



The Ritz-Carlton Spa® Orlando, Grande Lakes, offers you a rejuvenating retreat from the stress of the outside world. Whether you are a hotel guest, event attendee or resident of Orlando, we invite you to come relax the spirit and refresh the soul.

### Facilities

- 40 private treatment rooms
- Full-service Carita Salon
- Separate ladies' and gentlemen's lounges with private lockers, shower facilities, healing waters and separate balconies overlooking our private Spa pool and Golf Course.
- Co-ed relaxation lounge
- 4,000-square-foot outdoor lap pool and an outdoor whirlpool reserved for Spa guests
- Two semi-private pool-side cabanas
- The Wellness Center, open from 5:00 am to 10:00 pm daily, provides state-of-the-art equipment. Access is complimentary to hotel and Spa guests
- Vitale Café, open from 9:00 am to 4:00 pm Sunday-Thursday and 9:00 am to 5:00 pm Friday and Saturday
- Tranquility Boutique offering fine gifts in addition to products used within services
- **Spa hours of operation:**
  - 10:00 am to 7:00 pm Sunday-Thursday
  - 9:00 am to 8:00 pm Friday and Saturday

### Planning your Spa event

Let us tailor your spa event to your needs, choose from the following options:

- Select a special menu for your attendees. Appointment times can be based on your specified selections, and services are blocked on the hour. Pre-blocking appointments is highly recommended for groups larger than 15 people.
- Cover a specified dollar amount offered to each attendee, with the charge placed to your Grande Lakes Master Account or Authorized Credit Card. Attendees can choose from our Spa menu, and would be responsible for any cost difference.
- We will tailor a Spa Treatment Request Form for your attendees, which can be emailed or faxed to our Spa Coordinators, listing their selection in order of preference. Reservations are made on a first come, first serve basis.

Spa Coordinators can assist you in making a spa welcome amenity within your budgetary needs. Spa gift cards are available for services & Tranquility Boutique purchases.



## Group Fitness Classes

### 30-50 Minute Classes\*

Less than 10 guests ~ \$125.00 per class

10-15 guests ~ \$150.00 per class

16-30 guests ~ \$250.00 per class

31-50 guests ~ \$500.00 per class

50 guests or more ~ pricing available upon request

**Boot Camp** – Are you up for the challenge? This interactive aerobic class guides you through a series of fun outdoor workout exercises using the resort grounds and nature's resistance.

**Yogates** – A natural fusion of basic Yoga stretches, combined with Pilates movements. Alleviate stress and increase your mind-body connection, while increasing your core strength.

**Morning Walk/Power Walk** - This invigorating class will help strengthen your heart, tone muscles and instill a general feeling of well-being and positive self-esteem. Walks are conducted on the resort grounds, or golf course (if available).

**Latin Cardio** - A great cardio workout using a combination of salsa, meringue and cha-cha basic moves, while adding a little spice and style.

**To the Core** - This class is designed with your core in mind. The focus is on abdominals and back creating longer leaner muscles. Through unique and fun resistance training you will enjoy a complete body workout that is both fun and energizing.

**Spinning** - Enjoy an indoor bike ride all set to music. From the beginner to the advanced cyclist enthusiasts, improve your cardiovascular conditioning as well as your muscular strength.

## Spa Seminars

Our seminars are a perfect way to incorporate spa trends and information to your event attendees. If you are not sure of what to offer your group, please allow us to assist! Advise us of what topics to cover, the age and demographics of your group, and we will customize a discussion to meet your guests' needs.

Seminars start from \$35.00 per person, per hour, and require a minimum of 5 attendees.

### Flawless Skin ~ 1 Hour

Enhance your appearance with tips on how to slow down the aging process and preventive maintenance.

### Massage Therapy and You ~ 1 Hour

Learn how you can apply the benefits of massage to counteract stress and increase well-being, with daily breathing techniques and stretching

### Fit for Life ~ 1 Hour

Tips on how to make your body the very best it can be through nutrition education, tips on cellulite reduction and at home or at the office techniques.

*\*Pricing does not include a 22% service charge; seminars are not taxable. Weather permitting; seminars may be conducted on the Spa patio, Cabanas, or Spa Lawn. Group Fitness Classes should be reserved with a Spa Letter of Agreement. Available ballroom space may also be determined with your Sales Manager or Meeting & Special Events Manager.*



## Other Indulgences

### The Suite Life

Reserve our Spa suite for your group with a personal verandah overlooking the Citrus Gardens. Meet with a personal Spa coordinator to plan a day of relaxation for your group attendees. Perfect for any social or business group of 5-8 people and includes:

- One 80-minute service with personal therapist consultation for each guest
- Personal Spa butler and private use of the Spa suite
- Complimentary bottled water, herbal teas and sodas
- Lunch served on the verandah
- Fresh fruit served throughout the day
- Chilled champagne and strawberries
- Personalized robe for each guest
- Maximum of 8 guests - \$3000.00-\$5000.00

### Spa At Your Service

A unique Spa networking option for your group, utilizing our private poolside cabanas and a variety of express spa services. Incorporate fresh made smoothies, skincare and anti-aging tips, and a spa takeaway for each attendee. Ideal for groups of 5-25 and includes:

- Fitness Class (1 hour) – Your choice of Power Walk, Yogates, or Boot Camp - \$240
- Made to order Smoothies from Vitale - \$9 per smoothie
- Use of poolside cabana including butler service, bottled water and fresh fruit - \$500
- Express Services –
  - Chair Massages (1 hour) - \$250
  - Paraffin Dips (1 technician for 2 hours) - \$130
  - Alpha-Beta Hand Peels (1 technician for 1 hour) - \$200
  - Hand and Feet Polish Change – (1 technician for 2 hours) - \$130
- Spa Amenities can be added for an additional \$5-\$30 per person

*\*22% Service Charge will apply to Fitness Class and Express Services pricing*

## Awards

- *Travel + Leisure Magazine* "**Top Hotel Spas by Treatments**" Ranked #7, 2006
- *Travel + Leisure Magazine* "**World's Best Awards**" Readers' Poll World's Best Hotel Spa (Continental US/Canada), 2006
- Mobil Travel Guide **America's Best Hotel and Resort Spas** awarded The Ritz-Carlton Spa Four-Star Rating, 2005 & 2006
- Condé Nast Traveler, **Voted #17 of Top 55 Spas** in North America, Caribbean and at Sea, April 2007
- Luxury Spa Finder Magazine, **2007 Reader's Choice Awards** awarded "Best for Interior Design" and "Best for Luxury"
- Orlando Sentinel, **101 Best** "Best Day Spa" 2007
- Orlando Magazine, **Orlando's Best Awards** "Best Spa" 2007 & 2008
- Condé Nast Traveler, **79 Top Spas** Ranked #12 and also received award for "Best Resort Spa for Facilities" and "Best Resort Spa for Service", April 2009

