

# General Information

6000 W. Osceola Parkway  
Kissimmee, Florida 34746  
(407) 586-4772  
GaylordPalms.com/Spa

## Hours of Operation

Relâche Spa  
9:00 a.m. – 8:00 p.m.

Fitness Center  
5:00 a.m. – 10:00 p.m.

### Relâche Gift Certificates

Give the gift of rejuvenation for any special occasion with a Relâche Gift Certificate, available for spa services, packages and retail purchases in the spa boutique.

### Wedding Day Makeup & Styling

Let us coordinate a customized service tailored to the needs of you and your wedding party. Call our Spa Coordinator for details.

### Corporate / Social Events

Relâche Spa is the ideal setting to rejuvenate and network with business colleagues or friends. Our Spa Coordinator is available to plan the perfect event.

## Service Charge

Please note that a 20% service charge will be added to all spa therapies.

## Is There A Minimum Age?

With the exception of children's salon services, **guests under the age of 18 must be accompanied by a parent or guardian.** Guests must be 16 or older to use the Fitness Center. Identification may be required prior to entering the Relâche Spa or the Fitness Center.

## When Should I Arrive?

For your enhanced comfort and relaxation, we recommend that you arrive 30 minutes prior to your treatment, allowing time to relax and experience the sauna, steam room and tea room.

## What If I Am Late For My Appointment?

Arriving late will simply shorten the time for your treatment, thus limiting your pleasure. Your treatment will end at the scheduled time so that the next guest will not be delayed. The full value of your treatment will be applied.

## What Is the Cancellation Policy?

We realize that sometimes your plans change. If you must reschedule or cancel your appointment, please notify us at least six hours before your scheduled appointment to avoid being charged the full service fee. If, within six hours of your appointment, you need to request a change in treatment type or an alternate appointment time, there will be a \$35 fee.

## What Do I Wear During My Treatment?

Most body treatments are enjoyed without clothing. However, please dress comfortably. During all treatments, the body is fully draped, except for the area on which being worked. Before and after your treatment, robes and slippers are provided in the spa lounges.

## What If I Have Special Health Considerations?

If you have high blood pressure, allergies, or any other physical ailments or disabilities, please notify our Spa Reservations at 407-586-4772 before booking your treatments. We reserve the right to determine whether we are able to provide service.

## What If I Am Pregnant?

While there are a few services that should be avoided during pregnancy, there are many beneficial treatments that can be enjoyed. Please notify us if you are pregnant so that we can guide you in the best direction.

## Should Men Shave Before A Facial?

Shaving isn't necessary, but it is recommended. If you do choose to shave prior to your facial, be sure to do so at least two hours prior to your scheduled appointment.

## What About My Comfort?

Whether it is the room temperature, massage pressure or the volume of the music, please notify your therapist of any discomfort or preferences.

## Considerations

**Cellular Phones** – To preserve our tranquil setting, we request that all cellular phones and pagers be turned off in the spa. For the privacy of our guests, use of any camera device is strictly prohibited.

**Safety** – For the safety of our guests and staff, we reserve the right to refuse service to individuals who appear intoxicated or under the influence of alcohol, drugs or inappropriate behavior. Please refrain from consuming any alcoholic beverage three hours prior to your appointment.



# Menu of Services



RELÂCHE™  
The Spa at Gaylord Palms

# Menu of Services

## Massage Therapies

Relâche Signature Massage	50/80 min.	\$130/\$185
Deep Tissue Massage	50/80 min.	\$140/\$190
Aromatherapy Massage	50/80 min.	\$135/\$190
Relâche Couples Massage	50/80 min.	\$280/\$390
Back In A Minute Massage	25 min.	\$70
Lemongrass Ritual	80 min.	\$180
Everglades Stone Massage	80 min.	\$190
Sole Rejuvenation	50 min.	\$140
Relâche's Exclusive Hydro-Therapy Treatment	50 min.	\$130
Thai Massage	80/100 min.	\$185/\$245
Bamboo Massage	80 min.	\$180

## Fountain of Youth Therapies

Oxygen Facial	80 min.	\$225
Atoxelene (enhancement to the Oxygen Facial)		\$100
The Relâche Radiance Facial	80 min.	\$185
Relâche Spa Signature Facial	50 min.	\$140
Sensitive Skin Facial	50 min.	\$140
Tranquility Facial	50 min.	\$140
The Ultimate Tranquility Facial	80 min.	\$185
Ponce de León Facial	80 min.	\$180
Deep Cleansing Facial	80 min.	\$180
Gentlemen's Hot Towel Facial	50 min.	\$140
Purifying Back Facial	50 min.	\$140

## Treatment Enhancements (all times vary)

Warm Stone Enhancement (massage only)	\$20
Island Scalp Massage (massage or facial)	\$20
Invigorating Scalp Treatment (massage or facial)	\$20
Sand & Sea for Hands or Feet (massage or facial)	\$20
Paraffin for Hands or Feet (facial only)	\$25
Crystal Treatment Exfoliation (facial only)	\$20
Oxygen Treatment Exfoliation (facial only)	\$20

## Signature Body Therapies

Islamorada Glow	50 min.	\$140
Clearwater Hydrating Wrap	50 min.	\$135

Island Ritual	80 min.	\$185
Sun Relief	25 min.	\$70
Shirodhara	50 min.	\$140
Treasures of the Sea	50 min.	\$145
Sea Results Ritual	80 min.	\$195

## Prenatal Services

Mellow Mama	50/80 min.	\$130/\$185
Free Your Mind	50 min.	\$130
The Smoothie	80 min.	\$185

## Hand & Foot Therapies

Blue Ocean Pedicure	50 min.	\$85
Sea Mist Manicure	50 min.	\$65
Sunshine Manicure	30 min.	\$40
Walking on Sunshine Pedicure	50 min.	\$75
Royal Relâche Manicure	50 min.	\$65
Royal Relâche Pedicure	80 min.	\$95
Express Pedicure	30 min.	\$45
Everglades Stone Pedicure	80 min.	\$95
Mana'ia Pedicure	50 min.	\$75
Tired Feet Relief	25 min.	\$55

## Other Nail Services

Acrylic Nails/Full Set	80 min.	\$85
Acrylic Nails/Full Set (pink & white)	80 min.	\$100
Acrylic Fills	50 min.	\$55
Acrylic Fills (pink & white)	50 min.	\$70
Acrylic Nail Repair (each)	15 min.	\$10
Nail Removal	30 min.	\$40
Polish Change	15 min.	\$25

## Nail Enhancements

Paraffin (hands or feet)	15 min.	\$25
Callus Treatment		\$20
French Polish (hands or feet)	15 min.	\$15

## Salon Services

Make-Up Application	50 min.	from \$75
Women's Designer Haircut & Style		from \$75

Women's Shampoo & Style		from \$65
Women's Special Occasion Shampoo & Style		from \$75
Style for the Bride		from \$90
Deluxe Conditioning Ritual		\$110
Deluxe Conditioning		from \$45
Express Conditioning		from \$30
Waxing	(times and fees vary)	
Hair Color*		from \$80
Corrective Hair Color* (prices and times based on consultation with Stylist)		
Full Highlights*		from \$160
Partial Highlights*		from \$110
Designer Perm*		from \$125
Gentlemen's Designer Haircut & Style		from \$45

\*Chemical services do not include style.

## Children & Pre-Teen Services

Princess Up-Do (10 and under)	30 min.	from \$50
Wiggle Worm Haircut (10 and under)	30 min.	from \$25
Princess Manicure (10 and under)	30 min.	from \$30
Princess Pedicure (10 and under)	30 min.	from \$50
Make-Up 101 (16 and under)	30 min.	from \$35

## Fitness Services

### Personal Training

One-on-One Session	50 min.	\$75 Appt. Only
Fast Zone	30 min.	\$35 Appt. Only
Body Composition	30 min.	\$50 Appt. Only
Fitness Classes	Times Vary	\$10

### Fitness Groups

Wellness Lecture & Group Class – Consult with our Spa Coordinator  
 Rejuvenation Break – Consult with our Spa Coordinator

## Spa Day Pass

Includes the use of the steam room, sauna, locker rooms, access to our coed tea/relaxation lounge and Fitness Center. Call for pricing.

## Spa Packages

Enjoy an extended spa experience – or give it as a gift! Please call for information about our seasonal spa packages.

