

TREATMENT
MENU





WELCOME TO THE WALDORF ASTORIA SPA

At Waldorf Astoria Spa, we deliver true expertise that impacts and aligns with our guests' prioritization of wellness alongside skincare at the vanguard of innovation.

We invite our guests to disappear into a sumptuous retreat like no other. Social celebration or solo sequestering, celebratory moments or secluded havens, the Waldorf Astoria Spa will tick every box, without you even having to ask.

Our passion for the very best in wellness and skincare comes to life with our unique approach. We envelope the greatest spa experiences in our Waldorf Astoria hospitality.





VITALITY

OUR SPA SIGNATURE TREATMENT

Designed to ensure every massage move is personalized for the guest and delivered with attention to detail, this treatment returns true artistry to spa. A combination of personalization and signature touchpoints, the subject is massage, but the autograph is unique. Our five touchpoints are recognizable the world over, however each location offers its own unique perspective.

VITALITY

Embark on a stunning aromatherapy journey. Regain clarity with notes of eucalyptus and peppermint. Reconnect your heart with the opulent scent of roses. Blissful notes of lavender will embrace you in a blanket of comfort. This massage features elongated strokes reminiscent of our magnificent ocean tides and a soothing scalp treatment to release neck tension and nourish the hair. This escape concludes with gentle sounds of nature to awaken you from a peaceful slumber.

80 MINUTES



THE SKINCARE ATELIER

Delivering only the best skincare offering. We have a commitment to introducing innovation and niche skincare to guests ensuring that we meet the right needs for absolute skin health.

COUTURE PLANT STEM CELL FACIAL

Harness the power of cutting-edge biotechnology and botanical extracts with this intensive facial designed for dramatic skin renewal. Packed with vitamins and powerful peptides, this experience features Margy's lymphatic drainage massage and lifting techniques. Highly active Swiss apple stem cells boost elasticity for instant and potent anti-aging effects.

110 MINUTES

AGELESS FACIAL

Experience the transformative power of our collagen facial, expertly crafted to dramatically reduce fine lines and achieve a smooth, radiant complexion. Featuring highly potent actives and a pure collagen sheet mask, complemented by Margy's lymphatic drainage massage, this treatment enhances elasticity for a more contoured, lifted and luminous glow.

80 MINUTES

HYDRAFACIAL

This machine-assisted facial uses Vortex-Fusion® technology to remove impurities, giving skin immediate new life. Also available for scalp or back.

Extend to 80 minutes for lymphatic drainage, LED light therapy and Omorovicza's Intense Skin Renewal Booster, which will reduce the appearance of fine lines, stimulate collagen and reduce inflammation.

50 OR 80 MINUTES

GOLD SOOTHING FACIAL

A European style facial encapsulating true indulgence. Luxurious products infused with colloidal gold will deeply calm, hydrate and brighten the skin. The treatment offers essential nourishment for the skin, promoting a youthful appearance.

80 MINUTES

CBD GLOW FACIAL

Brighten, soothe and nourish the skin with botanical-rich CBD products. A signature bouquet of luxury active florals including Damascus rose, orange blossom and hibiscus harmonize with full spectrum CBD to improve the appearance of dark spots, promote even skin texture, and address dark circles and fine lines.

50 MINUTES

PERSONALIZED ILLUMINATING FACIAL

Using products enriched with minerals from the healing thermal waters of Budapest, this is the ultimate prescription for dull or lackluster skin. Our European style facial will leave the skin plumped and brightened. Instant results come from our copper peel, which reveals a renewed and radiant complexion.

50 MINUTES

BEING WELL

This treatment offering will deliver exceptional traditional spa treatments intertwined with wellness innovation that is elevated to reflect the deepening needs to elevate and optimize our wellbeing.

MASSAGE

DIAMOND AND GOLD RADIANCE MASSAGE

Our divine collagen face mask infused with real diamonds, vitamin b3 and hyaluronic acid will reduce dark spots and brighten skin tone. While masked, this exquisite serum will be blended with a gold shimmer oil and massaged onto the body using customized pressure to soothe muscles and rejuvenate the skin.

50 OR 80 MINUTES

DE-STRESS AROMATHERAPY MASSAGE

This decadent medium pressure massage using Lola's Apothecary's signature fragranced oil is designed to nourish your skin while enveloping you in a cloud of splendor. Please arrive 30 minutes prior to participate in a scent selection for your personalized aromatherapy journey.

50 OR 80 MINUTES

DEEP TISSUE MASSAGE

Relieve muscle pain with this firm pressure massage. A spot treatment using our locally sourced, organic botanical cream enriched with anti-inflammatory ginger and capsaicin loaded cayenne will soothe tight muscles. Hot and cold stones enhance the warming and cooling action of this cream along with Hypervolt percussion to increase blood flow to restricted areas.

50 OR 80 MINUTES

RELAXATION MASSAGE

Using classic Swedish massage techniques, this full body, light pressure massage will relax the muscles and soothe the mind. The perfect choice for anyone depleted from long days at the parks, meetings or jetlag.

50 OR 80 MINUTES





OCEAN TIDE ENERGIZING MASSAGE

An extraordinary table topped with heated pillows of water mimics the rhythmic passage of the ocean's waves. The body will dance in-sync with the serene ebb and flow of nature's most healing resource. Melt tension away during this blissful medium pressure massage focused on stretching which will provide an ethereal feeling of floating.

80 MINUTES

SALT SOLACE MASSAGE

The ultimate salt experience. Our signature Himalayan Salt Stone Massage will be performed in our bespoke Salt Solace Room. Micro particles of salt will be dispersed into the air during your 50 minute treatment. Breathe deeply and revel in the pairing of this inhalation massage journey.

50 MINUTES

QUARTZ GROUNDING MASSAGE

Lying on a bed of heated quartz, reminiscent of Florida's sun-drenched beaches, you will be enveloped in the warmth of nature's healing granules. The body will become grounded as it nestles into quartz dunes in preparation of a harmonious medium pressure massage that will relax the mind and body for a full sensory journey.

80 MINUTES

MOTHER TO BE MASSAGE

Our master therapists will pamper the body with gentle pressure using our Lola's Apothecary Sweet Lullaby Soufflé. The light scent of lavender will luxuriate the senses and allow stress to melt away. Expecting moms must be in the 2nd or 3rd trimester to enjoy a massage

50 OR 80 MINUTES

BODY

CACAO & ROSE BODY RITUAL

This anti-oxidant rich body treatment features raw cacao and blooms of rose and sweet orange. A sumptuous whipped body polish exfoliates the skin followed by a decadent chocolate mousse to replenish. A massage featuring our rose scented Delicate Romance body soufflé will conclude your journey with blissful hydration.

110 MINUTES

ANTI-CELLULITE SCULPTING WRAP

A distinctive skin ritual to improve skin quality, sculpt and redefine your body's contours. This treatment features advanced slimming techniques to target areas of concern and aid in the natural detoxification process. Light lymphatic massage techniques will improve circulation resulting in a visibly toned silhouette and an overall sense of wellbeing.

80 MINUTES

DETOXIFYING MINERAL MUD WRAP

Capturing the essential nature of mineral-rich Hungarian Moor Mud, this unique treatment is designed to share its curative, healing properties and restorative effects. A dry brush exfoliation will leave the skin silky smooth. A cooling, deep cleansing body mask and wrap will aid in detoxifying the system and transforming the mind.

80 MINUTES

BREATH OF CLARITY BODY POLISH

Our whipped body polish combined with uplifting essential oils of eucalyptus, peppermint, rosemary and zesty lemon create the perfect exfoliant to revitalize the skin. An application of nourishing body oil will leave you hydrated and replenished.

50 MINUTES



PACKAGES

COUPLES CELEBRATION EXPERIENCE

Settle into our VIP suite where you will begin with an 80 minute couples massage. Next, unwind in the en-suite tub with a jacuzzi soak for two. Conclude your pampering with a 50 minute couples facial experience. After your services, adjourn to our Tranquility Lounge to enjoy a bottle of our house champagne.

3 HOURS

ISLE OF SERENITY

Experience the bliss of our Sand and Sea massages together. Enjoy both a 50 minute Quartz Grounding Massage and a 50 minute Ocean Tide Energizing Massage for a full sensory journey. Conclude your experience with a 20 minute salt inhalation session. Package is also available as a couples session.

2.5 HOURS

SEASONAL EXPERIENCES

Our team hand-selects a variety of treatments to indulge in the scents of the seasons. Please call our spa receptionists or visit our online menu to view our current offerings. Our bespoke products will nourish the body all year long.

VARIES



MASSAGE COMPLEMENTS

Enhancing each of our chosen treatments, these shorter treatments boost wellbeing when combined with any other element on our menu. They complement and elevate our curated offering.

EXTENDED MASSAGE

Extend your session with additional massage on your chosen focus area. Can be added to most massages or body treatments.

30 MINUTES

SOOTHING SCALP TREATMENT

An enchanting mask application will release tension from the neck and head while nourishing the hair with vital minerals and oils.

30 MINUTES

WARM HIMALAYAN SALT STONES

Himalayan Salt Stones will ground and balance the body's electromagnetic field, nervous system, and meridians to melt away stress.

0 MINUTES

RESTORATIVE FOOT MASSAGE

Revive tired feet with a focused massage using a locally crafted organic sore muscle balm with cooling notes of menthol, eucalyptus and peppermint.

30 MINUTES

SALT INHALATION THERAPY

Inhaling fine salt particles will improve respiratory function, eliminate bacteria and soothe the lungs. The salt room accommodates up to 2 guests at a time.

20 OR 50 MINUTES

SWEET LULLABY HYDRATING HAND OR FOOT TREATMENT

Deliver intense moisture to your hands or feet with this opulent mask. Evening primrose oil soothes dry skin, while improving elasticity and hydration.

0 MINUTES

NORMATEC LEG TREATMENT

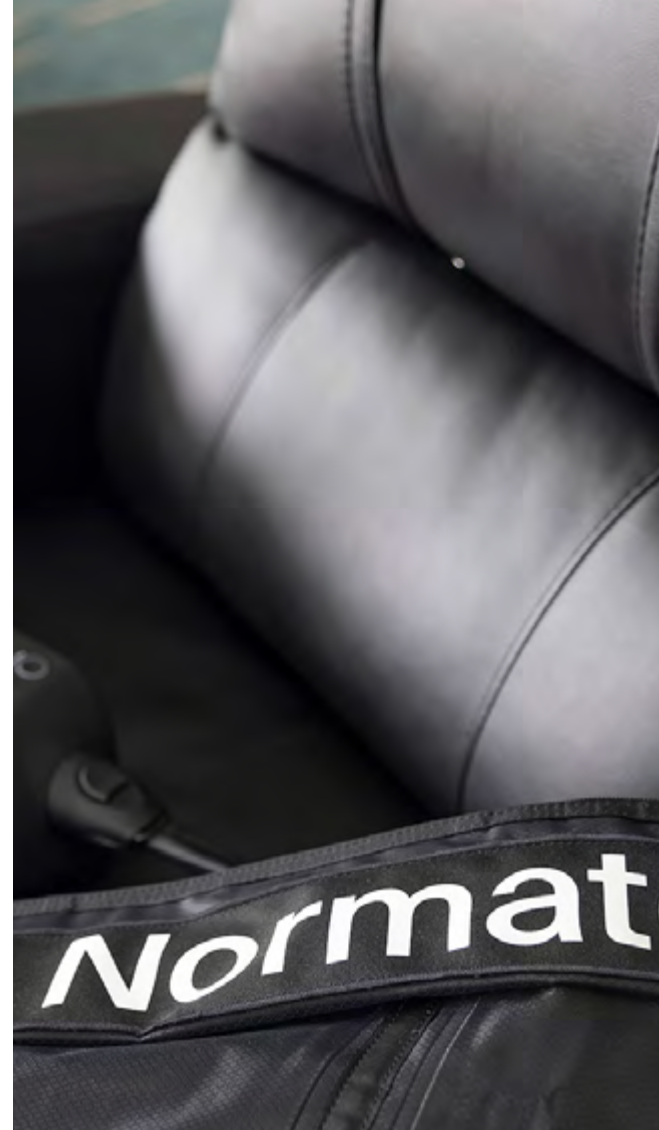
Normatec boots use compressed air to improve circulation, reduce swelling, and relieve pain in feet, calves, hamstrings, and quads.

20 OR 50 MINUTES

CBD ENHANCEMENT

Our full-spectrum CBD will reduce tightness, joint pain and inflammation while promoting overall relaxation.

0 MINUTES



MASSAGE COMPLEMENTS

AROMATHERAPY OIL

Choose from Citrus Refresher (zesty), Spring Renew (refreshing), Travel Reset (restorative) or Lavender Mint (soothing) essential oil blends

HYPERVOLT PERCUSSION

Incorporate percussion therapy into your massage. Targeted pulses of pressure help relieve muscle pain, stiffness, and soreness.

GOLD REPAIRING EYE MASK

24K colloidal gold soothes and reduces inflammation. Firm and repair under eyes to restore a youthful appearance.

BOTANICAL PAIN RELIEF BALM

Spot treat with our locally sourced, organic botanical cream enriched with anti-inflammatory ginger and capsaicin loaded cayenne to increase circulation and ease muscle pain.

DIAMOND RADIANCE COLLAGEN FACE MASK

Infused with real diamonds, vitamin b3 and hyaluronic acid, this Knesko face mask will reduce dark spots, minimize pores and brighten skin tone.

FACIAL COMPLEMENTS

KNESKO PRO-COLLAGEN SERUM BLEND

Scientifically formulated to target a range of skin conditions, these serums defy gravity, restore complexion and hydrate to leave you glowing both inside and out.

PERK EYE OR LIP BOOSTER

Exfoliate and hydrate the eye or lip area with this specially targeted booster. Can be added to any Hydrafacial.

GOLD REPAIR HAND MASK

Our gold repair collagen hand mask revitalizes signs of aging, dryness, dullness and rough texture

VITA-C BOOSTER FOR HYDRAFACIAL

This vitamin C serum offers immediate and long term brightening effects for dull or textured skin. Can be added to any Hydrafacial.

HYDRAFACIAL NECK & DÉCOLLETÉ BOOSTER

Replenish moisture, soften lines and add essential anti-oxidants for a youthful neck and décolleté. Can be added to any Hydrafacial.



NAILS

CLASSIC MANICURE

Indulge your hands in a soak, cuticle and nail care, scrub, mask, and massage followed by a polish application in your preferred color.

50 MINUTES

CLASSIC PEDICURE

Treat your feet to a soak, cuticle and nail care, scrub, mask, and massage followed by a polish application in your preferred color.

50 MINUTES

LUXURY MANICURE

Enhance your manicure with our bespoke Lola's Apothecary Breath of Clarity body polish and soufflé. Finish with our long-wear polish in the perfect shade.

80 MINUTES

LUXURY PEDICURE

Enhance your pedicure with our bespoke Lola's Apothecary Breath of Clarity body polish and soufflé. Finish with our long-wear polish in the perfect shade.

80 MINUTES

POLISH CHANGE

For natural nails only. We will remove your existing polish, shape nails and re-polish. Existing gel removal will incur additional time and cost.

15 MINUTES

SALON TREATMENTS

SHAMPOO & BLOWDRY

Allow us to wash and blowdry your hair. Pricing/duration based on hair length. Work on existing extensions will incur additional time and cost.

50+ MINUTES

SPECIAL OCCASION STYLE

Choose an up-do, half-up, braids, buns, twists or curls. Does not include a shampoo as these styles typically work best on unwashed hair.

50+ MINUTES

HAIRCUT & STYLE

Enjoy a haircut, shampoo and blowdry. Pricing/duration based on hair length.

50+ MINUTES

MEN'S CUT

Haircut and style for very short hair.

40 MINUTES

HAIR COLOR

Single color, partial and full highlights available upon consult. Color does not include a blowdry, which can be booked a la carte.

50+ MINUTES



SPA ETIQUETTE

Facility Information

We feature separate ladies and gentlemen's lounges complete with lockers, rainfall showers, jacuzzi, and steam room. We also offer a co-ed Tranquility Lounge on our lower level for shared relaxation. The spa interiors are a clothing optional space. Guests may prefer to bring a swimsuit, however, one is not required. Use of the facilities is included with any 50 minute or greater treatment.

To maintain the tranquil nature of the spa environment, use of the facilities is available for guests age 18 and older with a scheduled treatment of 50 minutes or greater. Guests under the age of 18 are welcome to receive treatments with a parent's permission, however, the facilities will be unavailable.

Arrival

We recommend arriving at least 15 minutes prior to the start of your scheduled treatment. Our services begin promptly as scheduled. If we are unable to accommodate a late arrival, your treatment time will be abbreviated at the full service price so as not to delay the next guest.

Cancellations

As a courtesy to our therapists and other guests, we adhere to a 24-hour cancellation policy. Cancelling or rescheduling appointments within the 24-hour window will result in a charge of the full treatment cost. All cancellations/reschedules must be made directly with the spa during regular operating hours. Requests made via the hotel front desk are not applicable.

Cell Phone Restrictions

To respect the privacy of our guests and to maintain a tranquil environment, we request guests refrain from using cell phones inside of the spa including locker rooms, wet areas and relaxation lounges. Since the spa is a clothing optional space, photography and videography are prohibited.

Pricing Structure

Treatment prices vary based on spa availability. All prices listed are "starting at" and may fluctuate due to day of the week or business levels. Please call our team at 407-597-5360 or visit our online portal to capture accurate rates for your preferred day and time. It is recommended that guests secure an appointment upon inquiring as rates may continue to change.

Service Charge

A 21% service charge will be added to all services for convenience, which will be dispersed to the treatment providers and support staff who assisted you during your visit.

Disclaimer

As required by Florida state law, for the safety and security of our guests, a valid government-issued ID is required at check-in for all spa services. This policy applies to all guests including those using gift certificates or vouchers. Acceptable forms of identification include, but are not limited to, a passport, driver's license, or national identification card.

WALDORF ASTORIA SPA

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