

## Spa Service Menu

Allow us to turn your tension into an abstract memory with these luxurious and unique services. Whatever your needs, our therapists are professionals in the art of healing, and will customize your service to create an unforgettable experience.

### MASSAGE TREATMENTS

#### **POSEIDON MASSAGE - 30/50/80 minutes - \$65/\$110/\$160**

Classic Relaxation Massage

The ultimate antithesis of stress. A customized relaxation massage with the benefits of therapeutic essential oils.

#### **SPORTS MASSAGE - 50/80 minutes - \$135/\$185**

Prepare or Recover

Originally developed to help prepare athletes perform optimally or recover from an event, this specific massage perfectly addresses problem areas, soreness and stiffness.

#### **THERAPEUTIC DEEP - 50/80 minutes - \$125/\$175**

Invigorating Deep Tissue

A therapeutic massage incorporating heated herbal packs and deep tissue techniques with a tension relieving massage oil.

#### **HEATED SHELL MASSAGE - 80 minutes - \$185**

Kessler Signature

Heated Smooth Shells gently restore stagnant energy and provide relief from muscle tension and stress. Take your experience home with a self heating Spa Lava Shell set from Poseidon's boutique.

#### **PRE-NATAL MASSAGE - 80 minutes - \$175**

Expectant mothers will feel nurtured during this pampering experience as your therapist provides a full body massage with the intention of relieving the common discomforts associated with pregnancy. (This service is available during the second and third trimester)

#### **AROMATHERAPY REFLEXOLOGY – 25 minutes - \$45**

A service catered to on-the-go business professionals. This ancient treatment stimulates specific points along the feet for healing benefits. Reflexology balances the body by relaxing tired sore feet, reducing fatigue, and increasing flexibility. A great way to spend a lunch break!

#### **MEN'S MUSCLE SHOOTING MASSAGE 50/80 minutes \$125/\$175**

This customized deep tissue massage uses firm pressure, heated muscle packs and soothing muscle balm to relieve tension; allowing tight overused muscles to loosen and become more relaxed.

#### **IN ROOM MASSAGE - 50 minutes - \$140**

Nourish your senses while indulging in the ultimate luxury of an in-room massage. Your Poseidon Spa therapist will create a nurturing environment with soothing music and candles while performing a deeply relaxing massage to melt away stress, tension and fatigue.

#### **COUPLES MASSAGE - 50 minutes - \$210**

Share the magic of a Poseidon Massage together!

#### **PRIVAI ANTI-AGING MASSAGE - 80 minutes - \$210**

Kessler Signature

This signature Poseidon treatment includes a full body Poseidon Massage blended with an anti aging exfoliation with ocean ingredients, a tension taming head and scalp treatment, and an anti aging acupuncture face treatment with CoQ10.

## GRAND BOHEMIAN HOTEL ORLANDO

325 South Orange Avenue – Orlando, FL 32801 GrandBohemianHotel.com – 407.581.4838 OR 4712 (House Phone)

## FACIALS

### THE BALANCING FACIAL - 50 minutes- \$110

Re-discover your skin's true beauty with this customizable facial, rich in botanicals and antioxidants. Includes hydrating masque and rebalancing facial massage.

*-50 Minutes*

### THE ANTI-AGING FACIAL – 80 minutes - \$175

Powerful peptides driven by an antioxidant boost of concentrated vitamin C, helps reverse sun damage, strengthens collagen and elastin while firming and lifting your skin.

### THE EXECUTIVE FACIAL – 50 minutes - \$140

Replenish Jet-legged skin and revitalize! This facial calms and soothes the effects of traveling with hydrating Aloe and Chamomile. Cooling and repairing serums nurture and restore your skin's health while our relaxing facial massage soothes the soul.

*-80 minutes*

### THE MEN'S CLARIFYING FACIAL – 50 minutes - \$110

Acting as a workout for the face, this men's facial includes deep cleansing, exfoliation and a skin balancing masque to replace dull and tired skin with a youthful and revitalizing glow.

*-50 Minutes*

## TREATMENT ENHANCEMENT

*Customize your spa experience with one of our exclusively designed enhancement.*

HYDROXY ACID PEEL - \$20

RAINDROP AROMATHERAPY SCALP or FACE TREATMENT - \$20

COLLAGEN EYE MASQUE - \$20

LAVENDER MILK and HONEY MASQUE - \$20

## WAXING

Brow	\$25	Nose/Ear	\$15	Half Leg/Full Leg	\$40/\$55
Lip	\$15	Underarm	\$25	Face (Lip, chin, cheeks)	\$35
Chin	\$15	Back	\$50	Lower/Full Arm	\$35/\$45

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## **JEWELS OF THE SEA COLLECTION**

Exclusive body treatments to pamper and soothe your skin and senses.

Each treatment incorporates highly effective products and treatments that focus on your relaxation and wellness.

### **CRÈME DE CAVIAR - 80 minutes - \$215**

A nutritive oceanic body wrap, this treatment is complete with a full body exfoliation, luxurious body wrap and a deeply relaxing massage. Phyto-nutrients enhance the warm stone facial massage and aid in restoring balance to the mind and body. This is the perfect treatment for travelers.

### **OCEAN SILK WRAP - 50 minutes - \$125**

This pampering body wrap includes pampering products that soothe and soften the skin. Enjoy a luxurious warm cocoon enhanced with Antioxidant rich products and a warm facial massage, this treatment soothes the senses leaving your skin supple and your mind relaxed.

### **AGE ANTIDOTE - 80 minutes - \$195**

A powerful anti-aging acupressure facial massage incorporating Matrixyl 3000 lifts the skin while relieving stress and tension in the neck, back, and shoulders. Includes an enveloping body wrap.

### **APHRODITE - 50 minutes - \$105**

Refreshing facial massage with a special green clay masque that softens and soothes. This treatment includes a warm foot wrap and relaxing décolleté and neck massage to complete this experience!

## **TREATMENT ENHANCEMENTS**

Delight in one of our enhancements to truly customize your experience at Poseidon Spa.

### **EXOTIC SPICE SCALP TREATMENT - \$20**

Invigorating essential oils are deeply massaged into the scalp to relieve headache, stress, and tension.

### **OCEAN FOOT POLISH - \$20**

A revitalizing foot masque and scrub to invigorate and refresh.

### **AQUA COLLAGEN EYE TREATMENT - \$20**

Intense hydration for fine lines and wrinkles. Perfect for a special occasion or just to “wake up” tired eyes.

### **AQUA GEL FACIAL MASQUE - \$20**

This aloe and azulene masque quenches all skin types! A hydration sensation!

## **NAIL TREATMENTS**

Beauty secrets of the sea revealed. These luxurious treatments will leave your hands and feet looking and feeling their best. A purifying exfoliation infused with caviar conditions your skin revealing a soft, youthful, glow. Marine collagen restores hydration while improving your skin’s elasticity. Complemented by expert nail care and a flawless polish application in your perfect shade.

### **POSEIDON SIGNATURE MANICURE - 30 minutes - \$40**

### **POSEIDON SIGNATURE PEDICURE - 50 minutes - \$65**

### **POSEIDON SIGNATURE MANICURE & PEDICURE - 80 minutes - \$95**

### **MEN’S SPORTS MANICURE - 25 minutes - \$35**

### **MEN’S SPORTS PEDICURE – 30 minutes - \$50**

### **MEN’S SPORTS MANICURE/PEDICURE – 55 minutes - \$75**

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## **PACKAGES**

### **Pearls of the Sea - 4 hours - \$375**

Heated Shell Massage, Ocean Silk Wrap, Poseidon Signature Manicure and Pedicure.

### **Ocean Radiance – 3 hours - \$270**

Age Antidote, Poseidon Signature Manicure and Pedicure.

### **Tranquil Odyssey For Two – 2 hours - \$340**

Couple's Massage, Exotic Spice Scalp Treatment x2, Poseidon Signature Pedicure x2.

### **Poseidon's Passage - 2.5 hours - \$225**

80 Minute Therapeutic Deep Massage and Poseidon Signature Pedicure.

### **Calm Waters - 2 hours - \$189**

30 minute Poseidon Massage, Aphrodite and Poseidon Signature Manicure.

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