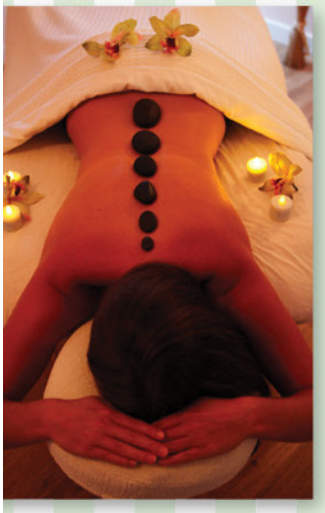

THE GASPARILLA INN & CLUB

THIS MONTH AT THE SPA

February 2015

Spa Specials

Sweet Heart Scrub & Wrap
Time: 50 min price: $120
Get glowing this Valentine's Day with a sugar body exfoliation that will melt into your skin leaving it smooth and polished to perfection – followed by a body masque and warm oil scalp massage leaving you glowing and ready for your sweetheart!

Love Me Tender Massage
Time: 80 min price: $165
First we prep the skin with an application of heated coconut milk from the island of Fiji. Followed by a healing massage with natural coconut oil full of antioxidants warmed with the touch of hot stones. This cupid's cocktail finishes with a warm coconut milk towel foot wrap**.**

Perfect Match Couples Package
Time: 100 Min price: $350
Includes Touch of Gasparilla Experience in our romantic couple's room. Drift away with a combination of a relaxing Swedish and tension relieving Deep Tissue Massage, complimented with healing Hot Stone, Reflexology treatment and a soothing coconut oil scalp massage followed with a glass of champagne to be enjoyed in our courtyard.

Health and Wellness

Walk the Walk *complimentary class*
Feb. 14th & 28th at 9:30AM
See Gasparilla Island as you tour our properties getting fit! Experience the active island life with a variety of fitness moves integrated into your morning breath of fresh air. *Please meet at the Fitness Studio*

A Message from the Director
Please welcome to the Fitness Team **Michelle Harrington**. Michelle is bringing new exciting classes to our fitness program! From Zumba to Cardio classes. Please reach out to me if there is something else you would like us to offer.

Healthy Regards,

Jennifer Mayo

New Fitness Class Offerings

B3 Total Body Training
It's all about the Bar, Band, and Ball! Whether it's cardio movement, strength training, core work, or enhancing your balance ability, every move will utilize the B3. Class is for all levels with modifications given.

Zumba Gold*
Takes the Latin-dance inspired workout of Zumba and makes it accessible to everyone of all levels. Class builds cardiovascular health while working the muscles of the hips, legs, and arms with dance moves. A medley of dance styles, including merengue, cha-cha, cumbia, belly dance, rumba, tango, and salsa. Zumba Gold breaks these dances down so all leave class feeling refreshed and

Work Shop –
February 18, 2015 1:00 pm – 2:00pm

Medi Cupping Workshop
Do you have issues in your tissue?
Chrissy Stites; Lead Personal Trainer and Massage Therapists is offering an educational journey and demonstration on the benefits of Medi cupping. Medi Cupping can be used for many muscle and joint issues. This vacuum therapy can penetrate into deeper levels of the body. Please take part of this workshop and learn how Medi Cupping can help you!

Pre-registration required, if space is available the day of, drop ins are welcome. $40 early registration and $50 day of.

Spa Mix & Mingle -
February 12, 2015 5:30 pm – 7:30 pm
Our second annual Spa Social Season Event. Located at the Spa! There will be food, complimentary chair massage, wine, retail specials, raffles and most importantly fun! We Hope to see you there!

HISTORIC HOTELS of AMERICA
NATIONAL TRUST FOR HISTORIC PRESERVATION

THE GASPARILLA INN
& CLUB

Seasonal Spa Specials

Sweet Heart Scrub & Wrap
Time: 50 min **price: $120**

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Gift Cards & Couples Room Available!