



MIND
BODY
SPIRIT
YOU

THE SPA

AT ROSEN CENTRE

A woman with blonde hair is lying down, resting her head on a white towel. She has a red flower in her hair. In the background, there is a white sink and a dark wooden cabinet. The image is framed by a large white circle in the top left and a white circle in the bottom right, both with gold borders. There are also green and gold curved lines at the bottom left.

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.

SPA INSPIRATIONS

ROAD TO SERENITY

80 Min. | \$210

Experience the divine powers of lavender flowers, sandalwood, and chamomile essential oils, combined with calming massage techniques in a tranquil and serene atmosphere. Melt into a deep state of relaxation as your treatment concludes with our exfoliating and hydrating foot ritual and massage. Complete Zen awaits everyone who journeys into Serenity.

Paired best with: *Divine Scalp Massage*

EXOTIC RELAXATION

80 Min. | \$230

Dive into relaxation with soothing massage techniques performed by the healing hands of our therapists, using vitamin-rich orange blossom and coconut exotic oils. A dry body brush exfoliation prepares the skin for a deeply moisturizing body wrap and a warm hand and foot hydrating treatment. While nestled in your cocoon, enjoy a warm oil scalp massage treatment that balances the body and lifts the spirit.

Paired best with: *Warm Stone Massage*

DEEP MUSCLE RELEASE

80 Min. | \$230

Target different layers of tissue in this treatment with essential oils that alleviate sore muscles and help relieve frequent pain. Combined with the restorative strength of menthol and arnica, your session will be customized by expertly trained therapists to address your specific issues. Trigger Point Therapy and Stretching techniques may be included to yield deeply therapeutic results.

Paired best with: *Cupping*

DREAMS OF HIMALAYA

80 Min. | \$240

Combined with heat and 84 naturally occurring minerals, organic Himalayan Salt Stones help replenish the body and leave you feeling utterly relaxed. Our therapists will use traditional Swedish-style techniques, as well as our deeply hydrating milk and honey organic oil. Benefits of this treatment include light skin exfoliation, increased blood circulation, reduced inflammation and muscle cramps while allowing your body to restore itself to balance.

Paired best with: *Hydrating Foot Ritual*

MASSAGE CLASSICS

INTERNATIONAL RELAXATION

80 Min. \$190 | 50 Min. \$130

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

THERAPEUTIC MASSAGE

80 Min. \$210 | 50 Min. \$150

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.

MOMMY-TO-BE MASSAGE

50 Min. \$150

Designed for moms-to-be who are in their second and third trimesters, our prenatal massage is therapeutic and yet relaxing. Soothing strokes and safe, healthful techniques help alleviate muscle aches and joint discomfort common with pregnancy.

FOOT HAVEN

50 Min. \$140 | 25 Min. \$80

Performed by a specially trained massage therapist, this treatment is specifically targeted towards 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.

DIVINE SCALP MASSAGE

25 Min. | \$75

Relax as our massage therapists expertly stimulate cranial pressure points on the scalp. Throughout, warm exotic oils are slowly applied to your scalp and hair and conclude with a warm towel hydrating treatment to create a rich, relaxing experience.

MASSAGE SPECIALTIES

80 Min. \$235 | 50 Min. \$175

Our massage specialties offer a wide range of specialized services from different cultures around the world. Whether it is traditional Ashiatsu Barefoot massage, Sacred Lomi massage, Lymphatic Drainage massage, traditional Thai or Cupping massage, these focused techniques vary in flow and depth, yet can yield extraordinary, enriching results. Ask our Spa Concierge desk for the availability of these services while making your reservation.





IN-ROOM EXPERIENCE

80 Min. \$255 | 50 Min. \$195

In-suite massages are a luxurious way to be pampered in the privacy of your guest room or suite. Simply call The Spa for booking details and availability of our 80-minute and 50-minute customizable massage.

ESCAPE TOGETHER

80/50 Min. | Price Varies

Delight in your choice of our spa services for a relaxing getaway with a special guest. Prices vary depending on the services selected and their duration.

BODY TREATMENTS

LAVISH MILK & HONEY RITUAL

80 Min. | \$230

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 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. | \$230

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 exfoliated with our dry body brush and massaged with a warm Fijian herb ball to start the detox process. This journey of renewal is complete with a dried Dilo leaf and ginger root masque and a lymphatic massage to boost your metabolism and leave your body refreshed.

RADIANT GLOW

50 Min. | \$150

Raw cane sugar is blended with exotic fruit and seed 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.

SUNKISS RESCUE

50 Min. | \$150

Is your Skin feeling the effects of the Florida sun? Look no further than our tropical healing treatment to combat sunburn and other skin irritations! Dilo Rescue is high in vitamins A, C and E, and combined with coconut oil and aloe vera to deliver a super charged healing cocktail for the skin. Relax as the cooling Dilo Rescue Gel is applied to skin, followed by a decadent hand and foot treatment. A soothing scalp massage is performed while the Dilo masque works on soothing and repairing the skin. This treatment ends with a spritz of our Dilo Rescue Spray to lock in moisture and help heal your skin.

FACIALS TREATMENTS

PURE HYDRATION

80 Min. \$205 | 50 Min. \$145

This 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.

Paired best with: Vitamin C Enhancer, Collagen Boost

SKIN BALANCE

80 min. \$205 | 50 min. \$145

Polish away impurities and restore natural resilience to brighten and nourish the skin with our product line infused with powerful super-antioxidants and key organic ingredients. Free from anything synthetic, this gently and balancing facial is perfect for all skin types.

Paired best with: Vitamin C Enhancer, Cool Stone Face Massage

BE CLEAR

80 Min. | \$230

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

Paired best with: Antioxidant Enhancer, Divine Scalp Massage

LIGHTEN AND BRIGHTEN

80 Min. \$205 | 50 Min. \$145

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

Paired best with: Kojic Acid Enhancer, Collagen Boost

DEEP OXYGENATION

80 Min. \$220 | 50 Min. \$160

Powerfully combined with stem cell healing treatments, this oxygenated treatment features a one-of-a-kind masque with "Foam Burst Technology" applied to the skin after our gentle skin peel exfoliation. This facial is Formulated for all skin types and is designed to create radiant skin in just minutes.

Paired best with: Stem Cell Enhancer, Eco-fin Treatment

PLATINUM ENZYME PEEL

80 Min. \$220 | 50 Min. \$160

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 target fine lines, wrinkles, loss of elasticity and dull, sallow complexion to produce instantly firmer-looking skin.

Paired best with: Cool Stone Face Massage, Hydrating Foot Ritual

FIRM AND LIFT

80 Min. \$220 | 50 Min. \$160

This antioxidant-rich anti-aging facial is one-of-a-kind treatment for revitalizing and hydrating stressed and dull skin. Fruit enzymes and high-purity clays and jojoba beads gently polish away dullness while enzymatic plant extracts help bring skin into balance, hydrating with hyaluronic acid. All skin types will see improved texture, tightness, and tone for visible plump, smooth, and firm.

Paired best with: Cool Stone Face Massage, Hand Softening Treatment

PURIFYING BACK FACIAL

50 Min. | \$160

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

MASSAGE AND SKINCARE ENHANCEMENTS

Collagen Boost	\$25
Extractions	\$25
Facial Enhancers	\$25
Cool Stone Face Massage	\$25
Hydrating Foot Ritual	\$35
Eco-fin Treatment	\$20

NAIL TREATMENTS

Please notify your reservation agent if you are wearing any gel polish that requires removal at the time of your service. Acrylics and extensive nail styles or designs are not available. Hotel amenities are available upon request for salon services.

BEYOND BLISS

Manicure 55 Min. | \$70

Gel Manicure 70 Min. | \$90

Pedicure 80 Min. | \$100

Gel Pedicure 90 Min. | \$110

Escape to the exotic islands of Fiji! This Beyond Bliss ritual begins with a warm coconut milk soak and cane sugar exfoliation infused with cold-pressed, organic oils and seeds. Hands and feet are then wrapped in our deep hydrating body butter, massaged with our coconut milk and honey oil and warm stones, and a heated eco-fin wrap elevates this blissful treatment. Includes complete cuticle, callus and nail care, polish or buff-shine to perfection, and a complimentary glass of wine for an ultimate, well-deserved experience.

ESSENTIALS

Manicure 40 Min. | \$50

Gel Manicure 55 Min. | \$70

Pedicure 50 Min. | \$70

Gel Pedicure 65 Min. | \$90

Enjoy our classic manicure pedicure, which starts with a warm coconut milk soak and exfoliation using pure cane sugar infused with mango exotic oils. A calming hydrating oil massage follows, with complete cuticle, nail care and your choice of polish.

GLAMOUR GIRL MANI/PEDI

30 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. | \$25

Just had a manicure or pedicure? Let us quickly refresh your polish and beautify your hands or feet. (Does not include removal of gel polish, nail, cuticle, or callus care.)

NAIL ENHANCEMENTS

The following can be added to a manicure or pedicure for an additional cost. Due to added time requirements with certain enhancements, please choose your preferences at the time of reservation.

Gel Removal	\$15
French Polish	\$15
Heated Stone Massage	\$15
Eco-Fin Treatment	\$20
10 min Foot Massage	\$20
25 min Foot Soak	\$45

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 Haircut Only	\$50 and up
Women's Shampoo & Style	\$60 and up
Women's Haircut, Shampoo & Style	\$75 and up
Event Style Updo	\$90 and up
Men's Haircut	\$40 and up
Mustache & Beard Trim	\$25 and up
Children's Haircut (Age 10 and younger)	\$30 and up
Bangs Trim	\$30 and up
Thermal/Flat/Curling Irons	\$30 and up
Restorative Hair Treatment	\$40 and up

HAIR COLOR

Our exclusive hair care collection is designed to fortify, strengthen, and nourish the follicle and scalp. Proudly paraben- and sulfate-free. Timing for these services is approximate and may take longer to achieve desired effect.

Color Service:	
Express Color Gloss	\$100 and up
Full Color & Blow Dry	\$150 and up
Full Color & Cut	\$160 and up
Partial Highlights	\$100 and up
Full Highlights	\$160 and up
Root Touch-up	\$50 and up
Corrective Color	By Consult
Double Process	By Consult



MAKEUP

Whether you are 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. | \$100
A consultation with our skilled makeup artist to discuss and create your wedding day look.

COLOR MATCH APPLICATION
45 Min. | \$75
Allow our artists to help you select your ideal eye shadow, brow, lip, foundation, or blush color.

EVENT MAKEUP APPLICATION
90 Min. | \$150
With this full coverage, glamour makeup application, which includes eyelash extensions, you'll be ready for your walk down the aisle, runway, or your crowning pageant moment.

WAXING SERVICES

Brows, Lips, Chin or Sideburns	\$20
Full Face	\$75
Underarms	\$25
Lower Arms	\$30
Full Arms	\$40
Half Legs	\$45
Full Legs	\$55
Men's Chest or Back	\$60
Bikini	\$50
Brazilian Wax	\$75 and up

SERVICE PACKAGES

Advanced booking highly recommended

TOTAL BLISS FOR TWO
2 Hrs. | \$700 (Includes service charge.)
A lavish experience that includes our 50 min therapeutic massage to alleviate sore, stressed muscles, followed by a 50 min balancing facial with a cool stone face massage and ending in a light lunch for two. Complimentary champagne ensures a truly indulgent experience.

SHEER HARMONY

4 Hrs. | \$479 (Includes service charge.)

Delivering hours of pure delight, this spa package consists of our 80 min Lavish Milk and Honey Firming Ritual to help de-stress and revitalize, followed by a 50 min reviving Vitamin C Facial. Concludes with our Essentials Manicure and Pedicure in our salon, where you may enjoy a complimentary glass of wine.

SERENE RETREAT

2.5 Hrs. | \$299 (Includes service charge.)

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 balancing facial designed to address your skin's specific needs and challenges. Concludes with our Essentials Manicure and Pedicure in our salon, where you may enjoy a complimentary glass of wine.

MOTHER-DAUGHTER PACKAGE

2 Hrs. | \$805 (Includes service charge.)

Join us for a charming mother-daughter spa haven which begins with a choice of 50 min therapeutic massage or 50 min Pure Hydration facial. Concludes with our Essentials Manicure and Pedicure for both, where you may enjoy a complimentary glass of champagne.

EXPRESS SERVICES

Pick-Me-Up Massage	25 min \$75
Pick-Me-Up Facial	25 min \$80
Pick-Me-Up Manicure	25 min \$40
Pick-Me-Up Pedicure	25 min \$60

PICK-ME-UP PACKAGE

2 Hrs. | \$279 (Includes service charge.)

Combines all four services for the ultimate pick-me-up.

GENTLEMEN'S DOMAIN

DEEP MUSCLE RELEASE

80 Min. | \$230

Handpicked from our Spa Inspirations as the perfect massage for today's gentleman, this deeply therapeutic massage will target specific issues in sore muscles to help relieve pain and restore health and wellness.

GENTLEMEN'S BODY BUFF

50 Min. | \$150

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

GENTLEMEN'S EXFOLIATING FACIAL

50 Min. | \$145

Created specifically for men and hard-wearing 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 aloe gel 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.

GENTLEMEN'S MANICURE

40 Min. | \$45

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 FOOT SOAK

25 Min. | \$45

Unwind with a healing aromatic soak that will soothe tired, achy feet. Complete your experience with an energizing leg and foot massage.

GENTLEMEN'S PEDICURE

50 Min. | \$65

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 massage on your legs and feet for a relaxing experience that softens and smooths the skin.

MEN'S HAIR CUT

25 min | \$40

MEN'S MUSTACHE AND BEARD TRIM

25 min | \$25





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.

Limited Spa Day Passes are available for registered Hotel Guests not receiving a spa treatment, which includes access to the lounge, steam room, Fitness Center and hotel amenities including hotel pool, whirlpool, and restaurants.

Registered Rosen Centre Hotel Guest Only | \$35

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



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 15 years of age or older to use salon facilities unaccompanied. Younger guests 11 to 17 years must be accompanied by a parent during their Spa services and while in The Spa facilities, and 6 years to 14 years must be accompanied by a parent during their salon services. For their safety and as a courtesy to other spa guests, children are not to be left unattended in any area of The Spa facilities.

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

As a courtesy to other guests and staff, we strictly adhere to the cancellation policy. Any treatment canceled within eight hours prior to the appointment time will be charged for the full treatment price. Cancellation of multiple services requires twenty-four hour notice and 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 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.

SPA ETIQUETTE

To ensure all our guests enjoy a relaxing experience, please respect all guests' right to privacy and serenity. Please refrain from using mobile devices and taking photos in The Spa areas.

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 and are subject to change without notice. For your convenience, a 20% service charge will be added to all treatments or services rendered. Additional gratuities are at the guest's discretion.



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.



9840 International Drive | Orlando, FL 32819

407.996.1248 | Hotel Guests, Dial *65

SpaAtRosenCentre.com

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