

BOAT • BIKE • FISH • EXPLORE

# GRANDE LAKES *Sports*

Grande Lakes Sports is located at The Ritz-Carlton Orlando, Grande Lakes across from Ritz Kids. Here you can rent mountain bikes to ride the resort's bike trail and make reservations for fishing, kayaking and all other outdoor excursions.

**TO RESERVE: x4531 or 407-393-4531**



4012 Central Florida Parkway | Orlando, Florida 32837 | 407-206-2400 | [Ritz-CarltonOrlando.com](http://Ritz-CarltonOrlando.com)

## HIDDEN TRAIL MOUNTAIN BIKES:

Two mile radius mountain bike trail on our grounds featuring Scott Spark and Trek Fuel Mountain bikes.

Daily Resort Fee includes two bikes per room for one hour. For an additional bike, it is \$30/30 minutes. (Includes mountain bike, helmet and water bottle. Closed toed shoes required. Must be at least 13 or able to safely operate adult bike).

## FISHING EXCURSIONS:

Join our professional guide on an exciting angling excursion for Florida strain largemouth bass in our private, trophy managed lakes and ponds. Guests can choose to fish aboard a Hyde drift boat or explore the resort's angling options from shore in a specifically designed Outfitter's all-terrain golf cart. The very best in spinning or fly rods are provided as well as all artificial lures and flies. No license is required for this exciting catch and release trophy bass fishing adventure where you never leave the resort.

**By boat:** \$80/hour per person. Limit 2 anglers.

**By shore:** \$70/hour. Call for availability.

Guests 17 and under must be accompanied by an adult.

Requires a 24 hour cancellation notice

## PRIVATE FLY CASTING INSTRUCTION:

From the fundamentals to advanced casting techniques, anglers of all levels will learn a thing or two from our Director of Fly Fishing, Captain Mark Benson, a Certified Casting Instructor from the International Federation of Fly Fishers.

\$90/hour per person. Based on availability. Must reserve 24 hours in advance.

## ECO-TOURS:

Travel back in time on a kayak or canoe through Shingle Creek during your two hour guided Eco-Tour. You will be met by a trained guide who will take you on a specifically designed Outfitter's all-terrain golf cart through the property to the Headwaters of the Florida Everglades where you will have a chance to encounter the various wildlife that Florida has to offer.

\$70 per person. Multiple tours offered daily dependent on guide availability.

Guests 17 and under must be accompanied by an adult. Requires a 24 hour cancellation notice.

## SUNRISE SAFARI:

Join a trained guide on a trip on the wild side, as you explore the beginning of a new day on the 500 acre Grande Lakes Orlando resort. From the comfort of an all-terrain golf cart, you will have a chance to observe whitetail deer, bobcat, otters, alligators, Great Horned Owls and more. Departures vary with sunrise.

\$60 per person. This is an extremely popular excursion with limited availability; early reservations highly recommended. Requires a 24 hour cancellation notice. Please allow two hours for excursion. Call to reserve: 407-393-4531.

## FALCONRY: WALK WITH A HAWK:

Learn about the history of Falconry, rules and regulations, species identification, and biology. Following a brief training, participants are taken to the field where birds will follow attendees in the trees and fly down when called.

\$300/person. Must reserve 24 hours in advance.

Cancellations within 48 hours will be charged \$125 deposit.

## KAYAKS AND CANOES:

- (5) single seater kayaks
- (1) tandem kayak – up to 2 guests
- (2) canoes – great for the family-up to 3 guests

Friday through Sunday, 9:30 am - 12:00 pm. Must be 13 years old to operate the kayaks. Complimentary amenity offered Friday-Sunday. Two boats per room for 30 minutes on the Grande Lake. For an additional boat or additional 30 minutes it is \$60.

## RITZ-KIDS GRANDE LAKES EXPRESS:

All aboard our complimentary train that takes you on a journey around Grande Lakes. Climb aboard at the Gazebo to see the beauty of Grande Lakes.

Friday through Sunday, 10:00am and 2:00pm.

## **TO RESERVE: x4531 or 407-393-4531**



## THE RITZ-CARLTON SPA

ORLANDO, GRANDE LAKES

### EXPERIENCE

#### GRANDE INDULGENCE

MON - TH | 80 MIN \$255 | 110 MIN \$295  
FRI - SUN | 80 MIN \$270 | 110 MIN \$310

A unique experience created at Grande Lakes to induce a profound state of wellbeing. Drift away whilst enjoying relaxation techniques designed to melt away tension and soothe the mind.

#### ENERGY BALANCING TREATMENT

MON - TH | 50 MIN \$180 | 80 MIN \$245  
FRI - SUN | 50 MIN \$195 | 80 MIN \$260

Experience a realignment of the mind, body and emotions through gentle chakra balancing, meditation and a customized journey through the senses.

#### ASHIATSU

MON - TH | 50 MIN \$190 | 80 MIN \$255  
FRI - SUN | 50 MIN \$205 | 80 MIN \$270

A full body massage using the therapist's bare feet to provide broad, profound and highly effective pressure while invoking a state of deep relaxation.

#### LOMI LOMI INSPIRED

MON - TH | 75 MIN \$250  
FRI - SUN | 75 MIN \$265

This Hawaiian inspired massage works gently to into the muscles using rhythmic forearm strokes. Harmonious music enhances this gently flowing nurturing massage (Minimal draping utilized).

#### THAI TREATMENT

MON - TH | 80 MIN \$260  
FRI - SUN | 80 MIN \$275

This treatment blends stretching, acupressure and rhythmic compression to bring balance and rejuvenate the body. Loose fitting, comfortable clothing required.

### MASSAGE

#### RELAXATION

MON - TH | 50 MIN \$170 | 80 MIN \$235  
FRI - SUN | 50 MIN \$185 | 80 MIN \$250

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage using light to moderate pressure and a blend of essential oils to melt away tension.

#### STRESS RELIEF

MON - TH | 50 MIN \$175 | 80 MIN \$240  
FRI - SUN | 50 MIN \$190 | 80 MIN \$255

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

#### DEEP MUSCLE

MON - TH | 50 MIN \$190 | 80 MIN \$255  
FRI - SUN | 50 MIN \$205 | 80 MIN \$270

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to alleviate common discomforts and sports related tension.

#### ADVANCED THERAPEUTIC

MON - TH | 50 MIN \$190 | 80 MIN \$255  
FRI - SUN | 50 MIN \$205 | 80 MIN \$270

A goal orientated session targeted to address specific areas of concern. Specially trained therapists utilize varying degrees of pressure and advanced techniques to address restrictions, adhesions and tissue limitations.

#### HOT STONE

MON - TH | 75 MIN \$250  
FRI - SUN | 75 MIN \$265

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate pressure to intensely soothe tired, aching muscles and aid relaxation.

#### REFLEXOLOGY

MON - TH | 50 MIN \$175  
FRI - SUN | 50 MIN \$190

This treatment focuses on pressure points of your feet to balance the energy meridians in your body.

#### NATURALLY NURTURED

MON - TH | 50 MIN \$180 | 80 MIN \$250  
FRI - SUN | 80 MIN \$195 | 110 MIN \$265

Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester

### BODY

#### BODY BALANCER

MON - TH | 50 MIN \$170  
FRI - SUN | 50 MIN \$185

Restore serenity to body, mind and skin with this richly indulgent and deeply reviving back, neck and scalp treatment.

### MEN

#### THE MEN'S MASSAGE

MON - TH | 80 MIN \$260  
FRI - SUN | 80 MIN \$275

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones on the back, facial massage and a soothing scalp massage.

#### MUSCLE RECOVERY

MON - TH | 50 MIN \$190 | 80 MIN \$255  
FRI - SUN | 50 MIN \$205 | 80 MIN \$270

Recharge your body with this powerful massage designed to alleviate deep seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to alleviate common discomforts and sports related tension.

#### POWER HOUR

MON - TH | 50 MIN \$190  
FRI - SUN | 50 MIN \$205

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens your senses, leaving you ready for anything.

**INCLUDES** Full body salt & oil exfoliation, back massage and oil application

#### THE MEN'S FACIAL

MON - FRI | 50 MIN \$185  
FRI - SUN | 50 MIN \$200

Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.



## FACIAL

### **CUSTOM**

MON - TH | 50 MIN \$185 | 80 MIN \$270  
FRI - SUN | 50 MIN \$200 | 80 MIN \$285

Purify, hydrate, brighten and smooth your complexion with this radiance restoring expert facial that is tailored to your individual needs.

### **ORGANIC**

MON - TH | 50 MIN \$185 | 80 MIN \$270  
FRI - SUN | 50 MIN \$200 | 80 MIN \$285

After a thorough analysis of the skin, a treatment is performed on all areas of the face, neck and décolleté, based on individual needs.

### **AGE-DEFYING**

MON - TH | 50 MIN \$210 | 80 MIN \$305  
FRI - SUN | 50 MIN \$220 | 80 MIN \$320

Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance to your complexion.

### **ALPHA BETA PEEL**

MON - TH | 50 MIN \$250 | 80 MIN \$320  
FRI - SUN | 50 MIN \$265 | 80 MIN \$335

Alpha hydroxy acids deeply exfoliate providing an immediate boost of collagen, elastin and hydration revealing visible results in skin clarity and discoloration.

### **GRANDE VITAMIN C**

MON - TH | 50 MIN \$195 | 80 MIN \$280  
FRI - SUN | 50 MIN \$210 | 80 MIN \$295

This customizable facial is for dehydrated, aging and environmentally damaged skin. Designed to tighten and detoxify the skin, restoring a firm, youthful and radiant complexion.

### **THE HYDRAFACIAL MD®**

MON - TH | 50 MIN \$245 | 80 MIN \$365  
FRI - SUN | 50 MIN \$260 | 80 MIN \$380

A non-invasive, non-surgical anti-aging procedure that delivers instant results by using LED light therapy along with the benefits of the HydraFacial MD technology.

### **ULTIMATE RADIANCE & RENEWAL**

MON - TH | 80 MIN \$300  
FRI - SUN 80 MIN \$315

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. The must-have treatment for immediate results prior to a special event.

## HAND & FOOT

### **GRANDE MANICURE**

MON - TH | 50 MIN \$60  
FRI - SUN | 50 MIN \$75

Maintain amazing results and keep nails in good condition with this conditioning treatment.

### **GEL MANICURE**

MON - TH | 50 MIN \$75  
FRI - SUN | 50 MIN \$90

A revolutionary polish is applied and set under a curing lamp. Your nails are immediately completely dry leaving you with incredibly durable, chip-free manicure for two weeks with superior shine.

### **ULTIMATE MANICURE**

MON - TH | 55 MIN \$140  
FRI - SUN | 55 MIN \$155

This indulgent treatment provides long lasting results deeply nourishing products to repair, replenish and condition your nails.

### **ORGANIC MANICURE OR PEDICURE**

MON - TH | 50 MIN MANICURE \$85  
FRI - SUN | 50 MIN MANICURE \$90

MON - TH | 50 MIN PEDICURE \$100  
FRI - SUN | 50 MIN PEDICURE \$105

Our eco-luxurious option for hands and feet.

### **ULTIMATE PEDICURE**

MON - TH | 70 MIN \$145  
FRI - SUN | 70 MIN \$160

An intensive treatment using deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.

### **GRANDE PEDICURE**

MON - TH | 50 MIN \$90  
FRI - SUN | 50 MIN \$105

Maintain amazing results and keep nails in good condition with this conditioning treatment.

### **ARNICA FOOT RESCUE**

MON - TH | 50 MIN \$110  
FRI - SUN | 50 MIN \$115

MON - TH | 60 MIN WITH POLISH \$130  
FRI - SUN | 60 MIN WITH POLISH \$135

This treatment helps rejuvenate tired, achy feet. Harnessing the benefits of arnica within the foot soak and massage to re-energize legs and feet.

## SALON

The Salon offers a wide range of hair and make-up services including: hair consultations, cutting, styling, hair extensions through to coloring and make-up artistry. Offering you the perfect look for any occasion.\*

\*Individual hair, make-up, wedding services and tanning are available upon request.

## FACIAL ENHANCEMENTS

### **LIFESTAGE ANTI-AGING BOOSTERS \$25**

Boost any facial by using the technologically advanced LIFESTAGE serums and moisturizers to address all the most visible signs of aging.

### **FACIAL BOOSTERS \$25**

Select from our extensive range of boosters, peels and masks to compliment your facial experience.

### **HAND REVIVER \$25**

Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands smooth, soft and bright.

## BODY ENHANCEMENTS

### **HOT STONE MELTER \$25**

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress.

### **SMOOTH & FIRM BODY BUTTER \$25**

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

## FACIAL & BODY ENHANCEMENTS

### **MOROCCAN OIL SCALP TREATMENT \$25**

Using the strengthening properties of Moroccan Oil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

### **PINK HAIR & SCALP MUD TREATMENT \$25**

An intensely nourishing hair treatment to soothe, smooth and nourish both your scalp and hair.

## ENHANCEMENTS

### **PARAFFIN HAND OR FOOT / \$25**

Include this treatment within your manicure or pedicure to leave your hands or feet feeling silky smooth while also promoting circulation to the area.

### **KERATIN GLOVE HAND OR FOOT \$25**

Include this treatment within your manicure or pedicure to help repair and restore nails.

## GUIDELINES

To maximize your Spa experience, please familiarize yourself with the Spa Guidelines.

### **AT TIME OF RESERVATION**

Spa reservations agents will assist you with planning your spa experience. Please inform the reservation agent of the following:

- + Allergies or medical conditions including pregnancy
- + If you have a gender preference for your Service Provider
- + If you have a request for a specific Service Provider
- + If you are celebrating any special occasions

A credit card is required to make all spa and salon appointments.

### **ARRIVAL TIME**

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to relax in the lounges, saunas, steam rooms, whirlpools and outdoor pool area. Arriving late will simply limit the time of your treatment. Your treatment time will not be extended as we cannot delay the next guest and the full value of your treatment will be charged.

## WHILE VISITING THE SPA

### **PERSONAL BELONGINGS/VALUABLES**

The Ritz-Carlton spa is not responsible for lost or stolen personal items. Please leave your valuables at home or in your room safe. Safety deposit boxes are available upon request.

### **USE OF CELL PHONES, ELECTRONIC DEVICES, CAMERAS**

To protect the privacy of our guests and to preserve the Guest experience, use of cell phones, electronic devices and cameras are prohibited in the Spa.

## WHILE DEPARTING THE SPA

Complimentary parking for spa guests is available at The Ritz-Carlton or the JW Marriott. Please be sure to bring your parking ticket to the Spa so we may validate it upon check-out.

## AGE REQUIREMENTS

Guests must be **18 years of age or older** to experience a massage, body treatment or enjoy the Spa relaxation areas, locker areas and pool.

Teen facials are available to anyone 16 or 17 years of age with a parent or guardian present in the treatment room. Locker/relaxation area **access will not be permitted.**

Salon treatments are available for children 5 years of age and older. This includes hair and nail services only. Parent must be present for the service.

## LOCKER AREAS AND POOL

Locker areas and pool are complimentary to Spa guests who have a minimum of a 50-minute service and are 18 years of age and older. Robes and slippers are provided in the ladies and gentlemen's lounges.

## FOOD AND BEVERAGE

Outside food or alcohol is prohibited in the Spa. A guest appearing intoxicated will be denied access to the spa. Vitale Café, located on the first floor of the spa is open seven days a week for your dining pleasure.

## CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the Spa at least 24 hours in advance of your appointment to avoid being charged the full service fee. Any appointments rescheduled within the 24-hour window will incur a move fee of \$45. Cancellations of packages or private parties require one week's notice. Groups are subject to a minimum 30-day cancellation policy.

## GRATUITIES

For your convenience, a 20% gratuity will be added for each spa service.

Gratuities are dispersed to the spa staff that served you during your visit. Additional gratuities may be offered at your discretion.

## HOURS OF OPERATION AND CONTACT INFORMATION

### **SPA**

Monday-Friday 9:00am to 5:00pm  
Saturday and Sunday 9:00am to 7:00pm

### **Vitale Café**

Sunday -Monday 11:00am to 5:00pm  
Friday and Saturday 11:00am to 7:00pm

### **SPA RESERVATIONS**

407-393-4200

[ritzcarltonorlandospa.com](http://ritzcarltonorlandospa.com)