



RELÂCHE™

The Spa at Gaylord Palms



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Florida has long been recognized for her azure oceans and captivating coastline, but the true wonder of her waters lies within – deeper within her enchanting and mystical natural springs. We invite you to soothe your senses and pause the pace of time while surrounded by the blue-green ambience inspired by the mystical natural springs of Florida. Our extensive menu of services features several signature massages exclusive to Relâche Spa. Dive into our tranquil oasis where soothing facials and rejuvenating peels will wash away the day’s stress, revealing a healthy, radiant glow.

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Massage Therapies

As you enter our lush Everglades Atrium, you will enjoy a world-class spa experience in our expansive, yet intimate, spa sanctuary. We feature several signature massages exclusive to Relâche Spa.

Relâche Signature Massage* (50/80 minutes)

Enjoy our classic full-body massage that encompasses all major muscle groups. Our customizable Swedish massage is perfect for reducing stress, relieving tension, easing discomfort and improving circulation.

Deep Tissue Massage* (50/80 minutes)

Enjoy this massage technique that focuses on the deeper layer of muscle tissue. This massage is perfect to release chronic muscle tension by using slower strokes and more direct, deep pressure and friction applied across the grain of the muscles. To ensure the highest quality of attention and relief, only two or three areas may be addressed in the 50 minute session.

Aromatherapy Massage (50/80 minutes)

Scent has a profound effect to the body's five senses. Experience essential oils and therapeutic essences from plants, infused with nourishing oils to promote well being on many levels. Our specialized massage technique engages influences from the East and West to relax, revive, renew and de-stress the body.

Relâche Couples Massage (50/80 minutes)

Say "goodbye" to stress, tension and worries as two therapists work in tandem while you lay side by side with your loved one. Reconnect as you indulge in your choice of Swedish, Aromatherapy or Deep Tissue Massage in your own secluded spa haven.

Back In A Minute Massage (25 minutes)

Take 25 minutes to target specific tension zones and muscle groups.

Lemongrass Ritual (80 minutes)

This Thai-inspired treatment starts with working pressure points to release blocked energy. A heated herbal poultice is used to reduce aches and pains, while increasing lymphatic drainage. Complete this journey with a lemongrass infused herbal oil full body massage to encourage the flow of energy between the pressure points and to nourish the skin.

Everglades Stone Massage (80 minutes)

Your tense muscles will completely unwind with this soothing and luxurious massage! Warmed basalt stones are rhythmically manipulated as well as strategically placed onto the body. This is a perfect massage that helps to release tension, restore balance and increase positive energy flow. The stones are used to gently massage and encourage sore muscles to relax and surrender as circulation increases, bringing a sense of well-being and harmony.

Sole Rejuvenation (50 minutes)

Lift your spirits and delight your soles with this ultra deluxe foot treatment. Experience a rich exfoliation, beginning with the knees down to the toes. Your calves and feet will not only be embraced in a lavish heated gel massage, but also in a refreshing, cooling gel application which adds a little spring back into your step.

Relâche's Exclusive Hydro-Therapy Treatment (50 minutes)

Cast away in a sea of warm water in your own private hydro-jet tub, infused with your choice of bath salts guiding you to pure relaxation. Enjoy a water pressure wand massage, as it releases tension and stimulates lymphatic drainage. **Bathing suits are required.**

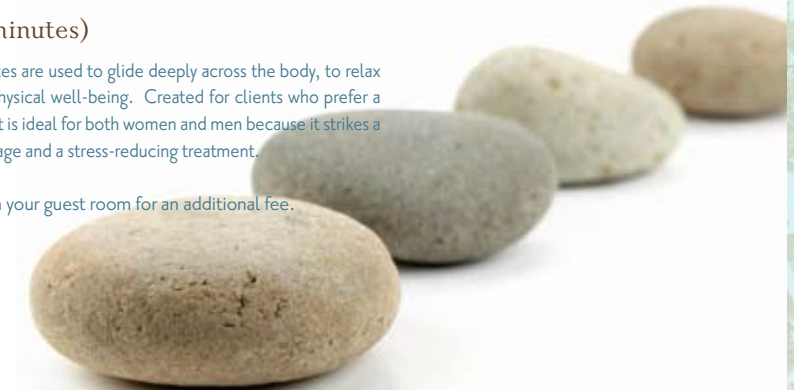
Thai Massage (80/100 minutes)

This graceful therapy, performed on a floor mat, is often called yoga massage. Using stretching, compression, pressure points and slow rocking movements, the therapist relaxes the soft tissue, balancing the body's energy. This massage is great for sports enthusiasts and Zen lovers alike. **Loose fitting clothing is required, as there is no draping involved with this service.**

Bamboo Massage (80 minutes)

Heated bamboo shoots of varying sizes are used to glide deeply across the body, to relax soreness and promote mental and physical well-being. Created for clients who prefer a more intense massage, this treatment is ideal for both women and men because it strikes a balance between a deep tissue massage and a stress-reducing treatment.

*Massage therapies are available in your guest room for an additional fee.





Massage Enhancements

Add an extra-special finishing touch to your massage.

Warm Stone Enhancement

Relax and release as warm basalt stones are used to melt away your tension and stress. The perfect prelude to your Swedish or Deep Tissue Massage.

Island Scalp Massage

Journey back to the islands with this warm coconut oil, as it is slowly drizzled over the scalp and massaged into the hair. This conditioning and nourishing treatment is the perfect paradise to compliment your massage or facial experience.

Invigorating Scalp Treatment

Revive with our cooling peppermint scalp treatment as it is massaged into the hair and scalp. Stimulating and refreshing, this enhancement will refresh your senses on a hot summer's day.

Sand & Sea for Hands or Feet

Your choice of hands or feet will be exfoliated and moisturized, leaving your skin feeling soft and hydrated. A perfect choice for any massage!

Fountain of Youth Therapies

The Relâche Spa at Gaylord Palms features facial services that not only address the needs of every skin type and condition, but also offer an exceptional experience in total relaxation. Each facial includes a careful analysis of your skin, followed by cleansing, exfoliation, extractions, and massage of the hands, face, neck, décolleté and a customized treatment mask application. Results will reveal a beautiful and rested appearance.

Oxygen Facial (80 minutes)

The Intracutaneous Oxygen Infusion uses a synergistic combination of oxygen under pressure (Topical Hyperbaric Oxygen) and hydration factors to provide a unique and advanced facial. Vitamins, antioxidants and amino peptides provide immediate hydration, instant visible lift and reduce the appearance of fine lines and wrinkles. Immediate results are seen after just one calming, cooling Oxygen Infusion treatment. Safe for all skin types – even the most sensitive or stressed skin. Select from one of the following Infusions to target your skin's specific needs:

- Rejuvenate: Targets fine lines, wrinkles and dramatically enhances overall hydration.
- Opulence: Targets uneven skin tone to brighten, soothe, and make skin look luminous.
- Clarity: Impurities and inflammation are banished revealing calmer, clearer skin. Also available in a sensitive formula.

Atoxelene (enhancement to the Oxygen Facial)

Designed specifically to refine the forehead, soften the eye contour, and immediately plump and smooth the lips. The natural amino peptide, Argirelline, significantly targets the expression lines and increases skin firmness. Skin instantly looks smoother and firmer and feels tighter without invasive injections.

The Relâche Radiance Facial (80 minutes)

Discover our revolutionary facial that was developed to work with enzymes, vitamins and protein complexes that rapidly improve the metabolism and cellular memory of dermal cells. This highly active enzyme reprograms skin cells to use more energy, thereby becoming self-rejuvenating. The uplifting contrast of warming and cooling therapies enhance your cellular turnover and strengthen dermal layers. Symptoms of aging skin, including wrinkles, loss of glow, irregular skin tones and increased pore size are reversed and repaired. Your skin will thank you!

Relâche Spa Signature Facial (50 minutes)

The benefits of this organic facial treatment are bestowed upon your skin as you simply relax and allow your skin-care specialist to determine precisely what is required to cater to your skin's needs. Each step, including a concentrated mask, is selected for your skin type to achieve balance, producing a dewy and radiant complexion.

Sensitive Skin Facial (50 minutes)

This specialized treatment includes gentle massage for the face and neck with products especially selected for sensitive or problematic skin. A soothing steam preparation for extractions is available, if desired. An anti-inflammatory treatment gel is then applied to the face to reduce irritation and excess cell build-up. This facial will leave your skin balanced and stabilized from sensitivity and redness.

Tranquility Facial (50 minutes)

This unique indulging facial treatment, rich in exceptional ingredients, bestows silkiness to the skin while also creating a deep sense of well-being and relaxation. Great for any skin type, the Tranquility Facial includes a relaxing recover touch facial massage with Tranquility Aromatherapy Blend.

The Ultimate Tranquility Facial (80 minutes)

For ultimate pampering, ease away tension with this unique indulging facial treatment, rich in exceptional ingredients bestowing silkiness to the skin while also creating a deep sense of well-being and relaxation. Great for any skin type, The Ultimate Tranquility Facial includes a marma (pressure point) facial massage, a dry scalp massage and a relaxing recover touch facial massage with Tranquility Aromatherapy Blend.

Ponce de León Facial (80 minutes)

This revolutionary four-layer facial treatment will change the image of your skin in just one application. Vitamin C, glycolic acid and gentle but highly active enzymes speed up cellular turnover and brighten, tighten and lighten your skin in just one treatment.

Deep Cleansing Facial (80 minutes)

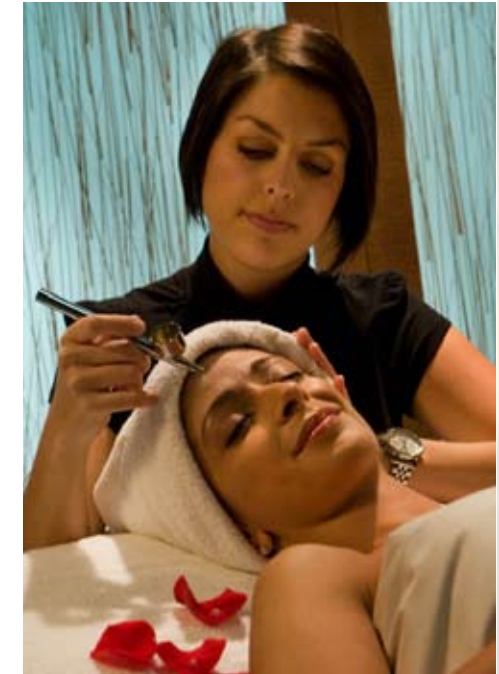
This facial includes a deep pore cleansing, using highly active enzymes to speed up cellular turnover, and a cocktail of ultra-resurfacing ingredients to exfoliate dead surface skin cells, leaving skin firmer, lighter and healthier. After the treatment, you may experience light flaking or peeling. Treatments can be performed on the face, neck, chest and back.

Gentlemen's Hot Towel Facial (50 minutes)

A rejuvenating experience customized for the specific needs of men's skin. Our invigorating and deep cleansing skin conditioning treatment relieves skin stressed by daily shaving and pollution, improving its vitality and appearance. A paraffin hand or foot treatment will complete your well being.

Purifying Back Facial (50 minutes)

This clarifying back treatment includes a deep pore cleansing ritual to detoxify the skin of impurities, dead skin cells and blemishes. A perfect combination of toning, exfoliation, extractions and a specialized treatment mask that uses Hungarian mud, paprika and cinnamon will reveal healthier skin. Refining and hydrating, this treatment will leave your back ready to be seen.





Facial Enhancements

Add one of these rejuvenating enhancements to your facial treatment.

Island Scalp Massage

Warm coconut oil is slowly drizzled over the scalp and massaged into the hair. Conditioning and nourishing, it is the perfect paradise to complement your massage or facial experience.

Invigorating Scalp Treatment

A cooling peppermint scalp treatment is massaged into the hair and scalp. Stimulating and refreshing, it will cool you down or refresh your senses on a hot summer's day.

Sand & Sea for Hands or Feet

After choosing the hands or feet, we will exfoliate then moisturize. This process will leave your hands or feet feeling soft and hydrated.

Paraffin for Hands or Feet

Warm paraffin helps to promote healing, soothe muscles and joint pain, while leaving the skin exceptionally smooth.

Crystal Treatment Exfoliation

Triple action antioxidants and micro-crystals deeply exfoliate and stimulate your skin. Very gentle microdermabrasion-like exfoliation and mini-peel visibly improves the skin's texture and tone leaving it feeling soft and smooth.

Oxygen Treatment Exfoliation

This oxygenating peel provides a boost of oxygen to stimulate and brighten the skin, destroy bacteria and free radicals, to leave the skin glowing and even-toned.

Signature Body Therapies

Relâche Spa offers a variety of body therapies designed to complement your individual skin care needs. Allow us to pamper the largest organ in your body so you not only look great from head to toe, but you also “feel” great.

Islamorada Glow (50 minutes)

Relax and enjoy our tropical coconut milk as it is gently applied to the skin, followed by a body scrub using pure cane sugar and tropical nut oils, ridding the body of dead skin. A hydrating application of warm oil will soothe the muscles and restore your mind. Healthy new skin is revealed and skin's elasticity is strengthened and moisturized. All skin types are welcome for this smoothing treatment.

Clearwater Hydrating Wrap (50 minutes)

The skin receives a dry brush treatment to remove dead skin cells and increase lymph circulation. Then, experience our warm vitamin, anti-oxidant enriched moisturizer. Bring that glow back to your lackluster skin and revive your circulation as warm stones are placed on the body just before the wrap is applied. We then complete this treatment with a delightful Fijian scalp massage performed with warm oil.

Island Ritual (80 minutes)

Sail away in a coconut milk bath to help relax the body and ease the mind. The body is exfoliated with a pineapple cream scrub to restore dry and thirsty skin. Warm body butter is applied onto the body to quench the skin's dehydration. You are then wrapped into a cozy cocoon after hot stones are strategically placed along the body. Complete this treatment with our Fijian scalp massage.

Sun Relief (25 minutes)

The dilo nut has been used for centuries in Fiji to heal skin that has been over exposed to the sun and has become sensitized. After an application of dilo combined with aloe vera, coconut and exotic Fiji nut oils, the body is then lightly wrapped. While the oils begin to penetrate, heal and hydrate the skin, a cold compress of smooth stones are used on the face and neck to relieve heat, inflammation and discomfort.

Shirodhara (50 minutes)

Experience this beautiful ayurvedic inspired treatment that uses a steady stream of oil that flows onto the third eye. It will bring inner peace to the mind and body. A relaxing scalp massage is also performed along with a hand and foot massage.

Treasures of the Sea (50 minutes)

Treasure this organic seaweed as it detoxifies, re-mineralizes and wakes up sluggish, stagnant skin. A combination of amino acids and vitamins promote to rebalance hydration levels while gently firming and tightening the skin.

Sea Results Ritual (80 minutes)

Uplift and harmonize the body while bringing clarity to the mind and skin with this ultimate detoxifying treatment. Exfoliating sea salt and ocean clay buff away dull, dry skin, leaving the body soft and smooth. Organic seaweed detoxifies and re-mineralizes. Amino acids and vitamins rebalance hydration levels, while firming and tightening the skin.





Prenatal Services

Relâche Spa offers specialized spa treatments for new mothers and mothers-to-be. These safe, comforting and revitalizing experiences help your mind and body adapt to these changes.

Mellow Mama (50/80 minutes)

A complete body massage using specific prenatal techniques to help relax, increase circulation, alleviate tired muscles and reduce excess water retention.

Free Your Mind (50 minutes)

This specialized massage focuses on the head, neck and shoulders to relieve tension of these areas, as well as congestion of the sinuses. This treatment is performed from a face up position to ensure comfort and correct positioning during pregnancy.

The Smoothie (80 minutes)

Rejuvenate your skin and clear your mind in preparation for your pending arrival. The Smoothie will exfoliate your skin oh so gently, but effectively. A rich cocktail of healing butters, oils and emollients is applied to hydrate and nourish, leaving you with skin to rival your new baby's bottom. Enjoy a luxurious scalp and facial massage in our 80 minute session.

Hand & Foot Therapies

Refresh your look with a soothing day of pampering at the Relâche Salon. You will look and feel your very best with our complete range of professional nail care services.



Blue Ocean Pedicure (50 minutes)

Sit back, relax and be pampered from soul to sole. Start with a ritual cleansing with coconut milk, followed by an exfoliation of natural occurring alpha hydroxy in pure cane sugar infused with essential oils, enzymes and coconut oil. A warm body butter wrap is then applied to the feet and while you are floating in a paradise, your legs are massaged with warm coconut exotic massage oil.

Sea Mist Manicure (50 minutes)

Bring back a youthful glow to the hands! Start with a relaxing soak in a coconut milk bath, followed by an exfoliation of naturally occurring alpha hydroxy in a pure cane sugar infused with essential oils, enzymes and coconut oil. A warm body butter wrap for your hands will deliver moisture to instantly revive skin while milk proteins set in motion a firming process to reduce the appearance of fine lines. Breathe deep as rich lotion is applied and gently massaged into the arms.

Sunshine Manicure (30 minutes)

This restorative beauty treatment is a classic for the fingernails and hands enjoyed by all. Our Sunshine Manicure promotes beautiful, healthy looking hands. It reshapes your nails, cleans up the cuticles and massages moisture into your hands. Finish with your choice of nail lacquer and polished to perfection!

Walking on Sunshine Pedicure (50 minutes)

This restorative pedicure is packed with vitamins and minerals, promoting beautiful, healthy looking feet. Your feet are soaked and exfoliated, cuticles are perfected, and nails are reshaped and buffed. Then finish with your choice of nail lacquer and polished to perfection!

Royal Relâche Manicure (50 minutes)

This is an ultimate restorative hand treatment. A two part exfoliation system that actively works on the skin for a combination of microdermabrasion exfoliation and a fruit acid, mini-peel treatment. The outer layers of skin are gently sloughed away refining skin, reducing fine lines and surface wrinkles, minimizing dryness and softening skin texture. We use a hydrating and nourishing moisturizing lotion to offer you the ultimate in hand and arm massage.

Royal Relâche Pedicure (80 minutes)

Give your feet the royal treatment with this decadent pedicure designed to treat and restore. The outer layers of skin are gently sloughed away, refining the skin's texture, minimizing dryness and softening the feet. Unwind as warm paraffin is applied to soothe and replenish essential moisture. We use a hydrating and nourishing moisturizing lotion to offer you the ultimate in foot massage.

Express Pedicure (30 minutes)

In a hurry? Our Express Pedicure is for you. A shortened version of our classic pedicure will have you in and out in no time. A perfect clean up for the toes or recommended for the fortunate few with no callus work needed.

Everglades Stone Pedicure (80 minute)

Totally indulgent, this is a pedicure that will keep you coming back for more. You begin with a soothing foot soak to soften skin and relieve stress. Next, your feet are thoroughly exfoliated to remove roughness dryness and dead skin. Warm basal stones are used with rich hydrating oils to soothe tired feet, inducing a deep level of relaxation that only this pedicure can provide. Then finish with your choice of nail lacquer and polished to perfection!

Mana'ia Pedicure (50 minutes)

Relief for hard working feet. Mana'ia Pedicure is especially designed for men. Starting with a soothing cleansing warm coconut mild soak for the feet and followed by a lower leg exfoliation to remove dry skin and condition the skin. A nourishing body butter masque will then be applied to deeply penetrate and relieve dryness. Concluding, a lower leg massage will be given to relax and restore tired calf muscles.

Tired Feet Relief (25 Minutes)

This foot massage is the perfect solution to soothe tired feet. From the moment your feet and lower legs are rubbed, you enter a total relaxation.

Other Nail Services

- Full Set of Acrylic Nails
- Acrylic Fills
- Acrylic Nail Repair
- Nail Removal - Removal of your current enhancements for a fresh start
- Polish Change

Nail Enhancements

- Paraffin (hands or feet)
- Callus Treatment
- French Polish (hands or feet)



Salon Services

Whether you are changing your look or getting ready for a special event, allow our Designing Stylists to customize that perfect look and make you look your very best.

Additional Salon Services

- Waxing
- Hair Color
- Corrective Hair Color, designed to correct previous undesired color
- Full or Partial Highlights
- Designer Perm
- Gentlemen's Designer Haircut & Style

Make-Up Application

Accentuate and enhance your natural features or discover a new look for a special occasion.

Women's Designer Haircut & Style

Your individually designed haircut and style to suit your face shape and lifestyle, with a home management program to show you how to maintain your hair.

Women's Shampoo & Style

A soothing shampoo that includes a blow-dry and style.

Women's Special Occasion Shampoo & Style

Pamper yourself with a soothing shampoo and style suited for special occasions including weddings, proms or special events.

Style for the Bride

Let us help you look and feel your absolute best for your special day! Our hairstylists will work with you to find the perfect style. Take it up a notch with sassy curls or a silky straight look.

Deluxe Conditioning Ritual

Treat yourself to the ultimate hair treatment with Deluxe Conditioning Ritual. Repair luster to sun-ravaged hair with this nutrient-rich treatment. The results are instant and outstanding and will leave hair hydrated with a lightweight, silky texture. Restorative hair mask is rich in protein and will restore elasticity and rebuild strength, while repairing damaged hair. This treatment will be finalized with the perfect style.

Deluxe Conditioning

Indulge in a customized treatment for your hair and scalp. Restores health and shine to your hair.

Express Conditioning

A quick, result-driven treatment. This is a great addition to any hair service.



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 and steam rooms.

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.





