



THE GASPARILLA INN & CLUB

THIS MONTH AT THE SPA

May 2015

Spa after Sun Care Treatment

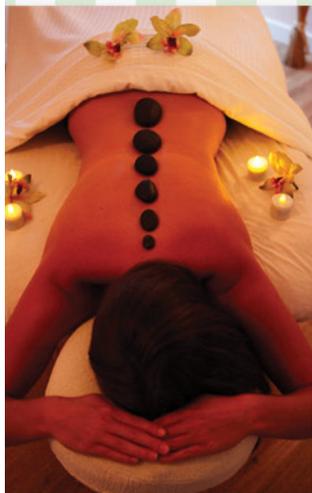
Soothing Skin Relief (25 Min): \$75

Straight from the Isles of Fiji our Dilo Wrap repairs and replenishes the skin. It will instantly calm, rehydrate, and replenish irritated skin affected by sunburn, dry skin, insect bites, rashes or post shaving irritations.



Water Aerobics will still be offered in May!

As we say good bye to Ali and Maggie for a wonderful season of classes – we thank Michelle for offering Aqua Waves Monday, Wednesday & Friday during the month of May!



A Message from the Director & Pure Fiji -

6 Amazing Facts about Dilo Oil:

1. The long list of ailments people have traditionally treated with dilo oil include wounds, ulcers, ringworm, arthritis, burns, bruises, dry skin, acne, psoriasis, hair loss, and much more.
2. Dilo oil is particularly effective in treating skin issues, which is why it has been incorporated into many traditional cosmetic products in the Pacific as well as in India.
3. Reportedly, the oil may also be a [viable biodiesel source](#) and thus an alternative to fossil fuel-based gasoline.
4. The dilo tree also produces an apricot-sized fruit that tastes somewhat like an apple.
5. [The plant](#) has also been used as timber, dye, ornamentation, mosquito repellent, fragrance, craft wood, boat material, soap, and lamp oil.
6. The tree can reach up to 65 feet in height, 3 feet in diameter, and can produce up to 40 lbs of oil once fully grown.

Health and Wellness

Walk the Walk complimentary class **May 23rd 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*

Memorial Day Weekend BOOT CAMP! **May 23rd at 11:30AM**

Join us for an interactive, interval and fun class to burn holiday calories!



Healthy Regards,

Jennifer Mayo



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