



Spa Menu

The Spa at Safety Harbor Resort

Where Healing Waters Flow™



A Timeless Tradition



S P A

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

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. 150 min.

- Ginger Renewal Ultimate Experience** \$225*
Enhance your Ginger Renewal experience by adding the healing powers of our Espiritu Springs Mineral Bath. 150 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, a warm wrap and full body massage with hot stones. 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 pressure point massage of the scalp, ears and forehead. 80 min.

*Package prices include applicable taxes and service charge. All other prices do not include applicable taxes and service charge.
License MM#9721



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 any of our 50 or 80 minute massages in our private room for two.

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 \$70

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.

Antioxidant Vitamin C\$165

This oxygenating, anti-aging facial utilizes ingredients brimming with antioxidants to combat premature aging, disrupt hyperpigmentation and provide skin with a healthy glow. 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. 25min.

Skin Rescue Facial\$130

This ultimate sensitive skin facial protects, corrects and rebuilds skin affected by environmental elements. 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 12 & under:

Express Manicure	\$10
Express Pedicure	\$15

Hair Care

Shampoo, Cut & Style	\$60+
Shampoo & Blow Dry	\$45
Shampoo & Cut	\$50
Shampoo & Set	\$50
Shampoo & Flat Iron	\$75+
Men's Shampoo & Cut	\$35
Children's Shampoo & Cut (under 12) .	\$25
Bang Trim	\$15
Flat Iron	\$25
Intensive Conditioning Treatment & Style, with Moroccan Mask	\$50+
Activating Hair & Scalp Treatment 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+

Underarm \$25

Half Arm/Leg \$40

Back \$65

Full Leg \$75

Bikini \$40+

Prices do not include applicable taxes and service charge.





LASHE[®]

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.

Package with Cleansing Gel	\$75
Package with Cleansing Liquid	\$70
Package with Application and Cleansing Gel	\$89
Package with Application and Cleansing Liquid ..	\$85

A La Carte Purchases:

Strip Lash Pair	\$25
Cleansing Gel	\$32
Cleansing Liquid	\$28
Consultation*	\$25
Application Only	\$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

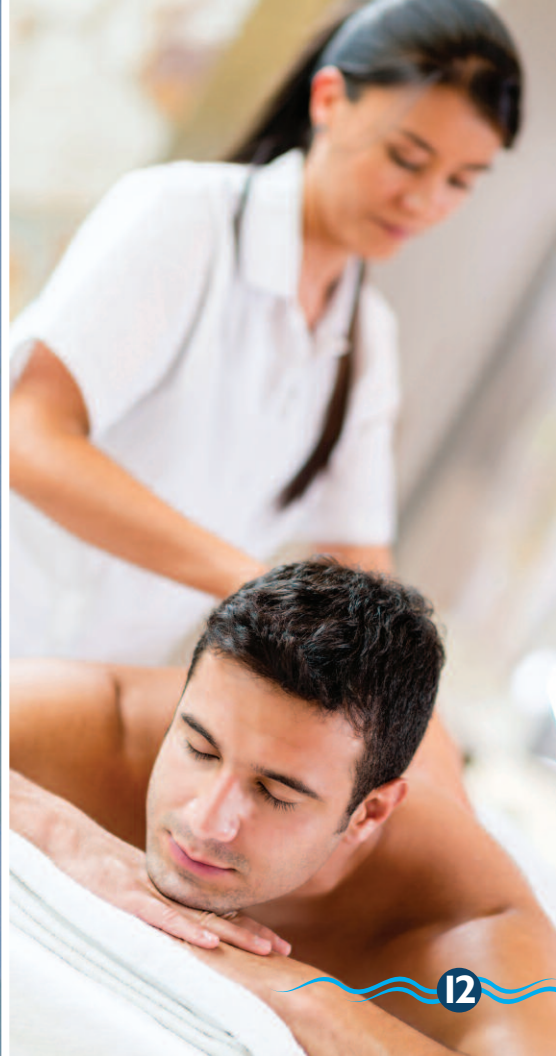
The Well Groomed \$225*

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

*Package prices include applicable taxes and service charge.
All other prices do not include applicable taxes and service charge.
License MM#9721





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.

Teen Spa Refresher Facial \$60

This 25-minute facial offers Hungarian 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.

***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.

Prices do not include applicable taxes and service charge.

Teen Birthday & Special Occasion Packages

Daisy Package \$71.63

Express Spa Manicure
Express Spa Pedicure
Spa Lunch

Sunflower Package \$112.30

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

Lilac Package \$191.71

Teen Spa Massage
Teen Spa Refresher Facial
Express Manicure
Express 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/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.

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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 white jar of cream, a blue brush, and various spa treatments in glass bowls. The items are arranged on a white surface.

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
Moor Mud Body Wrap or
Essential Hydrating Wrap
50 Minute European Deep Cleansing Facial
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 Massage
Two Deluxe Pedicures
Two Spa Lunches

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

Sunday Funday*\$139

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

Sports Package\$200

Sports Package for Two\$389

50 Minute Sports Massage
One Hour Tennis Lesson
Spa Lunch

*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).



SWEET HARBOR
ESTABLISHED 1974

Good

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:

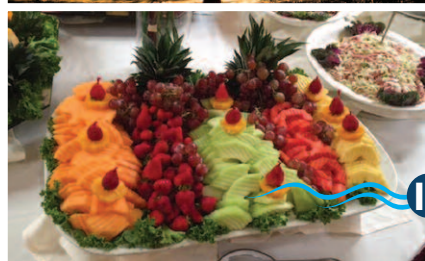
Six nights of spacious guest room accommodations
Breakfast, lunch and dinner; healthy snacks
Access to, and use of, all resort amenities
Two comprehensive nutritional consultations with our resident wellness coordinator
One fitness assessment with a certified trainer
Two personal fitness training sessions 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 / \$4,405 double occupancy

A Three-Night Wellness for Life Mini Retreat is also available from \$1,325.

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

License MM#9721





Wellness

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.

Fitness and Wellness 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.

Fitness

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.

Bridal Boot Camp\$400

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. Ten 30 min. sessions (up to 6 people)

Price includes applicable taxes and service charge.

Personal Training

Personal training 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 on land or in water

Three 30 min. Personal Training Sessions\$109

Six 30 min. Personal Training Sessions\$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

Fitness Training Packages 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: We recommend scheduling 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 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.

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 30 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

