



MIND
BODY
SPIRIT
YOU



9840 International Drive | Orlando, FL 32819

407.996.1248 | Hotel Guests, Dial *65

TheSpaAtRosenCentre.com

License No. MM11798

A woman with dark hair and a white flower in it is lying down, eyes closed, receiving a hot stone massage. A hand is holding a large, rounded, light-colored stone against her shoulder. In the foreground, a lit candle in a glass holder is visible. The background is dark and out of focus.

REWARD
THE SENSES.
REVITALIZE
THE SPIRIT.

The Spa at Rosen Centre believes that when you have harmony within, you are never without. More than pampering experiences, our treatments provide enriching opportunities to calm the mind, nourish the body and revive the spirit.

MASSAGE THERAPIES

AROMA TOUCH MASSAGE

80 Min. \$185 | 50 Min. \$135

A revitalizing healing treatment that combines the unique benefits of cypress, peppermint, marjoram, basil, grapefruit and lavender essential oils known to provide relaxing and comforting effects. This benefit-rich blend helps to create an ideal whole-body wellness experience.

INTERNATIONAL MASSAGE

80 Min. \$160 | 50 Min. \$110

Known the world over for the long flowing strokes that make it the classic body massage, the Swedish massage delivers complete rest and relaxation while relieving muscle tension and enhancing circulation.

ASHIATSU BAREFOOT MASSAGE

80 Min. \$185 | 50 Min. \$130

This traditional barefoot technique yields extraordinary, enriching results. Soothing full-body strokes and deep pressure are applied, releasing toxins and inducing deep relaxation. Helps reduce aches and pains while also increasing lymphatic drainage. Extremely therapeutic, this is perfect for those who relish deep tissue massages.

THERAPEUTIC MASSAGE

80 Min. \$175 | 50 Min. \$125

A relaxing experience with a healing touch that focuses on the different layers of muscle tissue to alleviate sore, stressed muscles and help relieve chronic pain. Your therapist will customize a treatment to address your specific issues, such as lower back pain or a stiff neck from sleeping.

DEEP TISSUE MASSAGE

80 Min. \$185 | 50 Min. \$135

Tailored to the needs of those more physically active, this specific massage addresses problematic muscles and joints common to amateur athletes. The specific combination of strokes and techniques helps stretch the muscles and improve flexibility while also flushing metabolic waste from the tissues.

HIMALAYAN SALT STONE MASSAGE

80 Min. \$200 | 50 Min. \$150

Organic Himalayan salt stones are naturally infused with 84 minerals that help replenish the body. Combined with heat and the skills of our therapists, this signature salt stone massage leaves you feeling utterly relaxed. Benefits include increased blood circulation and reduced inflammation.

MOMMY-TO-BE MASSAGE

50 Min. \$120

Therapeutic and completely relaxing, our prenatal massage is designed for moms-to-be who are past their first trimester. Soothing strokes and safe, healthful techniques help alleviate muscle aches and joint discomfort common with pregnancy. Refreshes while also reducing fatigue and improving circulation.

REFLEXOLOGY MASSAGE

50 Min. \$120 | 25 Min. \$70

Performed by a specially trained massage therapist, this ancient Chinese technique stimulates specific pressure points on the legs and feet to relieve tension and restore a smooth energy flow throughout the body. As delightful as it is beneficial.

TREATMENTS FOR TWO

80/50 Min. | Price Varies

A pampering experience for you and a special guest, this custom treatment is designed to surpass every expectation. Price varies depending on services selected and their duration.

In-Suite Massages are a luxurious way to be pampered in the privacy of your guestroom or suite. Simply call the spa for details, pricing and the availability of our 80- and 50-minute massages.



BODY TREATMENTS

SIGNATURE LAVISH MILK & HONEY RITUAL

80 Min. \$175

Rehydrating and nourishing, this skin-firming ritual utilizes a refreshing blend of Fijian honey and fresh coconut milk that is liberally applied for a complete mind, body and spirit rejuvenating journey. Enjoy a gentle body exfoliation followed by a warm honey body butter masque and full-body wrap that firms and tightens the skin. A Divine Scalp Massage using exotic oils concludes the experience, which leaves your skin soothed and replenished.

HERBAL FUSION BODY BOOST

80 Min. \$175

A refreshing experience that lightens the load of stress and environmental factors while boosting circulation and ridding your body of harmful toxins. Your entire body will be gently massaged with a warm Fijian herb ball to start the detox process, followed by a Dilo nut exfoliation rich in antioxidants to lift impurities from the skin. The journey of renewal is complete with a ginger root masque and a lymphatic massage to boost your metabolism and leave you refreshed.

RADIANT GLOW

50 Min. \$125

Raw cane sugar is blended with exotic nut oils with nourishing vitamins A, B, C and E to gently exfoliate, cleanse and rehydrate your skin, creating the ultimate healthy glow and revealing a radiant new you.

EXOTIC RELAXATION

50 Min. \$130

Using exotic oils high in vitamins A, B, C and E, this treatment begins with a gentle all-over body brush exfoliation to stimulate circulation, followed by a relaxing massage and rich moisturizing wrap. While nestled in your cocoon, feel the stress melt away with a Divine Scalp Massage treatment, bringing balance to your body and a sense of well-being to your spirit.

GENTLEMEN'S BODY BUFF

50 Min. \$130

Designed specifically for the special needs of men, this hydrating and exfoliating treatment tones and brings a buff clean look to the skin.



MASSAGE & BODY TREATMENT ENHANCEMENTS

DIVINE SCALP MASSAGE

25 Min. \$50

Relax as our massage therapist expertly stimulates cranial pressure points on the scalp. Throughout, warm exotic oils are slowly applied to your scalp and hair, creating a rich, relaxing experience.

PARAFFIN PERFECTION TREATMENT

\$30

An indulgent addition to any spa service, this paraffin treatment uses a blend of cosmetics-grade paraffin wax, virgin coconut oil and lavender oil to deliver therapeutic anti-aging benefits and hydrating boost that helps restore, replenish and soothe your hands and/or feet.

HIMALAYAN SALT STONES

\$45

Organic Himalayan salt stones are naturally infused with 84 minerals that help replenish the body. Added to your massage, their application will leave you feeling deeply relaxed.

MINI COOL STONE FACE MASSAGE

\$25

This cold stone therapy uses smooth, chilled stones to effectively treat inflammation, relieve sinus tension and assist with TMJ and headaches. It also helps to calm and quiet the overactive mind.

HYDRATING FOOT RITUAL

\$25

Using our signature blend of coconut milk and honey, this revitalizing treatment consists of a deep foot exfoliation followed by a delicate massage that perfectly pampers your feet.

FACIAL REJUVENATION

SIGNATURE HYDRATING FACIAL

80 Min. \$175** | 50 Min. \$125

This signature comprehensive treatment combines our Tri-Vitamin C Blend with correcting hydroxy acids, plant-derived stem cell technology and deeply hydrating ingredients to treat redness, inflammation, as well as dry/dehydrated and photo-aging skin. Utilizes the Roll + Glow rose quartz facial roller to de-stress, de-puff and produce an overall fantastic feeling. Your experience concludes with a shot of YANA™, a revolutionary, daily beauty supplement that boosts natural collagen production.

FIRMING & TRANSFORMATIONAL FACIAL

80 min. \$175** | 50 min. \$125

This antioxidant-rich anti-aging facial is one of a kind, revitalizing and hydrating stressed and dull skin to leave it visibly plump, smooth and a firmer appearance.

BE CLEAR PURIFYING FACIAL

80 Min. \$160** | 50 Min. \$115

This comprehensive treatment combines powerful anti-bacterial peptides and salicylic acid with soothing anti-inflammatory botanicals to combat all grades of acne. This cleansing facial is ideal for treating acne and acne-prone skin.

GENTLEMEN'S EXFOLIATING FACIAL

50 min. \$120

Created specifically for men and hardwearing skins of all types, this revitalizing facial begins with a deep purifying cleanser that refreshes and restores. It's followed by a gentle exfoliation and penetrating masque, which removes the top layer of dead skin, allowing for younger skin to advance. We finish with our anti-aging serum and light crème that helps lock in moisture and rebalance the skin.

PLATINUM ENZYME PEEL

80 Min. \$175** | 50 Min. \$125

This luxurious treatment contains an organic blend of pumpkin and fruit enzymes to polish and perfect dull skin. Plant-derived stem cells protect cells and slow the aging process, while potent peptide stimulates collagen and targets fine lines, wrinkles, loss of elasticity and dull, sallow complexion to produce instantly firmer-looking skin.

ILLUMINATING FACIAL

80 Min. \$165** | 50 Min. \$120

Using the latest innovations in lightening agents, this amazing treatment diminishes dark spots while powerful exfoliants create a glowing, even tone on all skin types from ebony to ivory.

O2 LIFT MASQUE

80 Min. \$165** | 50 Min. \$120

Our oxygenated facial treatment is a one-of-a-kind masque with "Foam Burst Technology." This effervescent masque is designed to create radiant skin in just minutes. Formulated for all skin types.

BACK FACIAL

50 Min. \$110

This skin care treatment for the back focuses on purging the toxins that cause clogged pores. Your back will be cleansed, polished, hydrated and refreshed!

FACIAL ENHANCEMENTS

HYDRATING COLLAGEN EYE PADS

\$5

Our 100% pure collagen eye pads offer intense hydration, effectively reducing the appearance of fine lines, wrinkles and puffiness.

EXTRACTIONS

\$20

Enjoy a smooth, blemish-free complexion. Our licensed skin care professionals go pore by pore to remove all congestions underneath the skin. (Facials do not automatically include extractions.)

360° APPROACH TO SKIN CARE

\$5

YANA™ collagen shot, a revolutionary daily beauty supplement that boosts natural collagen production. Add it to any facial.

***Our 80-minute services include a 15-minute Firming Neck and Décolletage Treatment and a 15-minute Lifting and Firming Eye Treatment.*



HANDS & FEET SPECIALTY THERAPIES

BEYOND BLISS MANICURE

45 Min. \$55

Featuring a luxurious line of flower extracts, we begin with a warm coconut milk and honey soak followed by a cleansing and exfoliating scrub of Fijian cane sugar infused with essential oils. Relax as your hands are expertly massaged with coconut milk and honey butter, leaving them feeling soft and nourished. Includes a pampering warm stone massage for your arms and hands, shaping of nails and choice of color.

BEYOND BLISS PEDICURE

65 Min. \$75

This luxurious pedicure ritual begins with an invigorating coconut milk soak and cleansing. A centuries-old blend of essential oils mixed with Fijian cane sugar is applied to exfoliate dry skin. Followed by a rich masque of vitamin-rich exotic oils that nourishes and hydrates. Includes a pampering warm stone massage for your legs and feet. Your choice of nail polish is applied to the nails or buff-shined to perfection.

BEYOND BLISS MANICURE & PEDICURE

120 Min. \$140

Our two blissful mani/pedi rituals plus warm, soothing Paraffin Perfection Treatments. Includes a complimentary glass of wine to complete your pampering experience.

THE SPA MANICURE

40 Min. \$45

Enjoy a warm coconut milk soak followed by an exfoliation using pure cane sugar infused with exotic oils. A rich mango butter masque is then applied to reduce lines and deeply hydrate the skin. Culminates with a nourishing oil massage, which leaves hands silky and smooth. Includes shaping of the nails your choice of color.

THE SPA PEDICURE

50 Min. \$65

Far from the typical pedicure, you're treated to a soothing and cleansing warm coconut milk soak followed by a gentle exfoliation using cane sugar infused with essential oils. A rich, penetrating masque of mango butter is then applied to help soften and smooth the skin. Concludes with a lower leg massage using warm exotic oils. Includes a shaping of the nails and choice of color.

THE SPA MANICURE & PEDICURE PACKAGE

90 Min. \$100

Our classic spa mani/pedi rituals, combined for your convenience.

GENTLEMEN'S MANICURE

30 Min. \$25

Soften, restore and condition your weary hands with a warm coconut milk soak followed by a Fijian cane sugar and exotic oils exfoliation. A warm butter masque massage concludes your treatment, leaving your hands smooth and soft. Includes shaping, natural buff and shine of the nails.

GENTLEMEN'S PEDICURE

45 Min. \$50

Save your soles with this popular ritual after a long day on your feet. Indulge in our warm coconut milk soak followed by a rich exfoliation with Fijian cane sugar infused with exotic oils. A warm butter masque is massaged on your legs and feet for a relaxing experience that softens and smooths the skin.

GLAMOUR GIRL MANI/PEDI

40 Min. \$40

Designed for our young glamour girls-in-training, 6-11 years of age, this pampering manicure and pedicure includes a hydrating soak and a natural nail polish application.

SPA POLISH CHANGE

15 Min. \$20

A classic polish application to beautify your hands. (Does not include nail care, cuticle care or callus removal.)

SHELLAC MANICURE

50 Min. \$55

Enjoy 14 days of hardwearing high-gloss shine! This manicure provides durable shine that resists chips, scratches and smudges for up to two weeks. Includes light buffing and nail shaping followed by application of shellac polish set with UV light for no drying time. Removal requires no filing or drills! A complimentary hand massage with pure Fijian oil complements this hand treatment.

ENHANCEMENTS

The following can be added to any of our manicures or pedicures for an additional cost. Due to added time requirements, please choose your preferences at the time of reservation.

| | |
|-------------------------------|------|
| French Polish | \$10 |
| Paraffin Perfection Treatment | \$30 |
| (Hands or Feet) | |
| Callus Treatment | \$20 |
| Warm Stone Massage | \$20 |
| Shellac Soak | \$10 |

HAIR SERVICES

A variety of hair services are available for your convenience, all of which include an in-depth consultation and finishing. Please note that **final** prices are based on the length, thickness and texture of your hair and will be determined during your consultation.

| Service: | Starting at: |
|------------------------------------|--------------|
| Women's Haircut, Shampoo and Style | \$65 |
| Women's Shampoo and Style | \$45 |
| Men's Haircut | \$35 |
| Mustache and Beard Trim | \$20 |
| Children's Haircut | \$25 |
| Age 10 and Younger | |
| Event Styling Trial | \$60 |
| Event Style Updo | \$80 |
| Bangs Trim | \$20 |
| Thermal/Flat Iron | \$25 |
| (Service Enhancement) | |

HAIR COLOR

Our exclusive hair care collection is designed to fortify, strengthen and nourish the follicle and scalp. Proudly paraben- and sulfate-free.

| Color Service: | |
|-------------------------|--------------|
| Full Color and Blow Dry | \$105 and up |
| Full Color and Cut | \$120 and up |
| Root Touch-up | \$50 and up |
| Full Highlights | \$140 and up |
| Partial Highlights | \$95 and up |
| Color Blending | \$40 and up |
| Corrective Color | By Consult |
| Double Process | By Consult |



MAKEUP

Whether you're craving a new look or are preparing for the most memorable of occasions, our makeup professionals can create the perfect color palette that will bring out the beautiful in you.

MAKEUP TRIAL

75 Min. \$85

A consultation with our skilled makeup artist to discuss and create your wedding day look.

COLOR MATCH APPLICATION

45 Min. \$50

Allow our artist to help you select your ideal eye shadow, brow, lip, foundation or blush color.

EVENT MAKEUP APPLICATION

90 Min. \$100

You'll be ready for your walk down the aisle, runway or your crowning pageant moment.

| | |
|-----------------------|----------------|
| Eyelash Strip Band | \$20 |
| Single Lash Extension | 120 Min. \$225 |

Replenish your natural lashes with our premium long wear, mink eyelash extensions, meticulously applied lash-by-lash and bonded with high-quality ultra plus adhesives by our certified eyelash professional to create a glamorous, instantly beautiful you.

| | |
|-----------------|------------------|
| Eyelash Refill | Starting at \$75 |
| Eyelash Removal | 30 Min. \$50 |

WAXING

| | |
|-------------------------|-------------|
| Brows | \$20 |
| Lips, Chin or Sideburns | \$15 |
| Underarms | \$30 |
| Lower Arms | \$30 |
| Full Arms | \$45 |
| Half Legs | \$40 |
| Full Legs | \$75 |
| Full Face | \$50 |
| Men's Chest or Back | \$65 |
| Bikini | \$40 |
| Brazilian Wax | \$65 and up |



SERVICE PACKAGES

SHEER HARMONY

4 Hrs. \$325
Delivering hours of pure delight, this spa package consists of our Lavish Milk & Honey Firming Ritual to help de-stress and revitalize, followed by a reviving Anti-Aging Vitamin C Facial. Concludes with The Spa Manicure & Pedicure in our salon, where you may enjoy a complimentary glass of wine.

SERENE RETREAT

2.5 Hrs. \$195
This indulgent experience begins with a classic 25-minute Swedish massage that combats fatigue and melts away tension while increasing flexibility and balance. Afterward, you are treated to a personalized 25-minute facial designed to address your skin's specific needs and challenges. Concludes with The Spa Manicure & Pedicure in our salon, where you may enjoy a complimentary glass of wine.

TOTAL BLISS FOR TWO

2.5 Hrs. \$500
A lavish experience that includes our Therapeutic Massage to alleviate sore, stressed muscles followed by a pampering facial with a cool stone face massage and ending in a light lunch for two. Complimentary champagne ensures a truly indulgent experience.

Express Services | 25 Min. Each

| | |
|---------------------|------|
| Pick-Me-Up Massage | \$65 |
| Pick-Me-Up Facial | \$65 |
| Pick-Me-Up Manicure | \$35 |
| Pick-Me-Up Pedicure | \$45 |

PICK-ME-UP PACKAGE

3.5 Hrs. | \$195
Combines all four services for the ultimate pick-me-up.

FITNESS CENTER

Our 24-hour fitness center is equipped with state-of-the-art cardio equipment, strength training and free weights to satisfy your workout needs. Cardio equipment includes treadmills, arc trainers, ellipticals and cardio bikes with screens and USB connections for your personal enjoyment. Fitness equipment includes free weight Smith machine, Cable Cross adjustable machine, circuit training machines, medicine balls, resistance balls and dumbbells of up to 100 lbs.

As a perk, all spa guests receive complimentary access to Rosen Centre's Fitness Center.

Otherwise, a Fitness Center membership is required and can be purchased at the Hotel Front Desk or Spa Reception Desk.

Rosen Centre Hotel Guest • Length of Stay • \$15
Other Rosen Hotels & Resorts Guests • Length of Stay • \$30

SPA AMENITIES

All guests receiving a spa treatment enjoy full-day complimentary access to the fitness center, outdoor Olympic-size heated pool, ladies' and gentlemen's facilities including relaxation room with a variety of refreshments, healthy snacks, and reading materials; eucalyptus steam room; and showers. For your comfort, we provide a private locker, spa robe and slippers for the day.

Spa Day Passes are available for Hotel Guests not receiving a spa treatment, which includes access to all spa and hotel amenities.

Registered Rosen Centre Hotel Guest Only \$20

Spa guests also enjoy complimentary valet parking directly outside The Spa at Rosen Centre entrance.



THE SPA AT ROSEN CENTRE GUIDE

AGE REQUIREMENTS

Guests must be 18 years of age or older to use the spa and fitness center facilities and 12 years of age or older to use salon facilities unaccompanied. Younger guests must be accompanied by a parent. As a courtesy to other spa guests, children are not to be left unattended in any area of the spa facility.

APPOINTMENTS

Our Spa Concierge will be pleased to offer suggestions on services and the best order of treatments that are right for you. We recommend appointments be made in advance to ensure availability. A valid credit card is required at time of reservation.

SPECIAL CONSIDERATIONS

Please notify us when making your reservation if you are pregnant, have high blood pressure, allergies, any physical ailments or disabilities requiring special assistance or if you are using Retin-A, Accutane or retinol/glycolic products, as this may affect your choice of services. A brief questionnaire in our Personal Care Guide will also be completed upon spa check-in.

CHOICE OF MASSAGE THERAPIST

If you have a special request for a specific massage therapist or gender, please let us know when booking your reservation. We will make every effort to accommodate your requests based on availability.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify us at least six hours in advance to avoid being charged the full treatment price. Cancellation of packages or private parties requires a five-day notice to avoid penalty.

ARRIVAL

To get the most of your spa visit, we encourage arrival 30 minutes prior to your scheduled appointment so that you may enjoy a leisurely check-in, prepare for your treatments, use the steam room and de-stress with a soothing cup of tea in our relaxation lounge. Should you arrive late, your service will be modified and end at the originally scheduled time so as not to delay the next scheduled guest. The full value of your treatment will be charged.

PREPARING FOR YOUR TREATMENT

A warm shower or use of steam is an excellent way to relieve stress and prepare your body for relaxation. Shaving is recommended for gentlemen at least two hours prior to a facial. Shaving is not recommended prior to body treatments or hair removal services.

SPA ATTIRE

A spa robe and slippers will be provided upon arrival. Most body treatments are enjoyed without clothing and undergarments are not necessary; however, please disrobe to the level of your comfort. To ensure your comfort and privacy during your service, the body is fully draped except for those areas receiving the treatment. Loose-fitting clothing such as shorts and t-shirt are ideal for treatments received clothed.

TALK TO YOUR THERAPIST

Communication is the key to getting the most from your spa experience. Prior to your treatment's commencement, we encourage you to tell your therapist which areas you would like to focus on and any areas that should be avoided. Our skilled therapists are devoted to exceeding your expectations and ensuring your utmost relaxation. If at any time you experience any discomfort due to room temperature, massage pressure, music volume or any other condition or circumstance, please alert your therapist immediately.

PREGNANT GUESTS

Our Spa Concierge will guide you to the best treatments for you. We recommend avoiding treatments using deep pressure and heat. Treatments specifically designed to safely relax mothers-to-be may be enjoyed after the first trimester. Please advise us of your due date when booking your appointment.

VALUABLES

The Spa at Rosen Centre is not responsible for loss or damage to personal articles and valuables during your visit. Please do not bring valuables to the spa or store them in your spa locker. For your comfort, please remove all jewelry prior to your treatments.

MOBILE PHONES

To preserve our tranquil environment, we request all mobile phones be turned off while visiting the spa.

PRICES & SERVICE CHARGE

We accept all major credit cards. Payment may be made in advance or charged to your guest room at any of our Rosen Hotels & Resorts. Treatment prices do not include gratuities. For your convenience, a 20% service charge will be added to all treatments or services rendered. Additional gratuities are at the guest's discretion.

FOOD & BEVERAGE

A variety of infused waters, teas, fruits and snacks are provided in our relaxation lounges for your enjoyment. Wine, champagne and special hors d'oeuvres and dessert presentations may be ordered in advance. Alcoholic beverages may be consumed before or after your treatments.

GIFT CERTIFICATES

Spa Gift Certificates are an ideal way to honor any occasion and can be redeemed for services, packages and retail products.

SPA AT HOME

Take The Spa at Rosen Centre spa experience home with you with unique gift items and our signature collection of Pure Fiji products used during your treatments.

SPA PARTIES

We offer an ideal environment for your corporate or client outing, birthday, anniversary, bachelorette, bridal shower, girlfriend getaways and baby shower gatherings. Let our Spa Concierge assist you with all the details.



SPA MENU

For your enjoyment, we offer a tailored spa lunch selection from Harry's Poolside Bar & Grill.

Grilled Vegetable Pizza
Grilled Island Tri-Colored Peppers, Artichokes Hearts, Portobello Mushrooms, Manchego and Mozzarella Cheese

Island Ahi
Seared Ahi Tuna and Baby Field Greens, Papayas and Grilled Pineapple Drizzled with Tamarind Mango Vinaigrette

Harry's Dinner Salad
Jerk Chicken atop Baby Greens and Mixed Fresh Berries, Drizzled with Olive Oil and Balsamic Vinegar

