JUDITH JACKSON®

Soothe, purify, and exhilarate as the pleasing fragrances of fresh lavender combined with plant enzymes delicately clarifies and nourishes your face and neck. (50 minutes, \$85)

EYE CONTOUR TREATMENT by PHYTOMER

This treatment uses the innovative technique of eye pads that gently diffuse active marine ingredients into delicate tissue. It is a soothing, invigorating treatment that reduces the appearance of stress in the fragile eye area. It can be done alone or incorporated into any facial service. (25 minutes, \$45)



BODY THERAPIES

The Spa at the Disney Institute has designed an array of personalized body therapies that provide you with the perfect balance of beauty and wellness.

HYDRA-QUENCH BODY GLOW by PHYTOMER

A revitalizing treatment that begins with a gentle peeling to exfoliate, followed by a remineralizing gel masque, heightened by a thermal wrap. After a refreshing shower, an application of oils and creams completes the process. (80 minutes, \$90)

AFTER-SPORTS BODY THERAPY by PHYTOMER

Relax tight, sore muscles and restore your natural energy as this self-heating body mud pack sends radiant warmth to where your body needs it the most, followed by a body massage with creams and oils to soothe sore muscles. (50 minutes, \$85)

REVITALIZING LEG TREATMENT by SOTHYS

Energize and revitalize your tired legs with our stimulating leg treatment, beginning with a loofah exfoliation and application of creams and oils, followed by a soothing wrap and a foot reflexology massage. To conserve the feeling of freshness, Cryogel by Sothys is applied. (50 minutes, \$85)

KARISOFTNESS, NOURISHING BODY TREATMENT by SOTHYS

Beginning with a gentle exfoliation, your skin is nourished with shea butter, which is melted and applied to help hydrate your skin's outer layer, leaving it soft and supple. (50 minutes, \$75)

FRENCH BODY POLISH by PHYTOMER

Your skin will radiate after a body exfoliation, which gently removes dead skin cells. Combined with relaxing massage strokes that apply rich, hydrating cream for moisture and tone, your skin will have a healthy glow. (25 minutes, \$45)

SALT GLOW by SOTHYS

Exfoliating marine salts are mixed with special extracts and applied over the body to deeply cleanse, exfoliate, and invigorate the skin. The body is then rinsed and finished with a hydrating body lotion, leaving the skin silky smooth and soft. Please refrain from shaving prior to this service. (25 minutes, \$45)



SEAWEED THERAPY

These treatments include unique therapies which use sea algae and sea water containing 104 essential elements to provide the most effective results.

WARM SEAFOAM MUD WRAP by PHYTOMER

Enveloped in this frothy mud, you can't help but release tension as the mud gradually heats up and feels like tiny bubbles massaging your body. After a gentle peeling to exfoliate the skin, a warm sea mud pack is then applied to the body to help soothe your muscles and reduce stress while you also enjoy a relaxing face and scalp massage. The treatment finishes with an application of Satiny Spray and Moisturizing Body Cream. (50 minutes, \$90)

NEW! TONING BODY WRAP by PHYTOMER

Relaxing and revitalizing, this marine body wrap helps give a firm, toned appearance to the skin. Its high content of Dermochorella B and marine spring water helps to delay signs of cutaneous aging, while replenishing the tissues and improving elasticity. (50 minutes, \$75)

NEW! DEEP PORE CLEANSING by SOTHYS

Your body is cleansed and hydrated with a blend of marine salts, essential oils, and a unique algae-based deep cleanser mask, making you feel silky and smooth all over. (50 minutes, \$75)

PURIFYING SEAWEED BODY MASQUE by PHYTOMER

Relax in a thermal "cocoon" as this cleansing skin masque helps remove impurities using a unique blend of seaweeds, followed by a revitalizing shower and an application of soothing, refreshing creams and oils. (50 minutes, \$75)



MASSAGE THERAPY

The Spa at the Disney Institute offers several types of massage that stimulate and soothe. Counteract stress and truly relax with one of our massage treatments.

SWEDISH MASSAGE

Enjoy light to medium Swedish massage designed to relax and reduce stress. (25, 50 or 80 minutes, \$50, \$85, \$115)

CUSTOM THERAPEUTIC MASSAGE

Our therapist "reads" your body and incorporates a variety of massage techniques to relax you and relieve the signs of daily stress. This is a moderate to firm massage. (50 minutes, \$85)

SPORTS MASSAGE

Offered as a pre-activity or post-activity massage, this treatment can help prepare your body to function at peak efficiency or let you relax and recover after a strenuous workout. (50 minutes, \$85)

AROMATHERAPY MASSAGE by JUDITH JACKSON®

Specific massage techniques, in combination with essential oils, stimulate your senses in this gentle, deluxe massage, focusing particular attention on the lymphatic system. You may choose from a variety of oils to customize your treatment. (50 minutes, \$85; 25 minutes, \$50)

NEW! PRE-NATAL MASSAGE

A specialty massage designed to aid in relaxation and circulation while providing a special treat for your baby. (50 minutes, \$85)

REFLEXOLOGY MASSAGE

The ancient healing art of massage combined with the latest in spa luxuries, this pressure-point massage targets specific areas of the feet corresponding to individual parts of the body to release energy and relieve stress. You will leave feeling like you're walking on air! (25 minutes, \$50)



AROMATHERAPY

Our Aromatherapy treatments use pure aromatic, botanical essences to stimulate your olfactory senses and help you relax.

NEW! AROMATHERAPY TOTAL RELAXATION TREATMENT by JUDITH JACKSON®

This total relaxation treatment begins with our signature Judith Jackson Aromatherapy Massage. After the massage, your body will be enveloped in our warm heating blanket while enjoying a scalp massage, finishing with a refreshing mist of lavender. (80 minutes, \$115)

AROMATHERAPY HYDRO-MASSAGE

Using hydrating concentrates in the water to refresh your body and mind, this hydro-massage is followed by an after-bath massage treatment using your chosen blend of oils: Serenity, Vitality, Therapy, Divinity Scentuality®, Lavender, and Tenderly, plus a refreshing mist of lavender for the perfect finishing touch. (50 minutes, \$80)

AROMATIC GEL BODY MASQUE by PHYTOMER

This treatment uses a blend of seaweed extracts and purifying essential oils specially developed by Phytomer. A contouring envelopment gel is applied, followed by a thermal wrap. Next, a refreshing shower is followed by a light massage with firming cream. (50 minutes, \$75)

AROMATHERAPY MASSAGE by JUDITH JACKSON®

Specific massage techniques, in combination with essential oils, stimulate your senses in this gentle, deluxe massage, focusing particular attention on the lymphatic system. You may choose from a variety of oils to customize your treatment. (50 minutes, \$85; 25 minutes, \$50)

HYDRATING ESSENTIAL OIL THERAPY by JUDITH JACKSON®

This therapy is intended to elevate your mood, hydrate your skin, and thoroughly relax you with rich, aromatic oils applied to your skin prior to a thermal wrap. Choose from seven custom blends of essential oils to match your mood and preference. (25 minutes, \$50)



HYDRO-MASSAGE THERAPY

The Hydro-Massage tub uses 48 hydro jets to gently massage your entire body while you relax. We combine this with special additions to the water to help condition your skin and stimulate your senses.

AROMATHERAPY HYDRO-MASSAGE

Using hydrating concentrates in the water to refresh your body and mind, this hydro-massage is followed by an after-bath massage treatment with your chosen blend of oils. Choose from seven custom blends of oils: Serenity, Vitality, Therapy, Divinity, Scentuality®, Lavender, and Tenderly, with a refreshing mist of lavender for the perfect finishing touch. (50 minutes, \$80)

SPORTS HYDRO-MASSAGE

This treatment concentrates on soothing and renewing the body after strenuous activity, beginning with a warm hydro-massage rich in vitamins, minerals, and trace elements from the sea. This is followed by essential oil therapy using eucalyptus, rosemary, fennel, and lavender to warm the muscles and help stimulate circulation. (50 minutes, \$80)

SEAWEED HYDRO-MASSAGE

With the revitalizing elements of seaweed, seawater, and essential oils in the Hydro-Massage tub, this relaxing massage is topped off with a mist of seawater followed by a soothing body massage using creams and oils. (50 minutes, \$80)



MANICURE AND PEDICURE TREATMENTS

A variety of relaxing manicure and pedicure treatments has been created to help you look and feel your best from tips to toes.

SEAWEED TREATMENT WITH MANICURE or PEDICURE

A self-heating seaweed mud wrap for your hands or feet that helps improve circulation, soothe, and cleanse. (50 minutes, \$45 or \$50)

PEDICURE and SOOTHING LEG TREATMENT

Refresh your tired legs and feet with this revitalizing pedicure, including a cool gel pack of menthol and centella asiatica to soothe and refresh. (50 minutes, \$50)

AROMATHERAPY MANICURE or PEDICURE

A manicure or pedicure that finishes with a soothing hand or foot massage using a customized blend of essential oils to stimulate your senses. (50 minutes, \$45 or \$50)

PARAFFIN TREATMENT WITH MANICURE or PEDICURE

Experience the warmth and hydration of paraffin as it coats your hands or feet to help moisturize and soothe your skin. (50 minutes, \$45 or \$50)

OLIGOFORCE MANICURE or PEDICURE by PHYTOMER

Nourishing aromatic oils are applied to your hands or feet, which are then placed in warmed mittens/booties for enhanced moisturizing and relaxation. (50 minutes, \$45 or \$50)

SPA MANICURE or PEDICURE

A relaxing manicure or pedicure followed by a gentle exfoliation of the skin, plus a luxurious and hydrating hand or foot massage. (50 minutes, \$40 or \$45)

ADDITIONAL NAIL SERVICES

Deluxe Manicure (25 minutes, \$20)

French or American Manicure (45 minutes, \$25)

Polish Change for Hands Only (\$10)

Note: A French or American polish can be added to a Hand or Foot Treatment for an additional \$10



SIGNATURE SPA PROGRAMMES

FULL DAY PROGRAMMES*

A light Spa lunch is provided with full-day programmes.

FULL DAY OF RESTORATION

This programme begins with Phytomer's revitalizing Hydra-Quench Body Treatment to soften and hydrate your skin, followed by an Oxygenating Seaweed Facial with a warm spine treatment, as well as a 50-minute Swedish massage. Finish with a Paraffin Manicure or Pedicure to refresh and revive. (4 1/2 hours, \$280)

DELUXE PROGRAMME by SOTHYS

Your skin is pampered from head to toe, starting with Sothys' Lift Defense Facial. A Karisoftness Nourishing Body Treatment, our Deluxe Manicure, and a 25-minute Swedish massage follow. (3 1/2 hours, \$225)

HALF-DAY PROGRAMMES*

LUXURIOUS AROMATHERAPY PROGRAMME

This programme features botanical essences to help hydrate your skin and stimulate your senses. It begins with a French Body Polish followed by a 50-minute Aroma Hydro-Massage. Next is a Hydrating Essential Oil Wrap intended to hydrate the skin and thoroughly relax you, finishing with an Aromatherapy Manicure to leave you feeling pampered and refreshed. (3 hours, \$205)

ULTIMATE SEAWEED PROGRAMME by PHYTOMER

A completely balanced health, skin care, and beauty programme including a French Body Polish, followed by a 25-minute Seaweed Hydro-Massage. A remineralizing Gel Body Masque combined with a hydrating seaweed facial masque completes this program, leaving you feeling refreshed and relaxed. (2 hours, \$175)

THE MEN'S PROGRAMME

For today's active man, this programme begins with a 50-minute Sports Hydro-Massage to relieve stress from vigorous activity. This is followed by our comprehensive Men's Skin Fitness Facial that soothes and deep-cleans the skin, and a Deluxe Manicure to moisturize dry hands and rough cuticles. (2 1/2 hours, \$170)

**There are no substitutions for any of the treatments in our Signature Spa Programmes.*

THE SPA

▪ AT THE DISNEY INSTITUTE ▪

The Spa at the Disney Institute. Right on the grounds of the Walt Disney World. Resort. Miles away from your ordinary routine. Leave the world behind. Come to a place it where you are the center of the universe. Luxurious skin therapies. Relaxing body treatments. Tension melts away as you enjoy a special gift all for yourself.

Release.

Recharge.

Renew.

Call (407) 827-4455 for an appointment.