



LIGHTHOUSE KEY

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LIGHTHOUSE KEY RESORT & SPA PROVIDES CONVENIENT OPTIONS FOR HEALTH-CONSCIOUS ORLANDO TRAVELERS

*On-Site Fitness Center and Full Service Spa Offer
Enjoyable Ways to Rejuvenate and Relax*

Kissimmee, Fla., May 11, 2010 – Health-conscious travelers planning an Orlando vacation will find convenient ways to rejuvenate and relax at Lighthouse Key Resort and Spa.

For vacationers looking for an invigorating and entertaining workout experience, [Lighthouse Key Resort and Spa](#) features an on-site fitness center with cardio and weight training equipment plus flat screen TVs. The fitness center also overlooks the resort swimming pools and provides captivating views of the nearby lake.

After a full exercise routine, travelers can indulge in a refreshing and relaxing massage at [The Spa at Lighthouse Key](#). A variety of massage therapies are available, including Swedish, aromatherapy, Shiatsu, reflexology and more. The spa also includes a couple's room that comes complete with a Jacuzzi tub for two and massage tables as well as a manicure/pedicure room for those seeking additional pampering on their Orlando vacation.

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Guests can even schedule for an in-room Swedish massage while staying at one of [Lighthouse Key's vacation condos](#). Additional services include skin care treatments, body therapies and a selection of spa packages.

ABOUT LIGHTHOUSE KEY RESORT & SPA

Located four miles from Walt Disney World®, Lighthouse Key Resort and Spa features 1, 2, 3 and 4 bedroom villa style vacation condominium rentals in four distinct floor plans that range from 1,100 to over 2,100 square feet and include fully equipped kitchens, living and dining areas, and spacious covered patios. Resort amenities include: a full service European style spa, two heated swimming pools, fitness center, game and billiard rooms - plus on-site food and beverage and gift shop, a 52-seat movie theatre, a business center with Internet café and meeting space. For more information visit www.LighthouseKeyCondos.com or call 1-877-561-5946.

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