

THE  
*spa*  
AT  
SHINGLE CREEK





## Welcome

Relax and rejuvenate in style at The Spa at Shingle Creek, an Orlando day spa and elite salon located at the luxurious Rosen Shingle Creek. Experience the warmth of a mud wrap, the bliss of a soothing massage and the tranquility of our signature facials. Each of our treatments is personalized and developed for the ultimate day spa experience. The Spa at Shingle Creek also invites you to enjoy a workout in our sleek fitness studio overlooking scenic views, a swim in the invigorating pool, or an afternoon of total mind and body relaxation. Come experience the elegance of The Spa at Shingle Creek.



## Shingle Creek Massage Experiences

The following experiences have been developed especially to utilize the talents of our seasoned team of massage professionals. Each treatment will be customized to your personal preferences and needs. When scheduling your treatments, you may request a male or female therapist; however, we regret that we cannot guarantee this preference. All massage and bodywork sessions are provided by licensed massage therapists who are highly skilled and well-trained in draping techniques to provide the utmost comfort during your spa experience. Our massage and bodywork professionals are licensed by Florida's Board of Health and governed by the Board of Massage Therapy.



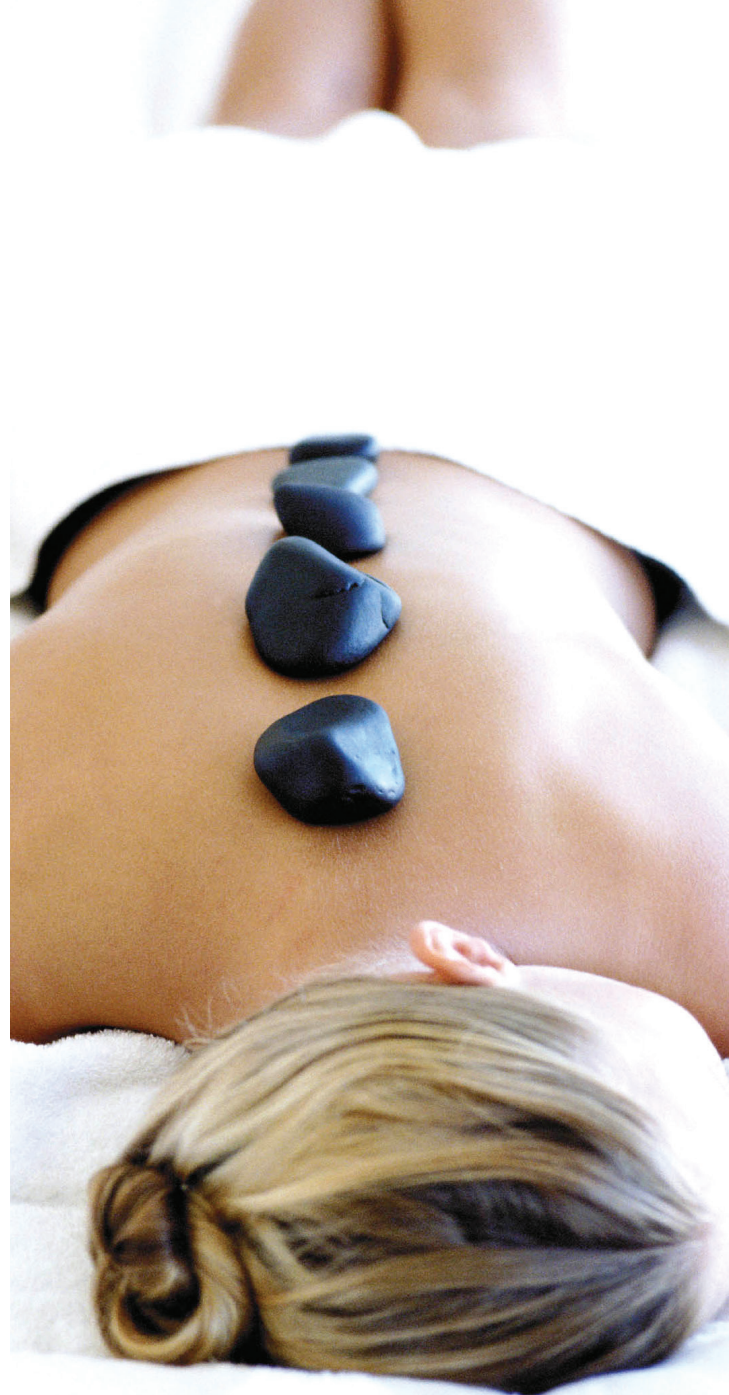
## Selecting Your Massage

### HELP US HELP YOU

Talk to your therapist about any sensitivities or areas to be avoided before your massage begins. Also let the therapist know if you feel any discomfort. Communication is the key to getting the massage you want. Our expert massage staff is devoted to giving you a massage tailored to your needs.

### OUTCOME OF THE MASSAGE

When selecting a massage, think of what you would like to get out of the session. If you want to unwind and let the world float by, a Relaxation Massage is your choice. If you want to relax and have some areas attended to, a Therapeutic Massage may be what you want. If you have an area that you recently injured or is chronically sore, you may want an Advanced Therapeutic Massage.



## FOUR HANDS MASSAGE

This massage combines the benefits of a therapeutic massage with the skills of two talented therapists. They will work independently to address the issues and concerns in different areas of your body.

50 min. \$240

## PROFESSIONAL STRETCHING

Our massage therapist will assess the tension patterns in your body. After analysis and consultation, they will stretch tight muscles while maintaining a relaxing environment. The goal of this treatment is to enhance balance in the body. This is a perfect way to improve your workout or round of golf. Loose-fitting clothing is recommended.

25 min. \$65

## CRANIOSACRAL THERAPY

Using very light touch, this full-body treatment will restore calm and balance to your mind, body and spirit. Gentle releases in your tissue will ease pain, improve focus and allow your mind to rest. Please wear loose-fitting, lightweight clothing for this whole-body treatment.

50 min. \$120    80 min. \$160

## ASHIATSU BAREFOOT MASSAGE

Practiced for thousands of years, this unique form of deep tissue massage originated in Buddhist monasteries. Supported by wooden bars, the therapist applies muscle compression using the feet. Smooth, fluid and gliding foot pressure reaches deep into soft muscle tissue surrounding the joints. This pressure helps provide deep relaxation and stimulation of the lymphatic system.

50 min. \$130    80 min. \$185

## CREEKSIDE CITRUS AND CEDAR MASSAGE

This ultimate combination of our body and scalp massage is blended together with Himalayan cedar, citrus and ylang ylang oils. Scalp massage is integrated with massage techniques to deliver an unforgettable experience. Our therapists will refresh your tired feet with a complimentary foot scrub and hot towel hydrotherapies.

50 min. \$135    80 min. \$180





## Shingle Creek Traditions\*

### NATIVE CREEK STONE MASSAGE

Our indulgent medium-pressure massage combines a healing human touch with hot stone therapy. We work the warmed stones into your muscles and melt you into the table. Feel the legend of Native American beliefs that originate from the earth to bring the body and soul into balance with Mother Nature.

50 min. \$130

### ADVANCED THERAPEUTIC MASSAGE

The Advanced Therapeutic Massage is for specific problems or issues, whether it is chronic low back pain or a stiff neck from sleeping. Perhaps you just want a very detailed massage. Our therapist will engineer a treatment based on your concerns using cutting-edge training blended with their unique talents. The correct plan of action for you will be laid out after your consultation.

50 min. \$140 80 min. \$185

### THERAPEUTIC MASSAGE

Moderate to deep massage techniques will focus on the different layers of muscle tissue. This treatment addresses tension in the body. Our Therapeutic Massage is a relaxing experience with a healing touch. Discuss your goals of the massage with your therapist. Deep tissue does not have to hurt to be effective.

50 min. \$125 80 min. \$175

### RELAXATION MASSAGE

Using gentle pressure, Swedish massage strokes will ease the tension out of your mind and body. The most common of all massages, this session will help reduce tension, increase circulation and induce relaxation. Relax as the world fades away during this massage.

50 min. \$115 80 min. \$165

\*All massages include your choice of aromatherapy oils.

# Shingle Creek Traditions\* (continued)

## REFLEXOLOGY

Reflexology is an ancient Chinese technique that stimulates pressure points on the hands and feet to relieve tension and restore a smooth energy flow throughout the body.

25 min. \$65 (hands or feet)

## MOTHER-TO-BE MASSAGE

Let us help relieve some of the aches and pains you are carrying around. We will support you by using pregnancy support pillows and pregnancy massage techniques. Our goal is to let you decompress and help you relax as we care for both you and your baby. (Only for women in their second or third trimester.)

50 min. \$120

## COUPLES MASSAGE

Enjoy your choice of massage with a loved one or friend.

50/80 min.

## ADD-ONS:

### AROMATIC SCALP TREATMENT

Experience the perfect complement to any facial or body treatment. We offer a variety of treatment oils to address your particular hair and scalp needs. Our blends are slightly warmed and applied briskly to the scalp, neck and shoulders to stimulate circulation, clear the mind and nourish the hair.

25 min. \$45

## SHINGLE CREEK SIESTA

Have you ever wanted to just nap after a wonderful massage? Now you can with the Shingle Creek Siesta. Our therapists will drape you with hot packs and let you drift off to dreamland. The gentle ringing of Tibetan Tingsha Bells will gently bring you out of your slumber refreshed and ready for life.

25 min. \$45

## HAND AND FOOT REVITALIZER

Enjoy an exfoliation of the hands and feet with our Hand and Foot Revitalizer, which effectively exfoliates and moisturizes to reveal fresher looking skin. Infused with sea salts, evening primrose, jojoba oil, vitamin E, chamomile, aloe vera, lemon, lavender and rosemary, the treatment will soften, smooth and hydrate even the hardest working hands and feet. Enjoy, you deserve it.

No additional time \$20

## HOT TOWEL HYDROTHERAPY

This addition to your treatment will use warm, heated towels infused with cooling and decongesting essential oils (menthol and arnica). The essential oils will help decongest tissue and increase circulation boosting the effects of the massage. The heat from the towels will enhance the blood flow of tissue that has been massaged. This treatment has been used by professional athletes for decades.

No additional time \$35

\*All massages include your choice of aromatherapy oils.





## Body Treatments

### EVERGLADES SCRUB AND BODY WRAP

This body envelopment combines the sweet smells of sugar with the invigorating essences of citrus. The treatment will begin with an exfoliating body scrub, incorporating the finest oils including sweet almond, apricot kernel and wheat germ. Next you will enjoy a warm mud wrap utilizing nutrient-rich mud harvested from the Florida Everglades, which has been infused with grapefruit, lime, jasmine and lemongrass. A mega-moisturizing body butter rich in vitamin E and the essences of orange, tangerine and mandarin will complete this invigorating treatment.

80 min. \$175

### PARADISE GLOW

This exfoliating body treatment with pure cane sugar and tropical nut oils rids the body of dead skin, strengthens the skin's elasticity and replenishes moisture loss. We will finish with an exotic body oil leaving your skin noticeably smooth. Choice of Coconut Milk, Honey Sugar and Oil, or Mango Sugar and Oil.

45 min. \$120

### CALUSA COCOON

Utilizing natural oceanic clay infused with grapefruit, eucalyptus, peppermint and spearmint, this treatment starts with a gentle exfoliation of the entire body. You will then be placed in a mega-moisturizing wrap rich in vitamin E and the essences of orange, tangerine and mandarin. It's a real stress reliever, bringing balance to your body and a sense of well-being to your spirit.

50 min. \$130

### ISLAND ESCAPE

Let the aromatic nature of the island breeze set you adrift on a wonderful treatment. Set sail with a coconut sugar exfoliation that is followed by a coconut milk and honey body mask. While in your wrap, enjoy a tension-easing scalp massage. Conclude your voyage through the tropics with a moisturizing massage to seal in the breeze.

100 min. \$225





## Facials

### SHINGLE CREEK SIGNATURE FITNESS FACIAL

This high-performance signature treatment, exclusive to the spa, utilizes botanical and aromatherapy-based products rich in indigenous elements. Each facial is meticulously customized to your skin's needs, be it quenching your skin's thirst, clearing unflattering breakouts, or repairing sun damage and fine lines.

50 min. \$120 80 min. \$170

### ILLUMINATING FACIAL

This amazing treatment diminishes dark spots using the latest innovations in lightening agents and powerful exfoliants to create a glowing, even tone in all skins from ebony to ivory.

50 min. \$135 80 min. \$185

### CLARIFYING & REFINING FACIAL

Addresses causes and factors of adult acne and offers advanced solutions for those who experience breakouts, but are also concerned with sensitivity, aging and hyperpigmentation. Created especially for mature skin affected by acne and rosacea.

75 min. \$180

### ANTI-AGING MICRO PEEL

Advanced aging calls for advanced treatments. This powerful treatment starts with microdermabrasion to remove dead skin cells and allow for deeper penetration of our anti-aging blend of glycolic acid and retinol, followed by a hydrating vitamin C mask and an infusion of plant-derived stem cells for advanced results.

50 min. \$160 (face and neck)

80 min. \$220 (neck, décolleté and hands)

## PURIFYING BACK FACIAL

This specialized treatment involves a deep pore cleansing, vaporizing steam to lift impurities by using gentle extractions. A relaxing massage, specialized treatment mask and penetrating anti-bacterial serum and moisturizer finish the facial.  
50 min. \$125

## O<sub>2</sub> MICRO LIFT

This luxurious treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin leaving it luminous, refreshed and rejuvenated.  
50 min. \$130

## ORMEDIC MICRO PEEL FACIAL

This facial will address the special needs of the teen's skin including treating and caring for breakouts, oiliness and sensitivity. Allow our professional staff to educate your teen on how to properly care for their special skin concerns.  
50 min. \$110

## SPECIALIZED TREATMENTS TO COMPLEMENT FACIALS:

### NUFACE LIFTING TREATMENT

NuFace delivers gentle microcurrent impulses to strategic locations, diminishing minor lines and wrinkles and restoring tone and facial muscles to a more youthful balance.  
15 min. \$35

### COLLAGEN EYE TREATMENT

This results-oriented treatment targets visible signs of aging of the skin around the eyes, utilizing our eye renewal cream and collagen eye pads, yielding a refreshed and rejuvenated look.  
No additional time \$45

### NECK AND UPPER CHEST FIRING TREATMENT

This results-driven enhancement will firm and tighten your neck and décolleté areas. We will utilize the science of our award-winning product lines to formulate a treatment that will leave you feeling firmer and looking younger. Can be added to any 50-minute facial.  
25 min. \$45

## Waxing

Brow	15 min.	\$20 and up
Lip or Chin	15 min.	\$15 and up
Bikini Line	25 min.	\$30 and up
Underarm	15 min.	\$20 and up
Arm	25 min.	\$28 and up
Half Leg	25 min.	\$40 and up
Full Leg	50 min.	\$70 and up
Back	50 min.	\$70 and up





## Nail Services - Hands

### CITRUS SIGNATURE MANICURE

This citrus and cedar signature treatment is a healthy approach to a traditional manicure or pedicure. This deluxe treatment includes an exfoliation that leaves hands or feet soft, smooth and invigorated. Hands or feet are then cocooned with aromatic citrus and cedar-infused towels, exfoliated in salts with minerals and essential oils, and followed by a massage with hydrating body butter.

40 min. \$60

### TROPICAL INFUSION MANICURE

Bring a youthful glow back to your hands! A relaxing soak in a Coconut Milk Bath starts your treatment. Next is an exfoliation of naturally occurring alpha hydroxyls in pure cane sugar, infused with essential oils, enzymes and coconut oil, followed by a warm body butter wrap for your hands. Your skin is moisturized and instantly revived while milk proteins set in motion a firming process to reduce the appearance of fine lines. Breathe deeply and relax as a rich lotion is applied and gently massaged into your arms. A polish of your choice completes your experience.

40 min. \$55

### CHOCOLATE-LOVER'S MANICURE

Treat your hands to dessert. A strawberry soak will soften the skin like a silk mousse. Shaping and cuticle maintenance is followed by a chocolate and raspberry oil kneading of your hands and arms.

25 min. \$40

### CLASSIC MANICURE

This detailed treatment begins with aromatic hand soaks and will groom nails with professional clipping, shaping and buffing, paying special attention to cuticles. A hydrating aromatic massage with choice of nail color completes this treatment.

25 min. \$35 Add French Polish Additional \$10

Shellac Manicure 50 min. \$55

Shellac Removal 15 min. \$20

# Feet

## CITRUS SIGNATURE PEDICURE

This citrus and cedar signature treatment is a healthy approach to a traditional pedicure. This deluxe treatment includes an exfoliation that leaves feet soft, smooth and invigorated. Your feet will be cocooned with aromatic citrus and cedar infused towels, exfoliated in salts with minerals and essential oils, then followed by a massage with hydrating body butter.

55 min. \$75

## TROPICAL INFUSION PEDICURE

Sit back, relax and be pampered from soul to sole. Starting with a ritual cleansing with coconut milk, followed by an exfoliation with naturally occurring alpha hydroxyls in pure cane sugar infused with essential oils, enzymes and coconut oil. A reviving cream is massaged into the feet and legs to complete the stimulating experience. Finally, your choice of colored polish is applied to your nails to remind you daily of your excursion to paradise.

50 min. \$70

## CHOCOLATE LOVER'S PEDICURE

Let our effervescent foot bath whisk away the mileage on your tired feet. Nail shaping and cuticle maintenance will be trailed by the lovely chocolate cake sugar scrub exfoliation, a decadent hydrating foot mask.

50 min. \$65

## CLASSIC PEDICURE

The detailed treatment begins with aromatic foot soaks and will groom nails with professional clipping, shaping and buffing, paying special attention to cuticles. A hydrating aromatic massage with choice of nail color completes this treatment.

40 min. \$55 Add French Polish Additional \$10

# Packages\*

## MEETING ESCAPE

Express Massage

Express Facial

Express Manicure

Express Pedicure

2 hrs. \$215 (includes gratuity)

## DAY AT THE CREEK

Native Creek Stone Massage

Shingle Creek Signature Fitness Facial

Tropical Infusion Manicure

Tropical Infusion Pedicure

3 hrs. \$375 (includes gratuity)

## A DAY AT THE CREEK FOR TWO

Couples Creekside Citrus and Cedar Massage

Couples Classic Manicure

Couples Classic Pedicure

Lunch for Two

Complimentary Champagne

2 1/2 hrs. \$485 (includes gratuity)

\*Additional discounts do not apply to package prices.

# Express Menu

Short on time? Choose from any of these quick, yet rejuvenating treatments:

Express Massage 25 min. \$65

Express Facial 25 min. \$65

Express Manicure 25 min. \$35

Express Pedicure 25 min. \$45

Professional Stretching 25 min. \$65

Reflexology 25 min. \$65



# Hair

## HAIR DESIGN

Women's Cut and Style	\$75 and up
Haircut Only	\$50 and up
Shampoo and Style	\$60 and up
Up-Do	\$85 and up
Hot Tools	\$20

## COLOR SERVICES

Full Color	\$75 and up
Full Color and Blow Dry	\$105 and up
Full Color and Cut	\$120 and up
Color Balancing	\$50 and up
Corrective Color	By Consult
Double Process Color	By Consult

## HIGHLIGHTS/LOWLIGHTS\*

Full Foil	\$140 and up
Partial Foil	\$95 and up
Foil Highlight/Lowligh Packet	\$10 each

\*You may add a blow dry to any color service for \$30.

## MEN'S GROOMING SERVICES

Men's Cut	\$40
Color Blending	\$40 and up
Mustache and Beard Trim	\$20 and up

# Hair and Scalp Treatments

**NOURISHING HAIR**      \$40  
(fights aging, strengthens and moisturizes)

**REJUVENATION SCALP**      \$50  
(essential nutrients to boost healthy hair development)

# Make-up

## MAKE-UP ARTISTRY

Whether you desire a new look or a way to enhance your natural beauty, our make-up artist is available to meet your needs.

Lesson and Application	\$85
Application	\$75
Hairpieces and Accessories	By Consult

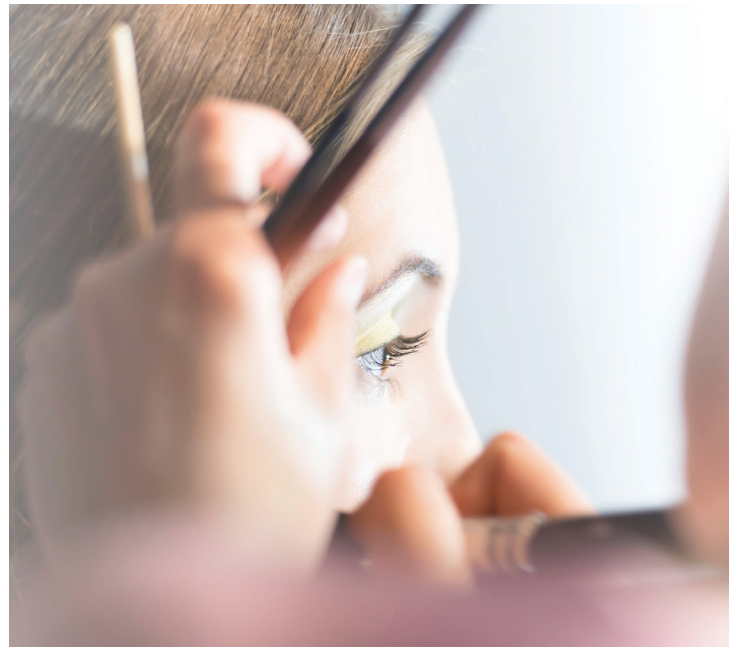
# Bridal Services

## HAIR DESIGN AND MAKE-UP ARTISTRY

For brides and bridal parties, a consultation and preliminary run-through is suggested well in advance of your big day.

Hair Consultation with Design	\$85 and up
Hair Design	\$85 and up
Make-up Consultation	
with Application	\$85 and up
Bridal Make-up Application	\$95 and up
Personal Hair and	
Make-up Assistant	\$50 per hour

(for touch-ups and last looks before the ceremony)





# Enjoying Your Spa Treatment

## ARRIVE EARLY

Get the most out of your spa visit by arriving with plenty of time before your treatment, so you can take advantage of our steam room, sauna or whirlpools.

## REFRESH AND RENEW

Whether you are fresh from the gym or a meeting, you may start with a warm, soothing shower in the lounge just before your treatment. You will not only be relaxed, but you will begin releasing stress that weighs you down.

## DRESS APPROPRIATELY

Slip into one of our luxurious robes when you arrive so you will be on your way to relaxation prior to your treatment. If having nail or hair services, you may also take advantage of the robes. Please undress to your level of comfort. You will be draped with a sheet and blanket throughout massages and facials.

# Fitness Center

## CARDIO EQUIPMENT

Get your heart rate going with an exhilarating workout on any of our state-of-the-art machines. These machines are equipped with the latest cardio workout technologies and flat-screen TVs for your entertainment:

- 10 Life Fitness Treadmills
- 4 Life Fitness Ellipticals
- 2 Life Fitness Cardio Bikes
- 2 Spin Bikes

## FITNESS EQUIPMENT

- Free Weight Smith Machine – 350 lbs. of free weight plates
- Life Fitness Cable Motion dual adjustable pulley strength training
- 13 Life Fitness Circuit Training Machines
- Dumbbells set from 5 lbs. to 100 lbs.
- SYNRGY360 T System
- Medicine Balls
- Resist-a-Balls
- Kettlebells

## RESERVATIONS AND APPOINTMENTS

Fitness Training is based on appointment only and can be booked through the fitness center. The following equipment can be reserved through the fitness center and is based on a space-available policy:

- Tennis Courts and Equipment
- Volleyball Courts
- Basketball Goals
- Fishing Equipment

## FITNESS CENTER FEES

- 24 Hours \$10
- Length of Stay \$20

# Spa Amenities

With a Spa service, guests 16 years of age or older enjoy a full day's access to the Spa facilities and lap pool. There is a minimal daily charge if you are not having a service. The facilities are available from 8 a.m. to 8 p.m. daily. Our outdoor lap pool, located on the ground level, is open from 6 a.m. to dusk. Separate Ladies' and Gentlemen's facilities, located on the second level, include a relaxation room, whirlpool, sauna room, steam room and showers. For your comfort, we provide a private locker, Spa robe and slippers for the day. It is suggested that you bring a bathing suit and workout attire.

# Spa Information

## APPOINTMENTS

Scheduling your appointment prior to arrival at The Spa at Shingle Creek is strongly recommended. Reservations are subject to availability and must be guaranteed with a credit card. Please notify our reservation department if you have high blood pressure, allergies, any physical ailments or special needs, or if you are pregnant, as this may affect your choice of services. This information will be completed on your Personal Care Guide upon arrival at the Spa.

## CANCELLATION

Treatment times are reserved especially for you. We kindly request that cancellations or changes to appointments be made at least 6 hours in advance for single services and 48 hours in advance for multiple treatments. A 50% charge will be applied to your credit card for failure to follow this policy. No-show appointments will be charged in full.

## ARRIVAL

We suggest that you arrive 15 minutes before your appointment time to sign in. As a courtesy to following clients, late arrivals will only receive the remaining available appointment time and will be charged the full service fee.

# Et Cetera

Take advantage of our other world-class amenities here at Rosen Shingle Creek:

## GOLF

### **Extension 17007**

Our guests enjoy privileges at Shingle Creek Golf Club.

## DINING

### **Extension 17327**

#### A LAND REMEMBERED

Our fine-dining steakhouse inside the Golf Clubhouse.

#### CALA BELLA & BELLA'S BAR

A fine-dining Italian bistro with piano bar.

#### MI CASA TEQUILA TAQUERIA

Authentic Mexican flavors, including homemade guacamole tableside and specialty margaritas.

#### BANRAI SUSHI

Traditional and signature rolls, specialty sakes and inspired cocktails.

#### TOBIAS FLATS & WATERING HOLE

A delightful take on flatbreads and classic recipes.

#### CAFÉ OSCEOLA

Continental cuisine, à la carte and buffets, for breakfast, lunch and dinner.

#### CAT-TAILS POOL BAR & GRILLE

A full range of food selections while you relax by the pool.

#### HEADWATERS LOUNGE

A social hot spot at Rosen Shingle Creek.

## BEFORE YOUR TREATMENT

You will be provided with a robe and slippers upon arrival. Disrobe to the level of your comfort. Undergarments are not necessary, but may be worn during your treatment if you prefer. The Spa at Shingle Creek's licensed therapists are trained to drape a sheet or towel over your body to provide privacy at all times.

It is recommended that you avoid shaving on the day of an exfoliation treatment, because that may cause a stinging sensation. Alternative exfoliation treatments are available.

## PRICES & GRATUITIES

We accept all major credit cards, personal checks and travelers' checks. Treatment prices do not include gratuities. For your convenience, a 20% gratuity will be added to your spa service.

## GIFT CERTIFICATES

The Spa at Shingle Creek staff will be happy to provide recommendations for a gift of health, relaxation and beauty to fit any taste and personality. Gift certificates may be purchased at the Spa desk for products and services and may not be redeemed for cash.

## CELL PHONES

In consideration for our guests, we ask that you turn off your cell phone and/or other electronics before entering the Spa.

## VALUABLES

The Spa at Shingle Creek is not responsible for damage or loss of your personal belongings. Our recommendation is to not bring valuables to the Spa.

## CHILDREN

All Spa guests must be 16 or older to schedule a treatment. Younger guests will need to have a parent present for their treatment.



THE  
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SHINGLE CREEK



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