



EdenSpa.FloridaHospital.com | Facebook.com/EdenSpaFH

Eden Spa Altamonte

601 East Altamonte Drive, Suite 1721 | Altamonte Springs, FL 32701
Inside Florida Hospital Altamonte gift shop
(407) 303-3348 | License #MM29714

Hours

Monday: 9:00 am – 5:00 pm
Tuesday – Thursday: 9:00 am – 7:00 pm
Friday: 9:00 am – 4:00 pm

Eden Spa Orlando

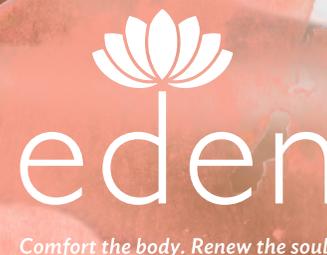
2501 North Orange Avenue, Suite 186 | Orlando, FL 32804
Inside Florida Hospital Cancer Institute
(407) 303-9727 | License #MM21192

Hours

Monday: 9:00 am – 5:00 pm
Tuesday – Thursday: 9:00 am – 7:00 pm
Friday: 9:00 am – 5:00 pm

17-ALT-03500

Rejuvenation Services
AT EDEN SPA





Welcome

COMFORTING THE BODY WHILE RENEWING THE SOUL

Eden Spa is the only therapeutic spa in Central Florida specializing in rejuvenation services for women, men and children undergoing cancer treatment. Eden provides a safe place of relaxation and comfort that is specifically equipped to treat cancer-related conditions such as hair loss, lymphedema and mastectomy.

Relaxing, Full-service Salon Services

Eden Spa also features an array of traditional spa services including hair styling, manicures and pedicures, facials, body hair removal and many types of massage. We use all-natural, organic and vegan products designed to gently nourish sensitive skin and hair that is commonly brought on by some types of cancer treatment.

Our certified and licensed professionals come to your hospital room to help you look and feel better using therapeutic massage techniques, nail treatments and select salon services.

Gift Cards

Spa gift cards are perfect for any season and any reason. Whether you're seeking a refuge of relaxation or a haven of healing, Eden Spa is for anyone desiring a sophisticated retreat and replenishing treatments.

Specialty Services

FOR OUR CANCER PATIENTS

Eden Spa is a service of the Florida Hospital Cancer Institute and accepts most insurance providers. Additionally, the Florida Hospital Foundation raises funds for cancer patients who have a need they cannot meet financially. As part of our mission, Eden Spa will work with these patients to assist them in acquiring a wig, mastectomy bra, breast form and/or compression garment according to Florida Hospital's financial assistance guidelines.

Hair Enhancements

Some cancer medications such as chemotherapy adversely affect the hair follicles — causing hair to fall out or become very thin. For many people, maintaining your image is an important part of the healing process. That's why we offer specially trained consultants who provide hair enhancements including wigs and hairpieces. Our licensed cosmetologists and custom wig specialists will help you choose the best wig for you that not only flatters, but fits within your budgetary or insurance requirements.

Mastectomy Fittings

Some patients with breast cancer require a partial or full surgical removal of the breast gland tissue known as a lumpectomy or mastectomy. As part of the healing process, we offer trained mastectomy fitters that can help you choose a special bra or breast form designed to maintain your image after surgery. A mastectomy fitter will meet with you before and after surgery to help you select a garment with the ideal look and fit. In addition to bras, we offer swim forms, specialty bathing suits, camisoles and prosthetic nipples so that you are not restricted in any activities.



Lymphedema Therapy

During cancer treatment, many patients experience lymphedema — a protein-rich accumulation of fluid in one or many regions of the body. This condition is commonly caused by the removal of lymph nodes that causes scarring of the remaining lymphatic vessels. This scarring can result in a barrier that causes fluid to build up in the affected tissue. Our occupational therapist will conduct a lymphedema evaluation based on your physician's orders and your personal feedback. The therapist will develop a treatment plan for you that may include manual lymphatic drainage, skilled compression, skin care and exercise.

Compression Garments

Compression garments can assist in keeping your body's fluids moving if your lymphatic system has been compromised due to surgery or radiation therapy.

Your physician can write a prescription for compression garments, or the lymphedema therapist will recommend garments upon completion of your evaluation. If you do not have a prescription and you are experiencing poor circulation or stand for long periods of time, compression garments might be helpful. Call us to schedule a complimentary fitting.



General Spa Services

HEALING MESSAGES

Swedish Massage

This classic full-body massage is designed to relax the entire body. Using long, smooth strokes, our massage therapist will massage your muscles to stimulate circulation and release tension. This type of massage is also exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins and improving circulation and flexibility. (25, 50 or 80 minutes)

Therapeutic Massage

Similar to the Swedish Massage, this full-body massage targets the deepest layers of muscle tissue and tendons. Our massage therapist will apply pressure to key points on your body to relieve chronic muscle tension and reduce swelling. (50 or 80 minutes)

Warm Stone Massage

An extraordinary spa experience, this ancient healing art brings relief to tense muscles and sore joints. The warmth of the smooth, heated stones, combined with the expert touch of our massage therapist, will melt away stress and tension. (50 minutes)

Aromatherapy Massage

Soothe your senses as our therapist performs a Swedish massage using pure essential oils to give you a true feeling of relaxation. Each blend of essential oils is customized to complement your personal preference, creating a sense of mental and physical calmness. (50 minutes)

Sports Massage

Our trained massage therapists use deep tissue pressure to focus on knots and release chronic tension in the deepest layers of muscle tissue and tendons. Sports Massage seeks to reduce fatigue, improve flexibility and endurance and prevent injuries to enhance your athletic performance. (50 minutes)



Reflexology Massage

This unique technique, which traces its origins back to ancient times, balances the entire body by stimulating reflex points on the feet. Applying measured pressure to these points improves circulation, increases relaxation and eases pain correlated with the body's major organs.

(25 minutes)

Mommy-To-Be Massage

Mommies-to-be are especially deserving of some pampering. During this soothing experience, our specially certified therapist performs a full-body massage to specifically address the discomforts of pregnancy. Both mom and baby will benefit from the relief of stress and tension. Please consult your physician prior to receiving massage — for mommies in their second or third trimester.

(50 minutes)

Lymphatic Drainage Massage

This gentle massage stimulates the lymphatic system, allowing it to naturally circulate fluids, improving metabolism and boosting your immune system. Excellent treatment to complement a detox program and help reduce fluid retention and cellulite.

(50 minutes)

Head, Neck and Back Massage

This traditional massage focuses on releasing stress that has accumulated in the tissue, muscles and joints of the head, face, neck and shoulders. It helps increase joint mobility and flexibility in the neck and shoulders while also improving blood circulation and lymphatic flow.

(30 minutes)

Scalp Massage

This soothing massage is designed to relax your mind and relieve stress. Our therapists massage different regions of your scalp, calming muscle tension around your head and neck area. Your mind and body will benefit from reduced pain and stress.

(25 minutes)

Massage Add-ons

- Aromatherapy
- Warm Stones
- Warm Stone Foot or Shoulder Massage



“The healing effects of massage last long after the massage is over.”



REJUVENATING FACIALS

Eden Signature

This signature treatment is designed to rejuvenate and revive your skin. After a complete skin analysis, you'll receive a deep pore cleansing exfoliation, extractions, masque and a relaxing shoulder massage. Our esthetician will then apply a therapeutic moisturizer to soothe, protect and balance your skin. *(50 minutes)*

Aromatherapy

This relaxing facial uses unique massage techniques on the face and neck. Our therapist will help you unwind with a gentle face steam and scrub that contain essential oils to induce a sense of relaxation. Each essential oil used is tailored to complement your skin type and personal preference for a specific scent or mood. *(50 minutes)*

Rosacea & Sensitive Skin Facial

This highly effective and soothing facial helps skin types with visibly persistent redness, dilated capillaries, congestion and pustules. Hydrating and calming the skin, this treatment improves skin tone and texture. *(50 minutes)*

Renewal Vitamin C

Minimize fine lines and help strengthen your skin's elasticity with this luxurious treatment. A potent blend of stabilized Vitamin C combined with freeze-dried seaweed is applied to your skin to provide maximum results. This facial provides relief for dull, sun-damaged skin, leaving your complexion smooth with a luminous glow. *(60 minutes)*

Acne Solution Facial

This purifying facial is designed to treat problematic acne. Soothing the skin, our effective acne treatment controls bacteria and prevents clogs and breakouts. Our experienced skin care professionals focus on the origins of acne and all types of conditions — from minor breakouts to severe acne — to reduce blemishes, improve skin clarity and provide personalized improvements. *(60 minutes)*



Deep Pore Cleansing

Designed to alleviate your skin of excess oils, unwanted acne and uneven skin complexions. Our certified esthetician will apply a gentle peel to help with hyper-pigmentation, light acne scarring and dehydrated skin. This treatment is followed by a masque and finished with a deluxe soothing and calming moisturizer. This treatment is suitable for all skin types. *(50 minutes)*

Deep Firming and Lifting

Visibly enhance your skin's texture and maximize hydration. This refreshing, soft lift-off mask combines the hydrating benefits of seaweed with revitalizing Propolis, a natural healing and desensitizing substance rich in natural antibiotics and Vitamin A. Soothing, nourishing and calming, it renders the skin undeniably radiant with highly visible results. *(60 minutes)*

Micro-retinol Facial

Amplify results and recapture radiance in under an hour with the Pevonia Spa Clinica® PRO Peel & Recapture Micro-Retinol™ Treatment. Featuring an unsurpassed formula, this high-performance treatment combines a deep cleansing, potent yet gentle peel, and Micro-Retinol™ treatment to recapture smoother, denser, and younger-looking skin instantly. Suitable for all skin types except sensitive and acne. *(60 minutes)*

Gentlemen's Facial

This deep-cleansing and therapeutic facial is designed specifically for men's special skin care needs, addressing razor burn and overactive oil glands. This treatment will revitalize, refresh and improve your skin's texture, leaving it youthful and healthy. *(50 minutes)*

Fresh Face Facial

Specifically designed for teens, this facial deep cleans pores and soothes redness and breakouts while reducing the appearance of acne scars. After receiving a personalized skin evaluation from a certified esthetician, our younger guests will learn the importance of a proper skin care regimen—cleansing, exfoliation and moisturizing—to help maintain a lifetime of healthy skin. For ages 16-19. *(50 minutes)*

Express Facial

We know your time is valuable. Our Express Facial allows you to experience the same relaxing and rejuvenating benefits of any of our facials—in half the time. This service includes facial cleansing, exfoliation, masque application, and moisturizer. *(30 minutes)*

Facial Add-ons

- **De-Stress Eye Treatment**
Diminish fine lines and slow signs of aging with this extraordinary anti-aging treatment. Utilizing a customized serum to deeply penetrate and transform skin, our de-stress eye treatment will smooth fine lines and wrinkles while firming your skin.
- **Rejuvenating Lip Treatment**
This treatment gently erases dryness and fine lines, leaving your lips feeling voluptuous and hydrated.
- **Youthful Lip Smoothing Treatment with Retinol**
This treatment improves lip skin texture, uniforms skin color, softens lines and increases skin firmness.
- **Hydrating Hand Paraffin**
- **Hot Towel Foot Treatment**
- **Aromatherapy Scalp Massage**



“The body is your temple.
Keep it pure and clean for the
soul to reside in.”



PAMPERED HANDS & FEET

Eden Spa Manicure

Allow your hands and fingers to relax while we nourish your skin with hand-selected products formulated to minimize cuticles and treat and condition nail beds. More than just a basic manicure, this signature service includes exfoliation, aromatherapy massage and nourishing nail treatments, followed by expert application of a vegan nail polish.

Eden Spa Pedicure

Your deluxe treatment begins as your feet are immersed in an aromatic whirlpool bath where they are soothed and moisturized. Our signature pedicure includes detailed nail shaping, extended foot filing, cuticle care and a warm cream foot massage. This service also features a hot steam towel treatment, an exfoliating warm scrub and/or masque for your feet and calves, plus your choice of long-lasting vegan polish.



Express Manicure

Great for those on the go. Hands are soaked, nails and cuticles are expertly shaped, buffed and painted with a long-lasting vegan nail polish.

Express Pedicure

This express service is a quick fix for those with limited time to spare. Relax in our comfortable pedicure chair and soak your feet in a whirlpool foot bath. You'll also receive nail shaping, basic foot filing, cuticle care, moisturizer and a long-lasting vegan polish of your choice.

Gel Manicure

This manicure features all the benefits of our Eden Spa Manicure, but your nails will benefit from long-lasting Gel. Gel Nails last up to 14 days without losing their shine or shimmer, and they do not scratch or smudge.

Gel Pedicure

Receive a pedicure that lasts twice as long by using Gel nail polish. This unique treatment has all the perks of our Eden Spa Pedicure but uses UV lights to set the polish, producing longer lasting benefits.

Man-icure

Tailored to the specific needs and preferences of our male clients, this service includes nail shaping, cuticle care, exfoliation and massage for complete maintenance.

Acrylic Nails*

Acrylic is the durable form of nail enhancements. Recommended for those with naturally weak and brittle nails. Popular, and one of the hardest forms of enhancement due to its durability and low maintenance.

**Available at Eden Spa Orlando only.*

Pink & White*

Pink and White Acrylic — also known as “permanent French” or “two-tone”— is classic, clean, shiny, and ready to go without having to dry. Its non-yellowing formula is done in a double process with white powder for the free edge and pink powder for nail bed.

**Available at Eden Spa Orlando only.*

Gel

UV Gel is a great coating over acrylic nails. The gel coating keeps your nails shiny and natural. It is recommended for those who constantly work with their hands and do not want to worry about their shine fading.

Hand & Feet Add-ons

- Hydrating Hand Paraffin Treatment
- Hot Towel Foot Treatment
- Aromatherapy Scalp Massage





SALON SERVICES

Ladies Hair Cut

Enjoy a professional wash, cut and blow-dry style by one of our top hairstylists. Bring in a picture or description of your desired look, and we'll create a personalized style that leaves you looking and feeling good.

Men's Hair Cut

Discover the right look with our Men's Hair Cut. Consult with one of our Eden stylists, who will listen to your needs to provide you with the best products and to deliver the most precise cut.

Child's Hair Cut

Let us help make getting a haircut fun! Bring in your child to have a fun, yet fashionable experience with one of our caring hairstylists. (Ages 11-13)



Updo or Night Out Style

Whether for a wedding, a prom or just because, Eden hairstylists have the expertise to make you look your best for any special occasion.

Shampoo, Blow-dry Style

Enjoy a cleansing shampoo by one of our Eden hairstylists, who will then blow-dry your hair and add professional, finishing touches to give you a fresh and polished look.

Natural Hair Wash and Set*

Hair is cleansed, hydrated and set with a curl-defining product to reveal perfectly hydrated, defined curls and elongated curls. Please do not use any products that contain heavy butters or oils at least two weeks before your appointment.

*Available at Eden Spa Orlando only.

Relaxer Shampoo & Style

Tame disobedient curls and textured hair with a relaxer treatment. Your stylist will help determine the best relaxer system to use to create your new look. A consultation is recommended.

Keratin Formaldehyde-Free

This formaldehyde-free AAA (Amico Amino Amplex) smoothing system is the latest in hair-smoothing technology. You'll enjoy soft, frizz-free hair without the use of harsh chemicals. This treatment is safe for all hair types including colored, highlighted and bleached hair.

Hair Color & Highlights

Enjoy professional hair color or highlights from one of our experienced hairstylists, who will give your hair a new and more vibrant look.

Balayage

Balayage — “sweep” or “paint” in French — is a freehand technique that gives hair the softer, sun kissed glow that is subtle and sophisticated. A great option for those who want color and dimension but don't plan to retouch often.

Ombre

Ombre — “shadow” in French — is characterized by darker roots that fade into lighter colors at the ends. It is classic, low maintenance, and definitively stylish.

Hair Add-ons

- Biophil Conditioning Treatments
- Flat Iron
- Curling Iron

WIG SERVICES

Custom Wig Cut & Style

Our wig specialist will expertly cut and style your wig to suit every taste from classic to high-fashion, trendy to super-edgy.

Custom Wig Highlights

Couture highlights and/or lowlights add one-of-a-kind depth and dimension. Partial or face-framing highlights add a brightening or thickening illusion, depending on where they are placed. Our Balayage highlights, which are hand-painted onto select strands, add flickers of light or a hint of movement. Lowlights can be used alone to create depth or be paired with any highlight type for the maximum in dimension.





MAKEUP & EXTRAS

Professional Formal Makeup Artistry

For a special occasion or just because, a professional makeup application can subtly enhance your natural beauty or create a striking new look. Makeup services and availability vary by location.

Brow or Lash Tinting

Leave it to the experts to make sure that your lashes and eyebrows always look their best. With our skilled professionals working on you, we'll make sure that your eyebrows or eyelashes always come out the color you want.

Fashion Lashes

Enhance your natural beauty with temporary fashion lash extensions. Fashion lashes are adhered to your natural lashes giving you a thicker, fuller eyelash.

Individual Cluster Lashes

Our Cluster lashes, or flares, typically consist of groups of 5-8 blunt-end cluster eyelashes knotted together in a bunch. These waterproof cluster eyelashes add instant fullness because of their multi-lash flare. They can be applied either directly to the skin — between natural lashes — or on top of a grouping of existing lashes. The end result gives you longer, thicker, luscious and natural-looking eyelashes.



Waxing

Choose from our list of soothing wax services. Our licensed esthetician applies an antiseptic lotion prior to waxing and a post-wax lotion to calm the skin and reduce redness. All of our hair removal options will leave your skin soft and smooth.

- Arms, legs (*half or full*)
- Back, chest
- Bikini
- Chin, lip or jaw line
- Eyebrows (*sculpt and shape, optional tweezing*)
- Underarms

Tanning*

Bronze Biologic all-natural spray tanning* is a safer alternative to the sun, tanning beds and toxic spray tans. Get a great tan in as little as 10 minutes with no harmful exposure to ultraviolet rays. Made from beets and sugar extracts and with only five all-natural ingredients, this spray tan will darken the skin safely and last 7-10 days.

Safe for all skin types and does not contain harmful chemicals, perfumes, alcohol, additives or dyes.

*Available at Eden Spa Orlando only.

Corporate Chair Massages

Special Events

Create an oasis of relaxation in the midst of your busy office environment. For details on how we can personalize your office event, special gathering or client meeting with a chair massage, please contact us.



The Club

Get Pampered

When you become a member of The Club, you'll be pampered with one spa or salon treatment per month. You'll also receive exclusive discounts, a monthly gift and access to the Health Village Fitness Center on your day of service.

Select Treatments

- Bronze biologic all-natural spray tan* (*two sessions per month*)
- Deep cleansing back treatment** (*50 minutes*)
- Haircut, deep conditioning and style
- Paradise massage (*50 minutes*)
- Paraiso vegan manicure and pedicure (*90 minutes*)
- Purifying facial (*50 minutes*)

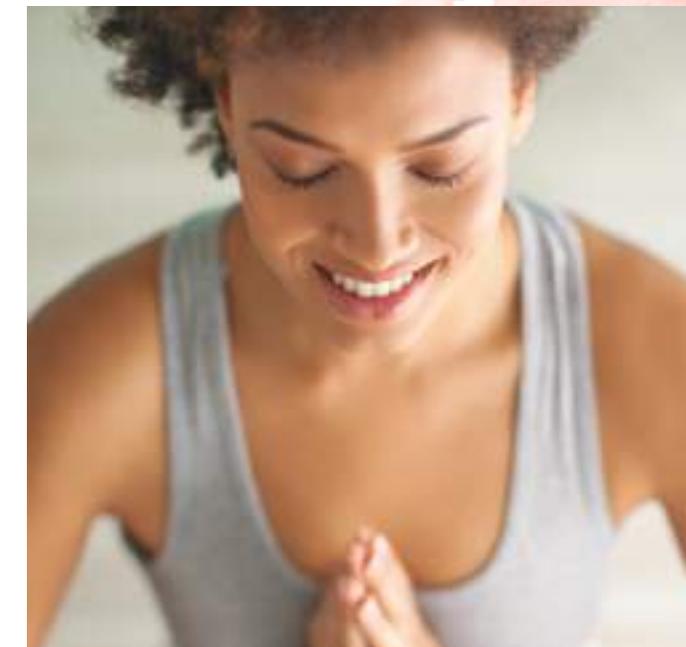
*Available at Eden Spa Orlando only.

**Deep cleansing back treatment available at Eden Spa Altamonte only

Exclusive Discounts

- 15% off spa retail products
- 20% off any additional spa or salon services

Unused treatments roll over and do not expire. Payroll deduction available for Florida Hospital employees. Must be 18 years or older to be a member. Non-transferable. Six-month minimum commitment and 30-day cancellation required. See spa for full details.



Upgrade to The Club Gold

The Club membership plus **FULL ACCESS** to the Health Village Fitness Center every day of the month.

Inpatient Spa Services

These in-room spa services help relax and invigorate patients. Our certified and licensed therapists will help you look and feel better — right from your room. To order any of these rejuvenating services, please ask your nurse for an inpatient order form.

Inpatient services and availability vary by location. All inpatient services require physician's approval and are available only for current Florida Hospital patients.

Facials

- Eden Signature Facial* (50 minutes)
*Available as inpatient service at Eden Spa Orlando.

Massages

- Swedish Massage (50 minutes)
- Guest Chair Massage (20-minute minimum)

Pampered Hands & Feet

- Eden Spa Manicure
- Eden Spa Pedicure



Salon Services

- Hair Cut & Style (hair wash is unavailable)
- Hair Style
- Hair Color*
- Shampoo & Style*

*Services available only for mobile patients at Eden Spa Altamonte.

Terms & Conditions

Appointment Information

We offer our busy guests a reliable timetable; therefore, arriving late will limit the time of your treatment, reducing your full benefit and enjoyment. Your treatment will end on time to prevent inconvenience to the next guest; the full treatment price will apply.

Gratuities & Payment

Gratuities are at your discretion. We accept all major credit cards and payroll deduction for Florida Hospital employees.

Cancellation Policy

Please allow a 24-hour notice of cancellation to avoid a 25% charge per service.

Age Requirements

We are delighted to welcome young adults from 16 years old to enjoy our massage or spa body services. Eden Spa offers select treatments specifically created for teenagers.

Pregnancy

We have specially designed treatments for expectant mothers in their second and third trimester. Please let the spa concierge guide you in selecting the suitable treatments taking into consideration your well-being during this special time. Please consult your physician prior to receiving massage or body services during pregnancy.

Health Conditions

Please advise us of any health conditions, allergies, or injuries which could affect your service when making your spa reservations.

Cleanliness

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.

Loss or Damage

We regret that we cannot be responsible for any loss or damage of personal articles. We request that you leave all valuable items at home.