



# *Spa Menu*

The Spa at Safety Harbor Resort

*Where Healing Waters Flow™*



*A Timeless Tradition*



# Sanitas Per Aquam

*“Health Through Water”*

Florida's only Natural Mineral Springs Spa was established in 1926, utilizing the waters from the Espiritu Santo Springs, discovered by the Spanish explorer Hernando De Soto in 1539.

Since then, the Spa at the Safety Harbor Resort offers a tranquil sanctuary to relax, rejuvenate, revitalize and reconnect the mind, body and spirit to enliven the senses. Our renowned treatments are provided by professional therapists who are capable of healing both the body and the soul.

Relax your muscles and stimulate the soul with an Espiritu Springs herbal bath, enhance your natural beauty with an age-defying facial or increase circulation and relieve tensions with a gentle massage.



**SAFETY HARBOR**  
RESORT AND SPA  
ON TAMPA BAY

ESPIRITU SANTO SPRINGS



FLORIDA HERITAGE LANDMARK



105 North Bayshore Drive | Safety Harbor, Florida 34695

**727.726.1161 • [SafetyHarborSpa.com](http://SafetyHarborSpa.com)**

## Healing Water

# *Signature Vichy Shower Treatments*



Water therapy or hydrotherapy has been used by ancient civilizations for relaxation and therapeutic purposes. Roman baths built in Vichy in central France date to 50 BC, and utilized the natural spring water for centuries. They were later rebuilt in the 1700s when travelers continued to come “to take the cure,” to bathe in the springs and drink the Vichy water. The springs inspired the design and use of the Vichy Showers.

Vichy Showers are a form of hydrotherapy which boosts and strengthens the immune system, stimulates circulation, detoxes the system and relaxes the mind and body. As a stand-alone therapeutic treatment, our Vichy Shower Massage features a series of seven shower heads attached to a horizontal bar suspended about three feet above the treatment table. A relaxing scalp and foot massage and the cascade of our spring water in rhythmic pressure flowing over the body feels like being under a tropical waterfall!

For an enhanced Vichy Shower experience, select one of our signature Vichy Services described on the following page, which incorporate exfoliation, massage and/or herbal pouch massage and finish with a sauna treatment. Ultimate relaxation!

# Vichy Services

**Vichy Shower Massage** .....\$65

Vichy Shower experience with a relaxing scalp and foot massage. 25 min.

**Sugar Glow with Vichy** .....\$85

Includes a full body exfoliation with sugar and a sauna treatment. 50 min.

**Sea Salt Glow with Vichy** .....\$85

Includes a full body exfoliation with scented sea salt and a sauna treatment. 50 min.

**Deluxe Marine Sponge Bath** .....\$135

Includes a full body massage and wash with a natural Tarpon Springs sea sponge (yours to take home) and a sauna treatment. 50 min.

**Hydro Massage Ultimate Experience** .....\$135

Hydro Swedish massage while Vichy Shower flows, ending with 10 herbs soaked into the skin, followed by a sauna treatment. 50 min.

# Signature Experiences

**Wellness Through the Water** .....\$135\*

Espiritu Springs Mineral Bath & Essential Hydrating Body Wrap. 120 min.

**Lavender Dreams Ultimate Experience** .....\$225\*

The heavenly relaxation of our Lavender Dreams body treatment coupled with our Espiritu Springs Mineral Bath. 145 min.

**Ginger Renewal Ultimate Experience** .....\$225\*

Enhance your Ginger Renewal experience by adding the healing powers of our Espiritu Springs Mineral Bath. 145 min.

**Espiritu Springs Mineral Bath** .....\$50

Choose from a selection of aromatherapies to heighten relaxation and stress relief and bring your body to healthful consciousness. 25 min.

**Lavender Dreams** .....\$155

Relax. Inhale the balanced calming benefits of wild lavender throughout this uplifting and rejuvenating experience: full body scrub, cocoon-like body wrap, relaxation body massage to release tension. 80 min

**Ginger Renewal** .....\$155

We select minerals combined with ginger's healing and invigorating properties to increase circulation with a full body exfoliation. We complete this revitalizing experience with a warm, cocoon-like wrap and a massage of the scalp, neck and forehead. 80 min.

\*Package prices include applicable taxes and service charge. All other prices do not include applicable taxes and service charge.  
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# Massage Therapy

**Aromatherapy** ..... \$120/\$165

A relaxing massage utilizing your choice of aromatherapy oils to enhance your experience. 50/80 min.

**Swedish** ..... \$110/\$155

A relaxing massage featuring lighter flowing strokes. 50/80 min.

**Deep Tissue** ..... \$130/\$175

Medium to firm therapeutic massage. 50/80 min.

**Sports Massage** ..... \$130/\$175

A massage targeting muscle-tendon junctions of athletes of every kind and all levels, focusing on the specific sport and overused and stressed areas of the body. 50/80 min.

**Stone** ..... \$125/\$170

Relaxing massage using warm stones and hands-on techniques. 50/80 min.

**Deep Tissue Stone** ..... \$135/\$180

Medium to firm massage utilizing warm stones and hands-on techniques. 50/80 min.

**Couples/Duos** ..... \$225/\$325

Share the experience of our relaxing 50 or 80-minute Swedish Massage in our private room for two. Price based on Swedish Massage; all other types of massage will incur an upcharge. Individual massages, 50 minutes or longer may be upgraded to couples, based on availability and an upcharge.

**Prenatal** ..... \$115/\$165

Relaxing massage to pamper the mother-to-be. (Physician's note required) 50/80 min.

**Spa** ..... \$65

Focused massage typically with attention on back, neck and shoulders. 25 min.

**Rejuvenating Scalp** ..... \$60

Aaahh...say no more. 25 min.

**Sole Delight Foot** ..... \$70

Increase circulation and renew your feet. 25 min.

**Reflexology** ..... \$75

Stimulation of the reflex points of the feet, addressing the entire body through gentle massage and acupressure of the feet. 25 min.

# Body Treatments

## **Essential Hydrating Wrap** . . . . . \$105

The healing properties of aloe vera are combined with algae and lavender in this deluxe hydrating wrap. Includes a scalp, neck and foot massage. 50 min.

## **Restoring Moor Mud Wrap** . . . . . \$125

Organic Moor Mud covers your entire body, nourishing dull skin and detoxifying. 50 min.

## **Herbal Wrap** . . . . . \$50

Promotes detoxification, increases core temperature and blood flow to induce relaxation and stress reduction. 25 min.

## **Sea Salt Glow** . . . . . \$75

Benefits your skin by exfoliating and removing dull skin cells, leaving you with hydrated lustrous skin. 25 min.

## **Sugar Glow** . . . . . \$75

A gentler exfoliant for sensitive and all skin types, conditions and moisturizes and helps to remove toxins. 25 min.

## **Gentle Chamomile Scrub** . . . . . \$115

Gentle exfoliating buff of your entire body, using chamomile gel and gentle granulated pumice stone. 50 min.

## **Marine Therapy Detox** . . . . . \$165

Indulge in a body treatment which cleanses, nourishes, revitalizes and relaxes through exfoliation, a spirulina (blue-green algae) body masque wrap, a light scalp massage and finish with a firming crème and lavender oil massage. 80 min.

Prices do not include applicable taxes and service charge.





# Facial Treatments

## **Caviar Signature** .....\$135

A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein-rich Caviar and powerful antioxidants. 50 min

## **Advanced Repair** ..... \$130/\$155

This results-oriented treatment is customized to address specific skin conditions including hyperpigmentation, congested skin, fine lines and premature aging. 50/80 min.

## **Brightening Facial** ..... \$140/\$165

This results-oriented treatment is specifically designed to address hyperpigmentation and premature aging. 50/80 min.

## **European Deep Cleansing** .....\$110

A purifying treatment for any skin type which includes a gentle exfoliating peel to remove dull surface skin cells, a luxurious massage, deep-cleansing masque and botanical extract to rejuvenate and nourish the skin. 50 min.

## **Spa Refresher** .....\$65

A deep cleansing introductory facial based on organic Moor Mud, which refines and remineralizes dull, lifeless skin. 25 min.

## **Skin Rescue Facial** ..... \$130

This ultimate sensitive skin facial protects, corrects and rebuilds skin affected by environmental elements. 50 min.

## **European Deep Cleansing Back** .. \$130

A relaxing deep cleansing of the back for all skin types, includes gentle steam and exfoliation to remove dull surface skin cells, extractions if needed; 10-minute light massage, Moor Mud masque and finish with a satin lotion. 50 min.

## **Gentleman's** .....\$120

A deep cleansing, therapeutic facial designed specifically for the special skin care needs of men. Relaxes the skin as it refines pores. 50 min.



# Facial Enhancements

These Facial Enhancements will add to the experience of any 25, 50 or 80 minute facial and **MUST BE** booked with any of our facial treatments. See additional pricing below.

## **PRO 30 Multi-Acid Peel** ..... \$30

This exclusive 30% multi-acid peel is formulated to achieve a safe, yet highly beneficial refining treatment.

## **Eye Rescue** ..... \$30

This intensive eye treatment is designed to diminish fine lines and wrinkles up to 27%, improve dark circles, soothe puffy eyes and improve clarity.



## **Intensive Repair Ampoule** ..... \$40

A healing and soothing treatment for cell rejuvenation. Lending elasticity and firmness to skin tissue, this treatment achieves a visibly smoother and more youthful appearance.

## **Vitamin C Ampoule** ..... \$30

This antioxidant treatment improves the quality and appearance of the skin, strengthens skin elasticity and helps prevent premature aging caused by UV exposure.

## **Aromatherapy** ..... \$15

The addition of aromatherapy oils to promote well-being turns your facial into the ultimate stress and tension reliever.



Prices do not include applicable taxes and service charge.



## Nail Care

|  |      |
|--|------|
| Gel Manicure .....                         | \$55 |
| Deluxe Manicure 50 min. ....               | \$50 |
| Spa Manicure 35 min. ....                  | \$35 |
| Gel Removal 15 min. (only with service) .. | \$10 |
| Gel Pedicure .....                         | \$80 |
| Deluxe Pedicure 60 min. ....               | \$75 |
| Spa Pedicure 50 min. ....                  | \$55 |

Add French Polish ..... \$5

### Nail Care for Children 8 & Under:

|                        |         |
|------------------------|---------|
| Express Manicure ..... | \$10    |
| Express Pedicure ..... | \$15    |
| Daisy Package* .....   | \$51.82 |

Express Manicure, Express Pedicure, Spa Lunch

\*Package prices include applicable taxes and service charge.

Nail services do not include Dip Powder or Acrylic removal or application

## Hair Care

|   |             |
|---|-------------|
| Shampoo, Cut & Style .....  | \$60+       |
| Shampoo & Blow Dry .....  | \$45        |
| Shampoo & Cut .....   | \$50        |
| Shampoo & Set .....   | \$50        |
| Shampoo, Blow Dry & Flat Iron ....                                    | \$75+       |
| Men's Shampoo & Cut .....   | \$35        |
| Children's Shampoo & Cut (under 12) ..                                | \$25        |
| Bang Trim .....   | \$15        |
| Flat Iron .....   | \$25        |
| Intensive Conditioning Treatment<br>& Style, with Moroccan Mask ..... | \$50+       |
| Activating Hair & Scalp Treatment<br>with Moroccan Oil .....          | \$55        |
| Clarifying Treatment .....  | \$10+       |
| Keratin Treatment .....   | \$100+/hour |

|                            |                     |
|----------------------------|---------------------|
| Full Highlights .....      | \$100+              |
| Partial Highlights .....   | \$80+               |
| Highlight per Foil .....   | \$7ea               |
| Single Process Color ..... | \$75+               |
| Root Touch-up .....        | \$60                |
| Corrective Color .....     | upon consultation   |
| Color for Men .....        | \$50                |
| Permanent .....            | \$100+              |
| Relaxer .....              | \$120               |
| UpDo .....                 | \$75+               |
| Formal Styling .....       | \$75+               |
| Hair Consultation .....    | complimentary*      |
| Hair Extensions .....      | upon consultation** |

\*By appointment

\*\*Clip-in only - Guest to provide

Prices for Long Hair & Thick Hair Extra. Prices do not include applicable taxes and service charge.

# *Make-Up Services*

|                                      |      |
|--------------------------------------|------|
| Make-Up Application 40 min. ....     | \$50 |
| Make-Up Lesson 30 min. ....          | \$60 |
| Special Occasion Make-Up 50 min. ... | \$75 |

# *Waxing Services*

|                    |       |
|--------------------|-------|
| Brow Design .....  | \$20  |
| Chin/Neck .....    | \$15+ |
| Upper Lip .....    | \$10  |
| Cheeks .....       | \$18  |
| Full Facial .....  | \$63  |
| Underarm .....     | \$25  |
| Half Arm/Leg ..... | \$40  |
| Back .....         | \$65  |
| Full Leg .....     | \$75  |
| Bikini .....       | \$40+ |

Prices do not include applicable taxes and service charge.





LASHE<sup>®</sup>

## *The Lashe Mink Lash*

We are your center for The Lashe. These genuine mink strip lashes are hypoallergenic, cruelty-free and machine cut. We offer packages, applications and a la carte purchases. Their shine and shape will not be affected by water, heat, steam or sweat and will keep up with your busy schedule.

**The Package:** The package includes the strip lash pair, cleanser gel or liquid and consultation. Does not include application.

|   |      |
|---|------|
| <b>Package with Cleansing Gel</b> .....                 | \$75 |
| <b>Package with Cleansing Liquid</b> .....              | \$70 |
| <b>Package with Application and Cleansing Gel</b> ..... | \$89 |
| <b>Package with Application and Cleansing Liquid</b> .. | \$85 |

### **A La Carte Purchases:**

|                               |      |
|-------------------------------|------|
| <b>Strip Lash Pair</b> .....  | \$25 |
| <b>Cleansing Gel</b> .....    | \$32 |
| <b>Cleansing Liquid</b> ..... | \$28 |
| <b>Consultation*</b> .....    | \$25 |
| <b>Application Only</b> ..... | \$20 |

\*We recommend a 15-20 minute appointment

Prices do not include applicable taxes and service charge.



# The Perfect Gentleman

Make a grand entrance! Look better than the rest for any occasion!

## Skin Therapy

**Executive Facial** .....\$120

A deep cleansing therapeutic facial, designed specifically for the special skin care needs of men. Relaxes the skin as it refines pores. 50 min.

**Advanced Repair Facial** ..... \$130/\$155

This results-oriented treatment is customized to address specific skin conditions including hyperpigmentation, congested skin, fine lines and premature aging. 50/80 min.

## Massage Therapy

**Tension Reliever Massage** ..... \$110

A relaxing massage, utilizing your choice of aromatherapy oils to enhance your experience. 50 min.

**Deep Tissue Stone Massage** . . . \$135/\$180

Medium to firm massage, utilizing warm stones and hands-on techniques. 50/80 min.

## Nail Care

**Men's Spa Hand Fix** ..... \$30

**Spa Manicure** ..... \$35

**Deluxe Manicure** ..... \$50

**Men's Spa Foot Fix** ..... \$50

**Spa Pedicure** ..... \$55

**Deluxe Pedicure** ..... \$75

## Hair Care

**Men's Shampoo & Cut** ..... \$35

**Beard Trim** ..... \$15+

**Neck Trim** ..... \$15+

**Color for Men** ..... \$50

## Gentlemen's Packages

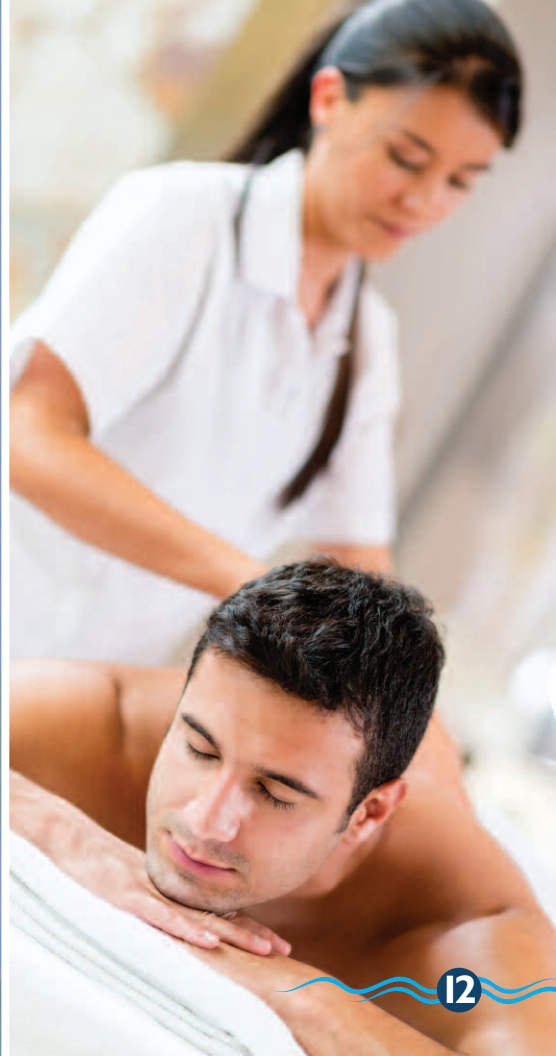
**The Well Groomed** ..... \$225\*

Advanced Repair Facial and Deep Tissue Stone Massage, Spa Lunch

**Groomed for Success** ..... \$295\*

Advanced Repair Facial, Deep Tissue Stone Massage, Spa Manicure, Spa Pedicure, Spa Lunch

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# Teen Spa

Due to the success of our Teen Spa, where young ladies and gentlemen, ages 12 to 17, are invited to experience limited services in a safe, elegant and relaxing setting, we are expanding our services to include Teen Birthday, Special Occasion and Full Day Packages.\*

## **Teen Spa Massage** ..... \$60

This 25-minute relaxing spa massage will focus only on the back, neck and shoulders. This is a great idea for someone who would like to become familiar with the service before experiencing a 50-minute full body massage.

## **Teen Swedish Massage** ..... \$95

This is a therapeutic massage that will help relax the muscles and release toxins in the tissues. It is great for any age, especially those trying a massage for the first time. 50 min.

### **\*Age Requirements & Restrictions:**

**Teen Spa Services** Ages 12-17: Massages and facials, behind closed doors, must have parent or guardian present and teen guest must wear a bathing suit during service.

### **Teen Guests - Use of Spa and Fitness Facilities**

Ages 12-15: May use shower and locker area only, accompanied by parent or guardian.

Ages 16-17: Full access to showers and locker areas, steam, sauna, whirlpools, indoor and lap pool, workout equipment, cardio equipment and fitness classes.

## **Teen Spa Refresher Facial** ..... \$60

This 25-minute facial offers Organic Moor Mud which is not only deep cleansing to the skin's pores but also helps with the exfoliation process. Your skin will feel refreshed, soft, hydrated and pampered.

## **Teen Skin Rescue Facial** ..... \$120

This facial will protect, correct and rebuild the skin that has been affected by the elements, hormonal breakouts (acne), broken capillaries and other skin irritations. It will calm skin that has sensitivity or that is dehydrated. This is a great pre-event facial. 50 min.

## **Teen Make-Up Lesson & Application \$30**

Our licensed professional make-up artists will educate you on how to correctly apply make-up to enhance your natural beauty. 30 min.

Prices do not include applicable taxes and service charge.

# Teen Birthday & Special Occasion Packages

## **Tulip Package** . . . . \$111.29

Spa Manicure  
Spa Pedicure  
Spa Lunch

## **Sunflower Package** . . . . . \$112.30

Teen Spa Refresher Facial  
Make-Up Application  
OR Lesson  
Spa Lunch

## **Lilac Package** . . . . \$191.71

Teen Spa Massage  
Teen Spa Refresher Facial  
Spa Manicure  
Spa Pedicure  
Spa Lunch

# Teen Full Day Packages

## **Orchid Package** . . . \$315.72

Teen Spa Massage  
Teen Spa Refresher Facial  
Spa Manicure  
Spa Pedicure  
Shampoo/Blowout  
Make-Up Application  
OR Lesson  
Spa Lunch

## **Her Prom Package** . . \$205

Hair - Formal Updo  
Make-Up Application  
Spa Manicure  
Spa Pedicure

## **His Prom Package** . . . \$86

Shampoo, Cut and Style  
Spa Hand Fix

**\*Age Requirements & Restrictions: Teen Spa Services** Ages 12-17: Massages and facials, behind closed doors, must have parent or guardian present and teen guest must wear a bathing suit during service.

**Teen Guests - Use of Spa and Fitness Facilities** Ages 12-15: May use shower and locker area only, accompanied by parent or guardian. Ages 16 -17: Full access to showers and locker areas, steam, sauna, whirlpools, indoor and lap pool, workout equipment, cardio equipment and fitness classes.

Package prices include applicable taxes and service charge.  
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A collection of spa-related items including a blue towel, a glass perfume bottle with blue liquid, a lit teal candle in a glass holder, a jar of cream, a bowl of bath salts, a bowl of bath bombs, and a blue bath brush.

# *Spa Packages*



## Full Day Packages

### Perfect Day .....\$325

50 Minute Swedish Massage  
50 Minute European Deep Cleansing Facial  
Herbal Wrap OR Espiritu Springs Mineral Bath  
Sea Salt Glow  
Spa Lunch

### All Day Escape .....\$325

50 Minute Swedish Massage  
50 Minute European Deep Cleansing Facial  
Herbal Wrap OR Espiritu Springs Mineral Bath  
Spa Pedicure  
Spa Lunch

### Day of Indulgence .....\$325

50 Minute Swedish Massage  
50 Minute European Deep Cleansing Facial  
Moor Mud Body Wrap OR  
Essential Hydrating Wrap  
Spa Lunch

### Mother-Daughter Day .....\$310

Two 50 Minute Swedish Massages OR  
Two 50 Minute European Deep Cleansing Facials  
Two Spa Manicures  
Two Spa Lunches

## Signature Spa Duets

### Detox Delight .....\$110

Sea Salt Glow  
25 Minute Aromatherapy Massage

### Wellness Through the Water .....\$135

Espiritu Springs Mineral Bath  
Essential Hydrating Body Wrap

### Lavender Dreams Ultimate Experience \$225

Espiritu Springs Mineral Bath  
Lavender Dreams

## The Couples Experience

### Couples Escape .....\$549

80 Minute Couples Swedish Massage  
Two Deluxe Pedicures  
Two Spa Lunches

Price based on Swedish Massage; all other types of  
massage will incur an upcharge. Individual massages,  
50 minutes or longer may be upgraded to couples,  
based on availability and an upcharge.

### The Two of Us .....\$279

50 Minute Couples Massage  
Two Spa Manicures

## For Him

### Gentleman's Time Out .....\$295

50 Minute Swedish Massage  
50 Minute Gentleman's Facial  
Herbal Wrap  
Spa Lunch

## Half Day Packages

### Head to Toe .....\$179

25 Minute Spa Massage  
25 Minute Spa Refresher Facial  
Spa Pedicure

### Espiritu Santo Sampler .....\$179

Herbal Wrap OR Espiritu Springs Mineral Bath  
25 Minute Spa Massage  
25 Minute Spa Refresher Facial

### Stress Release .....\$179

50 Minute Swedish Massage OR  
50 Minute European Deep Cleansing Facial  
Herbal Wrap OR Espiritu Springs Mineral Bath  
Spa Manicure

### Sports Package .....\$200

50 Minute Sports Massage  
One Hour Tennis Lesson  
Spa Lunch

### Sports Package for Two .....\$389

### Sunday Funday .....\$139

50 Minute Swedish Massage  
Sunday Brunch  
Glass of Champagne at Tiki Bar

Sunday only; if available, may book same day; advance  
reservations recommended. Not available for Sunday  
Holiday Brunches (Christmas, New Year's Day, Easter,  
Mother's Day and Father's Day). Robes are not  
allowed at Sunday Brunch.



# Wellness For Life Retreat

Established as a health retreat in 1926, Safety Harbor Resort and Spa continues a tradition of offering "Wellness for Life" programs for individuals, couples or groups, seeking nutritional, mental and emotional guidance to enhance health and wellness. Our nutritional and fitness specialists, together with our professional therapists, offer a well-balanced program to walk you through the path to wellness for life.

## This essential retreat offers:

Six nights of spacious Bayview guest room accommodations  
Breakfast, lunch and dinner  
Access to, and use of, all resort amenities  
Two comprehensive nutritional consultations with our resident wellness coordinator  
One fitness assessment with a certified trainer  
Two personal fitness training sessions with certified trainers  
Daily fitness classes and a private meditation  
One body treatment by a licensed therapist  
Herbal Wraps or Women's Hydro Baths to relax and detox  
Daily Swedish Massage to relax and rejuvenate  
One European Facial – a purifying treatment to rejuvenate and nourish any skin type  
Steam room and dry sauna to detox, relax and rejuvenate  
Round trip transportation from Tampa or St. Petersburg/Clearwater airports

**\$2,580 single occupancy / \$4,437 double occupancy**

**A Three-Night Wellness for Life Mini Retreat is also available:  
\$1,325 single occupancy / \$2,237 double occupancy.**

These packages may start any day of the week. All fees and taxes are included.

License MM#9721





# Wellness and Fitness Options

Wellness is a healthy balance of the mind, body and spirit that results in an overall feeling of well-being, especially when maintained by proper exercise, eating and healthy habits. Safety Harbor Resort and Spa provides you with the essential tools to pursue ongoing development of your own fitness goals to achieve optimal wellness.

## Wellness Consultations

**Individual private consultations. Group consultations available on request.**

Please call the Wellness Coordinator for a complimentary discussion regarding consultation options.

### **Nutrition & Wellness Consultation \$63**

This consultation will address individual needs, optimal nutrition, wellness and health, weight control and sports nutrition. 60 min.

### **Healthy Aging .....\$63**

Addresses the health and nutritional aspects of midlife wellness as well as spiritual and emotional dimensions. Healthy lifestyle choices can promote vitality and longevity and this session will help formulate a game plan. 60 min.

### **Stress Management .....\$63**

Learn how to relax, reduce stress and immediately apply these positive skills to achieve optimal personal satisfaction. 60 min.

### **Success Coaching .....\$63**

Program your mind to change negatives into positives through goal setting, visualization, breathing and stress management techniques. 60 min.

Prices do not include applicable taxes and service charge.

# Personalized Fitness Options

## **Fitness Assessment** .....\$40

Measurements and testing to determine your strengths and weaknesses in the five basic components of physical fitness. 30 min.

## **Senior Fitness Assessment** .....\$50

Assessment of cardiovascular, muscular, postural and flexibility levels in relation to the ability to perform daily tasks. 45 min.

Prices do not include applicable taxes and service charge.

## **Guided Stretch** .....\$75

Free up your joints, lengthen muscles and ease soreness with an assisted full body stretch by a specialized fitness trainer. Session includes flexibility assessment and helpful stretches to do at home. Wear comfortable, free-moving clothing. 50 min.

## **Bridal Boot Camp**

An intensive program to prepare you and your bridal party to be at your best for the Wedding Day! Includes cardiovascular training, muscular strength and toning and flexibility training. Personalized pricing depending on number of participants and length of program. Contact Fitness Department for details.

Price includes applicable taxes and service charge.

## **Personal Fitness Training**

Personal training available on land or in water

**Personal Training for One - 50 min.** .....\$75

**Personal Training for Two - 50 min.** .....\$100

**Personal Training - 25 min.** .....\$45

**Swimming Lessons and Coaching**

**All ages and abilities - 30 min.** .....\$45

Prices do not include applicable taxes and service charge.

## **Fitness Training Packages**

Personal training available on land or in water

**Personalized Fitness Training Sessions (PFTS)**

**Three 30 min. PFTS** .....\$109

**Six 30 min. PFTS** .....\$199

**Pilates Reformer Training - 30 min.** .....\$50

**Pilates Reformer Training - 45 min.** .....\$75

**Ten 30 min. Reformer Sessions** .....\$400

**Ten 45 min. Reformer Sessions** .....\$600

PFTS listed above include applicable taxes and service charge.

Note: Must be 16 to work with a trainer.



# *The Spa Features*

- **Men's and Women's Private Lockers and Dressing Rooms**
- **Robes, Towels, Slippers and Toiletries**
- **Complimentary Refreshments & Espiritu Santo Mineral Spring Water**
- **Swimming Pools and Whirlpools Filled with Espiritu Santo Mineral Spring Water**
- **Saunas and Steam Rooms**
- **Fitness & Wellness Center with State-of-the-Art Weight Room, Cardio Theater and Award-Winning Fitness Classes for All Levels**



The use of all Spa facilities is included with your Resort fee if a hotel guest, with the purchase of one service or by purchasing a facility pass.

The Spa services and signature treatments at The Spa at Safety Harbor Resort feature Kerstin Florian skin, body and bath products. Based on the world's great healing traditions, Kerstin Florian's "Outer Beauty, Inner Health" approach is in keeping with the Spa's philosophy established at this historic resort since 1926.

Through European skin care science and natural resources, Swedish-born Kerstin Florian offers a complete line of spa products to refine, repair, treat and promote healthy glowing skin. Learn more about Kerstin Florian products in our Spa Boutique.



# *Enhance Your Spa Experience*

## **Before you come...**

**Reservations, Therapist Preference, Medical Conditions:** Please schedule your appointments at least two weeks in advance for flexibility of choice of services and times. Although it may be possible to walk in and schedule an appointment, availability becomes limited and we may often be fully booked with other guests. Please let us know if you prefer a male or female therapist for massages and other body treatments. If you have enjoyed a particular therapist in the past, you may request this person. When booking your appointment, please let us know if you have any type of medical conditions or disabilities which may be affected by your treatment or may not be advisable, such as high blood pressure, allergies, heart ailments or pregnancy. In some instances, a medical release from your physician may be requested.

**Age Requirements & Restrictions:** Children under 16 are not allowed unaccompanied by parent or guardian in the Spa. Teen Spa Services: Ages 12-17: Massages and facials, behind closed doors, must have parent or guardian present and teen guest must wear a bathing suit during service. Teen Guests – Use of Spa and Fitness Facilities: Ages 12-15: May use shower and locker area only, accompanied by parent or guardian in conjunction with Teen Spa Services; Ages 16-17: Full access to showers and locker areas, steam, sauna, whirlpools, indoor and lap pool, workout and cardio equipment and fitness classes.

**Payment and Gratuities:** A credit card is required to secure all reservations. Applicable taxes and an 18% service charge are automatically added to your services as a convenience. Additional gratuities for excellent service are always appreciated.

**Cancellations:** Because your services are reserved for you, we ask that you notify us at least 24 hours in advance should you need to cancel or reschedule. The full value of your service(s), including tax and service charge will be charged for cancellations with less than 24 hours notice and for no-shows.



## What to bring, what to expect...

**Attire:** Resort and Spa guests may enjoy the use of the spa facilities and enjoy scheduled fitness classes during normal hours of operation. Please bring workout clothes and shoes for classes; appropriate attire and footwear required for tennis. We provide robes, towels, slippers and lockers for your comfort and convenience. Our professional therapists will escort you to your private treatment room and will leave the room while you get ready. Our protocols provide you with modest draping throughout your services but you may wish to wear a swimsuit or underwear during certain treatments. We also recommend a swimsuit for hydrotherapy services or for relaxing in the whirlpools, steam or sauna. We use chemicals in our pools and whirlpools as required by state and local regulations. We will not be responsible for damage to any clothing worn in the pools. We encourage our Spa guests to wear their robes throughout the property, in between services, or for breakfast or lunch in the Fountain Grille Restaurant or at the Tiki Bar & Grill. Robes are not allowed at Sunday Brunch.

**Valuables and Personal Property:** Safety Harbor Resort and Spa will not assume liability for loss of personal property. Please leave jewelry and valuables at home, in your room safe, or request a safe deposit box.

**Arrival - Punctuality:** Please allow yourself ample time to arrive and check in. We recommend you arrive at least 45 minutes prior to your first spa appointment for the Spa tour and an unhurried transition into the Spa. Arriving late will limit the time of your service which will end at the scheduled time to accommodate the next guest's scheduled appointment. Before enjoying a body service, such as a massage, wrap or body scrub, we request that you please shower.

**Food and Drink – Before and After:** It is not advisable to eat for at least an hour before many services. Please avoid the consumption of alcohol on the day of your service. Please drink plenty of water before and after your treatments – 12-16 oz. after a massage. We also recommend that you rest and do not participate in any vigorous activity for at least one hour following any of our heat treatments.

**Communication:** Be sure to communicate any requests during your treatment as we will be happy to alter any variables possible, music or silence, conversation or not, amount and kind of pressure during service. If you have questions, please ask your therapist.

*We hope you have a wonderful Spa visit!*



# *Resort Membership*

*Become a Resort Member at Safety Harbor Resort and Spa*

## **Resort Members Enjoy Exclusive Privileges:**

**Special Discounts on Rooms, Spa Services  
and Food & Beverage**

**Use of all Resort Facilities**

**Use of the Fitness and Wellness Area  
with Fully-Equipped Weight Room**

**Cardio Room with Precor Fitness Equipment**

**Whirlpools and Swimming Pools**

**Complimentary Fitness Classes**

**Complimentary Tennis Court fees – Based on Availability**

**Attend Complimentary Members-Only Functions  
and Much More!**

**Our Membership team would be happy to assist you.  
727.724.7718**



## Tennis at Safety Harbor Resort and Spa

Features five (5) Har-Tru clay courts overlooking Tampa Bay.

We offer private and beach tennis lessons, programs for adults and children at all levels as well as socials, ladders, USTA leagues, ladies daytime leagues, clinics and more. Appropriate attire and footwear required for tennis.

Contact our Tennis Professionals at 727.724.7729.



**SAFETY HARBOR**  
RESORT AND SPA  
ON TAMPA BAY

105 North Bayshore Drive | Safety Harbor, Florida 34695

**SafetyHarborSpa.com**

# Signature Shop and Spa Boutique

Visit our Signature Shop and Spa Boutique for all your needs while at the Resort. Great gift ideas as well!

*Did you love your massage or facial?  
Take the Spa home with you...with our products!*

Featuring our Safety Harbor Signature products, Kerstin Florian, Moroccan Oil, La Bella Donna and The Lashe.

We will be happy to ship to you.



## Gift Cards

**A Timeless Tradition  
for All Occasions!**

Available at  
the Spa Reception,  
by telephone or online,  
in any denomination



[www.SafetyHarborSpa.com/GiftCards](http://www.SafetyHarborSpa.com/GiftCards)

**1-888-BEST SPA** (1-888-237-8772)