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WALDORF ASTORIA®  
Spa



Menu of Services



## HIMALAYAN SALT THERAPY

Salt therapy, also called Halotherapy, is a natural therapy that has been practiced for over 100 years. It involves relaxing in a specialized room filled with dry salt particles to help cleanse the airways and skin, as well as aid recovery and general well-being.



## 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.

## HIMALAYAN SALT PACKAGES

HIMALAYAN SALT ESCAPE      80 mins

Enjoy a 50 minute Himalayan Salt Stone Massage and a 30 minute Himalayan Salt Room Therapy Session

HIMALAYAN HEALING INDULGENCE      140 mins

Rejuvenate with a soothing 80 minute Himalayan Salt Stone Massage and a 60 minute Himalayan Salt Therapy Session

## MASSAGE THERAPIES

### CBD MASSAGE 50 mins/80 mins

This massage uses full spectrum CBD hemp oil infused with a blend of ancient Korean herbs to nurture, ease muscle and joint aches, reduce inflammation, and soothe irritated skin.

### HONEY BUTTER MASSAGE 50 mins/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.

### 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.

### SWEET SLUMBER TRANQUILITY MASSAGE 50 mins/80 mins

Using rest-inducing botanicals, including lavender, vetiver, and clary sage, this massage promotes a restful night's sleep.

### ULTIMATE AROMATHERAPY MASSAGE 50 mins/80 mins

Incorporate a personalized aromatherapy selection in this massage with customized pressure.

### PRENATAL MASSAGE 50 mins/80 mins

Designed for mothers in their 2nd & 3rd trimesters, this massage focuses on alleviating discomfort experienced during pregnancy.

### COUPLES MASSAGE 50 mins/80 mins

Share in the bliss of a personalized couples massage experience.

### CUSTOMIZED MASSAGE 50 mins/80 mins

Enjoy a massage tailored to your specific needs and pressure preference. Utilizing an unscented oil, this massage can be either Swedish or deep tissue techniques and is personalized to your preferred areas of concern.

## BODY THERAPY

### 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.

## FACIAL THERAPIES

### DELUXE VITAL YOUTH GLOW 80 mins

Give your hands the finest in pampering. This service includes a soak, cuticle treatment, organic hand and nail buttercream scrub, paraffin treatment, hand and forearm massage using organic nourishing buttercream and polish application in your perfect shade.

### HYDRAFACIAL® 50 mins

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

### 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.

### CBD ANTI-AGING FACIAL 50 mins

This Certified Vegan service uses a blend of anti-aging Korean herbs infused with full spectrum hemp oil and essential oils to hydrate, firm and promote an even skin complexion. CBD oil works with your body's endocannabinoid system, maximizing your skin's full potential to grow new cells and discard old ones.

### LUMINESCENT MARINE FACIAL 50 mins

A gentle alpha beta peel and a hyaluronic marine modeling mask deliver intense hydration to skin, improving the appearance of dry surface lines and pores and revealing firmer, more radiant skin.

### 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.

### ILLUMINATING MINERAL FACIAL 50 mins

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

### NUFACE MINI FACELIFT ADD-IN

Uses the NuFace device to deliver powerful micro-current technology to skin, visibly firming and tightening. May be added to any 50 minute or greater facial service. Cannot be booked à la carte.

### BRIGHTENING PEEL ADD-IN

Combines natural alpha beta hydroxyl acids in a remarkably effective peel, gentle enough for all skin types. May be added to any 50 minute or greater facial service. Cannot be booked à la carte.

### REVIVING EYE ADD-IN

Includes LED light therapy for fine lines around eyes and a specialty eye mask to help reduce puffiness and dark circles. May be added to any 50 minute or greater facial service. Cannot be booked à la carte.

## HAND & FOOT THERAPIES

Our nail services are designed for natural nails. We regret that we cannot accommodate services for those with Acrylic or Gel nails. Shellac or chip-resistant polish can be removed and re-applied if desired. Please note that removal of existing gel polish is an additional fee.

### WALDORF ASTORIA MANICURE 80 mins

Give your hands the finest in pampering. This service includes a soak, cuticle treatment, organic hand and nail buttercream scrub, paraffin treatment, hand and forearm massage using organic nourishing buttercream and polish application in your perfect shade.

### WALDORF ASTORIA PEDICURE 80 mins

Soothe your feet with the ultimate pedicure. This service includes an aromatherapy soak, cuticle treatment, organic buttercream scrub, paraffin treatment, foot and lower leg massage using organic nourishing body buttercream and a polish application in your perfect shade.

### QUEEN BEE MANICURE-OR-PEDICURE 50 mins each

Enjoy the benefits of honey in this relaxing manicure or pedicure which includes a soak, cuticle treatment, honey scrub, callus removal, mask and massage using honey butter. Finish with a polish application in your perfect shade.

### GEL MANICURE 50 mins

Using CND gel polish, this gel manicure includes a soak, scrub, massage and gel polish application. Perfect for special events or those on-the-go, this polish is dry upon completion of the service and offers long-lasting wear.

### EXPRESS MANICURE-OR-PEDICURE 25 mins each

This express service is perfect for those on a tight schedule. It includes cuticle treatment, lotion application, shape of the nail and polish application.

### GENTLEMEN'S MANICURE-OR-PEDICURE 50 mins each

Manicure or pedicure treatments tailored especially for men.

### SOAK OFF GEL-OR-CHIP RESISTANT POLISH 30 mins

Already have a shellac or gel polish on your hands or toes? We can remove it for you prior to your manicure or pedicure with us. Cannot be booked à la carte.

## SALON SERVICES

Waldorf Astoria Salon 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 services are à la carte.

### DEAD SEA MINERAL MUD HAIR & SCALP TREATMENT

50 mins

Using mineral-rich mud from the Dead Sea, this treatment softens, nourishes and restores brilliance while repairing damaged hair.

### REVITALIZING SCALP TREATMENT

30 additional mins

Reinvigorate your hair and scalp with a Siberian Ginseng Scrub, which can be added to any cut, color, highlights or shampoo & blow dry. We regret this 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)
- Special Occasion Style (updo, curls, buns, twists, braids)
- Color
- Full Highlights
- Partial Highlights
- Keratin Treatment

## COVID-19 PRECAUTIONS

At Waldorf Astoria Orlando, the health and safety of our guests and team members is our highest priority. As part of our response to this health emergency, we are requiring all spa guests to submit to a temperature check as a condition of entry to the spa. Given the close proximity between our guests and team members during spa treatments, we believe this is critical to prevent the spread of the virus. We also require our spa team members to submit to temperature checks and symptom screening before they enter the spa each day.

We have developed a protocol to minimize the information collected and shared as a part of this process. Additionally, we are applying the same safeguards to protect this information as we have in place for similar categories of data.

**If you are exhibiting a fever or any of the symptoms consistent with COVID-19, the spa will decline to go forward with your scheduled appointment. Hotel guests will be required to isolate in their guest rooms and seek medical attention prior to accessing any other public areas in the hotel. Local guests will be asked to return home.**

In addition, please note the following additional measures that are being taken to ensure your safety:

- We have made our cleaning and hygiene protocols even more rigorous, including additional time between services for sanitation and the removal of all shared items.
- We have taken additional measures to comply with physical distancing requirements, including the staggering of appointment times and spacing of seating areas.
- Spa team members are required to wear a face covering at work in accordance with the Centers for Disease Control (CDC) and World Health Organization (WHO) guidelines.
- Spa guests are required to wear face coverings except when the face covering must be removed for the performance of services involving the face.
- The locker rooms and hydrotherapy facilities are closed at this time.
- Upon arrival, you will be greeted in the reception area and escorted directly to your treatment room.
- We ask that you wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that has been provided in the spa.

We trust that you understand and appreciate the need for these protocols to protect you and other guests, as well as our team members.

## SPA INFORMATION

### HOURS

The Spa is open Thursday - Monday from 10:00am-6:00pm.  
Closed Tuesday and Wednesday.

### SPA FACILITIES

Use of the facilities is complimentary with any scheduled spa treatment. The locker rooms and hydrotherapy facilities including showers, steam room and whirlpool are closed at this time.

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

### CELL PHONE RESTRICTIONS

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

### 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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ORLANDO

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