

The Spa



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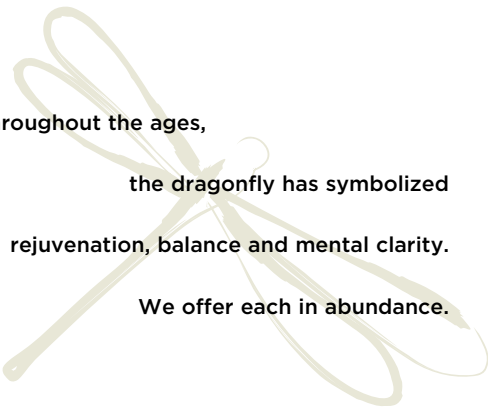
Experience luxury with European sensibility when you visit the spa at the Omni Orlando Resort at ChampionsGate. Here, you can select from an impressive array of services designed to refresh and rejuvenate mind, body and spirit. From complete packages to massages, facials, body treatments, wraps, masks and spa parties, our spa is the perfect place to enjoy the highest levels of personalized attention.

Throughout the ages,

the dragonfly has symbolized

rejuvenation, balance and mental clarity.

We offer each in abundance.



Massages

Select from an array of spa treatments created to refresh and renew your body, mind and spirit. Ask our Spa Concierge how to customize your experience with one of our massage supplements.

Dragonfly Signature

Using a combination of massage techniques, this signature service is orchestrated to your specific needs. A warmed coconut oil hydrates your skin, while your mind and body relax during this soothing massage. A hot towel treatment is added to pamper and please the senses.

May we suggest our Foot Treatment with this service.

Swedish

This classic European massage uses a light to moderate touch over the full body, improving circulation and promoting complete relaxation.

May we suggest our Scalp & Hair Treatment with this service.

Champions Sports

A rhythmic treatment designed to ease areas of muscle tension and soreness, using our muscle-warming oil combined with a variety of specialized massage techniques and stretching. This massage can be used to concentrate on a specific muscle area or an all-over muscle treatment. Highly recommended for our golfers!

May we suggest our Chill Out Chaser with this service.

Deep Tissue

A combination of moderate to deep pressure that uses a variety of techniques to relieve tight, sore muscles.

May we suggest our Muscle Melting Mineral Mud Pack with this service.

Hot Stone

This specialty massage uses the wonderful healing properties of smooth, volcanic basalt stones to release tight muscles - soothing away aches and pains. Stones are placed on key tension areas and integrated into the traditional Swedish techniques. This massage will help guide you into a state of blissful relaxation.

May we suggest our Reflexology with this service.

Expectant Mother

Prenatal massage therapy focuses on the needs of the expectant mother, using safe techniques specifically designed for the second or third trimesters of pregnancy. This massage will help alleviate fatigue, soothe muscle and joint pain, and improve circulation.

May we suggest our Aromatherapy with this service.

Terzetto Zen

This is a well-orchestrated, meditative-style massage utilizing two massage therapists. A variety of techniques are used to help relieve muscle tension and soreness. Warmed herbal pillows and hot stones will be used throughout the massage for additional therapy. The scent of aromatherapy oils will enhance the experience, to deepen the level of relaxation into a meditative state.

May we suggest our Penetrating Paraffin Pack on Hands & Feet with this service.

Duet

Share your experience with a friend. Receive a side-by-side Swedish massage in our specially designed treatment room. Ask about other couples treatment options.

Massage Break

Better than a coffee break! Recharge with a quick massage focusing where you need it most.

Massage Enhancements

Add one of the following services to your spa experience.

Aromatherapy

Personalize & amplify the benefits of your massage by adding one of our fragrant essential oils.

Scalp & Hair Treatment

Nourish your scalp with an intensive conditioning hair treatment and scalp massage to hydrate dry scalp and repair damaged hair.

Foot Treatment

A wonderful foot treatment that exfoliates as well as moisturizes. A coconut sugar scrub acts as a dual exfoliation, and coconut butter is massaged into the feet for added moisture. Hot towels are added to help soothe tired, stressed feet.

Muscle Melting Mineral Mud Pack

Soothe away aches and pains with this soothing stress-pack treatment. This self-heating, mineral-rich mud is highly recommended for the treatment of over-exertion, muscle stiffness, joint pain and tendonitis.

Reflexology

Make this your entire treatment or a portion of your massage. Time is focused on all the reflex points of your hands and feet. This treatment helps to deepen your relaxation by reconnecting the energy in the body. *This enhancement is an additional 25 min.*

Hot Stone

Using hot, volcanic basalt stones, this addition to the massage will help release tight muscles – soothing away aches and pains. Stones are used in select areas to maximize the results of massage.

Cold Stone

Using cold, soothing stones, this massage alleviates areas of inflammation or muscle injury. Also, a great addition to a face massage for sinus relief.

Chill Out Chaser

This treatment is great for anyone who stands for long periods or suffers from tired, swollen legs. This cool gel calms and soothes aching tissues to provide relief, as it is directly massaged into the feet and legs during your treatment.

Penetrating Paraffin Pack

The hands and feet are the keys to relaxation. Let the warm paraffin penetrate tired feet or overworked hands. Your muscles will relax, and your skin will feel soft and nourished as your massage service is performed.

Hands or Feet or a Combination of Hands & Feet.

Body

OUR BODY TREATMENTS are sensory journeys with restorative elements. Choose to focus on detoxification, remineralization, exfoliation or just pure relaxation.

Fiji Sugar Glow

Get the South Pacific Island glow with this tropical skin-smoothing, super-hydrating body glow. Organic sugar cane from Fiji and exotic nut oils combine to gently exfoliate and nourish skin, leaving a youthful, healthy glow. This tropical treat concludes with a soothing application of hydrating, exotic oil infused with island essences, strengthening the skin's elasticity and replenishing moisture loss.

Contouring Marine Body Mask

This slimming body wrap uses hypo-allergenic seaweed to flush toxins from the body. An application of seaweed is followed by a scalp massage to begin the rest and absorption period. Seaweed gel is then removed with hot towels, followed by an application of a moisturizing, firming gel. It is the perfect complement to any body-contouring or weight-loss program.

Dilo Rescue Wrap

Tropical oil from the sacred Dilo tree of Fiji works miracles on sunburns and other skin irritations. High in vitamins A, C and E and combined with coconut oil and aloe, it makes a super-charged healing cocktail for the skin. This cool wrap will soothe your skin, while a cold-stone facial massage and hot oil scalp massage will clear your mind and induce a state of deep relaxation.

Hydrating Island Wrap

Drift off to an island far away in the South Pacific. Your skin is gently dry brushed and then drenched in a treatment of virgin coconut, macadamia nut and other tropical oils that give your body a boost of vitamins and hydration. Hands and feet are covered in a moisture-rich coconut butter and warm towels. While you are basking in the warmth, a hot oil scalp massage and cold-stone facial massage are added to induce a state of deep relaxation and complete this island escape.

Body Relax Essential Oil Wrap

Aspara is a natural plant that grows by the seashores, which has remarkable stress-relieving properties. (The product is a natural headache reliever.) This relaxing treatment begins with a gentle dry brush, followed by a light massage application of Aspara serum and massage cream. The body is wrapped cocoon-style while you enjoy a scalp and foot massage. This experience will leave you feeling replenished and relaxed.

Facials

Dragonfly Signature

To induce relaxation, a warm marine therapy compress is applied on the back and spine. Our facial includes an AHA exfoliation, which ensures optimal efficiency of our treatment masque. An intensive anti-aging eye contour masque is applied to help reduce the appearance of fine lines and wrinkles. This amazing treatment is further enhanced by a luxurious hand, arm and scalp massage.

May we suggest our Foot Treatment with this service.

Deep Cleansing

Classic European facial includes cleansing, exfoliation, extractions and a customized finishing mask. This service benefits all skin types.

May we suggest our Eye and Lip Treatment with this service.

Deluxe Hydractive

This hydrating facial helps to plump dehydrated and stressed skin while promoting a healthy, radiant appearance. Using a moisture-enhancing gel, your skin's hydration levels will be replenished, thus revealing a supple, youthful glow.

May we suggest our Penetrating Paraffin Pack with this service.

Regenerating Vitamin C

Designed to give all skin types that special, pampered treatment they deserve. Your skin will feel hydrated, firmed, refreshed. This facial helps to diminish age spots and other forms of hyper-pigmentation. The perfect antidote for skin that needs a circulation boost from air travel, poor diet, medications or stress.

May we suggest our Muscle Melting Mineral Mud Pack with this service.

Fountain of Youth

This powerful treatment helps smooth the appearance of fine lines and wrinkles, bringing out a youthful appearance by stimulating cells, firming tissue and neutralizing free radicals while restoring a smooth, healthy complexion to mature skin.

May we suggest our Scalp & Hair Treatment with this service.

Refresher

A great pick-me-up for those on the go, including cleansing, toning, exfoliation and a hydrating moisturizer.

May we suggest our Express Massage with this service.

Clarifying Back Treatment

It is sometimes easy to forget about pampering those hard-to-reach places. Our therapeutic back treatment also happens to be deeply relaxing and includes exfoliation, customized masque and a hydrating cream application.

May we suggest our Penetrating Paraffin Pack on Hands & Feet with this service.

Facial Enhancements

Scalp & Hair Treatment

Nourish your scalp with an intensive conditioning hair treatment and scalp massage to hydrate dry scalp and repair damaged hair.

Muscle Melting Mineral Mud Pack

Aches and pains melt away with this soothing stress-pack treatment. This self-heating, mineral-rich mud is highly recommended for the treatment of over-exertion, muscle stiffness, joint pain and tendonitis.

Chill Out Chaser

This treatment is great for anyone who stands for long periods or suffers from tired, swollen legs. This cool gel calms and soothes aching tissues to provide relief, as it is directly massaged into the feet and legs during your treatment.

Penetrating Paraffin Pack

The hands and feet are the keys to relaxation. Let the warm paraffin penetrate tired feet or overworked hands. Your muscles will relax, and your skin will feel soft and nourished as your massage service is performed.

Hands or Feet or a Combination of Hands & Feet.

Nail Care

Sweet Almond Cream Manicure

After a soothing soak and gentle exfoliation, you will experience relaxation and pampering with our classic sweet almond manicure. Begin with a gentle almond moisture scrub, followed by a hand massage using hydrating lotion. Next is cuticle care and nail shaping, topped off with a shade of the perfect polish.

Dragonfly Signature Manicure

This deluxe citrus manicure is a luxurious renewal treatment. An intense exfoliation will rejuvenate, deeply hydrate and help restore environmentally stressed hands to a more youthful and healthy appearance. Special attention to the cuticles, nail shaping and polish complete this signature treatment.

Island Bliss Manicure

Bring back a youthful glow to the hands. Bask in a bath of coconut milk, followed by an exfoliation of cane sugar and tropical nut oils from Fiji. Your hands will then be wrapped in warm coconut butter infused with vitamins to hydrate and soften the skin. A light hand and arm massage is performed. Cuticle care, nail shaping and polish complete this luxurious treatment.

Sweet Almond Cream Pedicure

Indulge in this classic pedicure while your feet are bubbled in a warm, relaxing almond milk bath. Delight in this intoxicating sweet almond oil, vitamin E and jojoba treatment. Mineral salts will exfoliate the feet, while a soothing and moisturizing massage follows with hydrating lotion. Finish with a cuticle clean-up, and nails are shaped and perfectly polished.

Dragonfly Signature Pedicure

This refreshing, therapeutic foot treatment features a variety of nourishing, natural elements from the sea. A marine-based masque hydrates, replenishes and protects, while an award-winning Cucumber Heel therapy relieves dry, cracked heels. A pampering foot and calf massage completes this stimulating experience. Special attention to the cuticles, nail shaping and polish complete this signature treat.

Island Bliss Pedicure

Sit back, relax and be pampered from soul to sole with this tropical spa pedicure. First, you will indulge in a warm bath of coconut milk and tropical nut oils from Fiji, followed by an exfoliation of naturally occurring alpha hydroxy in a pure cane sugar infused with exotic oils. Warm body butter is then applied to the feet while your legs are massaged. Finish this luxurious, relaxing treatment with nail shaping, cuticle care and polish.

Princess in Paradise

Manicure or Pedicure for the Princess 12 and under.

Nail Supplements

Customize your experience with one of our nail supplements...

Polish Change (hands or feet) – does not include clipping, shaping or buffing.

French Polish – with manicure or pedicure (hands or feet)

- Paraffin Pack (hands or feet)
- Paraffin Pack (hands and feet)
- Callus Removal
- Cooling Leg Gel

Express Manicure

A manicure for guests on the go includes exfoliation, nail shaping, hydrating lotion and polish.

Express Pedicure

This pedicure includes a warm soak, exfoliation, nail trimming, shaping, hydrating massage and polish. This treatment is recommended for guests who receive a pedicure regularly.

Information

Service Gratuity Charge

A 20% service charge will be added to all Salon and Spa services and packages.

Reservations

We encourage our guests to schedule their appointments in advance to ensure that their preferred treatment or therapist is available. Bookings made on the day of service and walk-in appointments are always welcome, based on availability. All reservations must be secured with a major credit/debit card and telephone number. To schedule your appointment, please call our Spa Concierge desk during our hours of operation at 407-390-6603. In-house guests, please dial extension 6603.

Health and Comfort Level

Please notify our Spa Concierge when booking your treatments if you have high blood pressure, a heart condition, recent surgeries or allergies, or if you're pregnant. Also, please advise us of any medications you're taking. If you have any concerns, please let us know. It is recommended that you check with your doctor before receiving any spa treatment or service. Please note that shaving is not recommended immediately before a Body Treatment or Men's Facial. If you choose to shave, please shave at least four hours prior to your services.

Arrival and Check-In Procedure

To relax and allow yourself time to check in and enjoy our amenities, we recommend that you arrive at least 30 minutes before your scheduled appointment time. Oversized robes and spa sandals are provided. Our Spa Attendant is available to assist you should you have any further requests. For spa appointments, we recommend showering prior to your treatment for optimal service benefits. Please bear in mind that arriving late will simply limit the time for your treatment, lessening its effectiveness and 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 charged.

Spa Etiquette

The spa is an adult environment of relaxation and tranquility. Please respect our guests' rights to privacy and quietude by turning off cellular phones when you enter the spa area.

Personal Possessions

We regret we cannot be held responsible for the loss of, or damage to, personal articles, including clothing and accessories. We ask that you remove all jewelry before any service. We recommend leaving your jewelry at home or in the safe provided in your guest room.

Cancellation Policy

We value your business and appreciate your cooperation with our cancellation policy. Please respect our scheduling by keeping appointments whenever possible and providing a minimum of 6 hours' notice for spa services and 24 hours' notice for spa packages to avoid any charges being made to your card. Groups of 10 or more booking services in the spa require a 2-week guarantee. The Spa strictly adheres to our cancellation policy.

Facility Use

Our spa amenities (i.e. steam, sauna and whirlpool) are reserved for guests receiving spa services. Guests of the Omni Orlando Resort at ChampionsGate may use the Fitness Center at no additional charge. Non-resort guests may use the Fitness Center for a daily fee of \$25; however, the fee is waived with the purchase of a 50-minute spa service. Guests must be at least 16 years of age to use the facilities.

Packages

Dragonfly Signature Package

Dragonfly Signature Facial, Manicure and Pedicure.

Approx. 3 hours - \$261

The Luxurious Dragonfly Spa Day

Select one of our specialty Body Treatments, along with our 80-minute Dragonfly Massage and Facial, and our Ultimate Manicure and Pedicure. Spa lunch is included with this package.

Approx. 5 ½ hours - \$525

Hydrating Island Escape

Hydrating Island Wrap, Island Bliss Manicure and Pedicure.

Approx. 2 ½ hours - \$207

The Classic

Deep Cleansing Facial and 80-minute Swedish Massage.

Approx. 2 ½ hours - \$243

Trip to the Fountain of Youth

Fountain of Youth Facial, Swedish Massage, and Sweet Almond Cream Manicure and Pedicure.

Approx. 3 hours - \$306

The Quick Fix

Refresher Facial, Massage Break, Express Manicure and Pedicure.

Approx. 1 ½ hours - \$190

Expectant Mother

Deep Cleansing Facial, Prenatal Massage, Sweet Almond Cream Manicure and Pedicure.

Approx. 2 ½ hours - \$284

Men's Spa Escape

Champions Sport Massage, Deep Cleansing Facial, Mana'ia Manicure and Pedicure.

Approx. 3 hours - \$306

Dragonfly Signature Couples Packages

Duet Signature Massage and Duet Signature Pedicure.

Approx. 2 hours - \$342

**Pricing does not include gratuity.
20% service charge will be added.**

Teen Treatments

For young adults ages 13-17, we offer customized versions of our most popular treatments.

Clear Skin Facial

Our expert esthetician will create a customized facial designed specifically for teen skin concerns. By utilizing a myriad of clinical skincare products, thorough deep cleansing and therapeutic facial massage, teens receive personalized attention.

May we suggest an Add-on of Extractions with this service.

Teen Stress Massage

Our customized 20-minute teen massage is designed to provide your teen with a relaxing massage concentrated on the shoulders, arms and hands, to relieve stress from carrying oversized backpacks and texting thumbs.

May we suggest our Foot Treatment with this service.

Wrap Me Up!

Super-soft skin all over the body is achieved with this wrap, which utilizes a refreshing citrus body scrub and luxurious body butter application to help reveal gorgeous, silky skin. (Parent must be present for the full treatment.)

May we suggest our Scalp & Hair Treatment with this service.

Teen Manicure

Teens receive a gentle hand massage, a softening scrub and foamy soak followed by a nail-perfecting trim, file, buff and polish.

Teen Pedicure

This wonderful treatment begins with a long, relaxing soak. Your nails are then filed, buffed, shaped and polished to perfection. And just when you think the pampering is over, you are treated to a gentle moisturizing foot and calf massage.

Treatments for Men

Since all men are not created equal, we have created several treatments designed to meet the specific needs for various concerns that most men face.

Champions Sports Massage

Designed to ease areas of muscle tension and soreness, this massage uses a variety of pressure point and stretching techniques. Highly recommended for golfers, this massage soothes activity-induced muscle stress while increasing range of motion and flexibility.

May we suggest our Muscle Melting Mineral Mud Pack with this service.

Mana'ia Wrap (Mana'ia means Powerful Man)

Men will delight in this treatment. After a dry exfoliation, you are immersed in oil from Fiji and lightly wrapped to allow your skin to absorb the nutrients and vitamins of these tropical oils. A scalp, neck and cold-stone face massage is added to induce a state of deep relaxation and ease away the day's stress, leaving the body toned and the skin replenished.

May we suggest our Express Massage with this service.

Deep Cleansing Facial

This treatment is specifically designed for men with unique skincare concerns. An aggressive deep cleansing, gentle exfoliation and a soothing, hydrating masque are used to revitalize the skin.

May we suggest our Scalp & Hair Treatment with this service.

Mana'ia Manicure

For hands that show your softer side. Your treatment includes an exfoliating hand and arm scrub with a blend of cane sugar and tropical oils, followed by an application of body butter and a soothing hand massage.

May we suggest our Penetrating Paraffin Pack with this service.

Mana'ia Pedicure

Even the toughest guy needs a little pampering. Relax and forget your worries as you are taken on a tropical journey. Begin with a warm bath of coconut milk, which softens and hydrates your feet. You will then be treated to an exfoliating foot and leg scrub, followed by an application of body butter. Finish with a pampering foot and calf massage.

May we suggest our Callus Removal Treatment with this service.



Pricing

Massages

Dragonfly Signature	50/80 min.	\$120/\$175
Swedish	50/80 min.	\$110/\$160
Champions Sports	50/80 min.	\$120/\$175
Deep Tissue	50/80 min.	\$125/\$182
Hot Stone	50/80 min.	\$125/\$182
Expectant Mother	50 min.	\$115
Terzetto Zen	50 min.	\$230
Duet	50/80 min.	\$220/\$320
Massage Break	20 min.	\$65
Reflexology	50 min.	\$130

Massage Enhancements

Aromatherapy		\$10
Scalp & Hair Treatment		\$20
Foot Treatment		\$25
Muscle Melting Mineral Mud Pack		\$25
Reflexology	30 min.	\$70
Hot Stone		\$15
Cold Stone		\$15
Chill Out Chaser		\$15
Penetrating Paraffin Pack Hands or Feet		\$20
Penetrating Paraffin Pack Hands and Feet		\$35

Body Treatments

Fiji Sugar Glow	50 min.	\$115
Contouring Marine Body Mask	50 min.	\$120
Dilo Rescue Wrap	50 min.	\$115
Hydrating Island Wrap	50 min.	\$120
Body Relax Essential Oil Wrap	50 min.	\$115

**Pricing does not include gratuity.
20% service charge will be added.**

Facials

Dragonfly Signature	70 min.	\$170
Deep Cleansing	50 min.	\$110
Deluxe Hydractive	60 min.	\$150
Regenerating Vitamin C	60 min.	\$150
Fountain of Youth	50 min.	\$140
Refresher	25 min.	\$65
Clarifying Back Treatment	50 min.	\$110

Facial Enhancements

Scalp & Hair Treatment		\$20
Muscle Melting Mineral Mud Pack		\$25
Chill Out Chaser		\$15
Penetrating Paraffin Pack Hands or Feet		\$20
Penetrating Paraffin Pack Hands and Feet		\$35

Treatments for Men

Champions Sports Massage	50/80 min.	\$120/\$175
Mana'ia Wrap	50 min.	\$120
Deep Cleansing Facial	50 min.	\$110
Mana'ia Manicure	40 min.	\$45
Mana'ia Pedicure	50 min.	\$65

Nail Care

Sweet Almond Cream Manicure	30 min.	\$40
Dragonfly Signature Manicure	45 min.	\$50
Island Bliss Manicure	40 min.	\$45
Sweet Almond Cream Pedicure	30 min.	\$50
Dragonfly Signature Pedicure	60 min.	\$70
Island Bliss Pedicure	50 min.	\$65
Princess in Paradise		
Hands or Feet	10 min.	\$20 each

Nail Supplements

Polish Change - Hands or Feet	10 min.	\$20 each
French Polish - Hands or Feet		\$10 each
Paraffin Pack - Hands or Feet		\$20 each
Paraffin Pack - Hands and Feet		\$35
Callus Removal Treatment		\$10
Cooling Leg Gel Treatment		\$15
Express Manicure	20 min.	\$30
Express Pedicure	25 min.	\$40

Teen Treatments

Clear Skin Facial	45 min.	\$95
Teen Stress Massage	20 min.	\$65
Wrap Me Up!	25 min.	\$65
Teen Manicure	20 min.	\$30
Teen Pedicure	25 min.	\$40

Salon Services

Fijian Hot Oil Scalp Treatment	25 min	\$45
Ladies Haircut & Style		\$65 & up
Shampoo & Blow Dry		\$45 & up
Flat Iron/Curling Iron		\$15 & up
Single Process Color		\$60 & up
Double Process Color		\$80 & up
Full Highlights or Lowlights		\$150 & up
Partial Highlights		\$75 & up
Men's Haircut		\$35 & up
Men's Color		\$50 & up
Special Occasion Style		\$75 & up
Bridal Hair		\$100 & up
Bridal Trial Hair		\$75 & up

Makeup Artistry

Makeup Application	45 min.	\$55
Bridal Makeup Application	60 min.	\$75

Waxing

Lip		\$25 each
Chin		\$25 each
Eyebrows		\$25 each
Full Face (not including Lip & Eyebrow)		\$30
Underarm		\$30
Half Arm		\$35
Full Arm		\$50
Lower Leg		\$50
Full Leg		\$80 & up
Bikini		\$35 & up
Bikini & Thigh		\$70 & up
Bikini & Full Leg		\$110 & up
Shoulders		\$35 & up
Full Back		\$60 & up
Chest		\$30 & up

**Pricing does not include gratuity.
20% service charge will be added.**



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