



THE GASPARILLA INN & CLUB

This Month at The Spa
October 2014

Welcome Back!
Check out our new spa menu featuring...

Touch of the Gasparilla Experience – 80m

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. You choose your scent.

Ultimate Aromatherapy Experience – 50m/80m

This balancing treatment starts with your chosen oil that will be used with pressure points to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

Sea of Life Body Facial - 80m

A purifying organic bio-scrub blend polishes skin and purifies pores followed by a white algae seaweed wrap. Enjoy a custom massage using an antioxidant-rich coconut algae oil to balance mind, body and spirit. Complete with a nourishing eye treatment and facial massage.

Healthy Candy Apples Recipe!

Ingredients

- Cooking spray
- 8 (4-ounce) Red Delicious apples, stemmed
- 1 cup sugar
- 1/3 cup light-colored corn syrup
- 1/3 cup water
- 1/3 cup cinnamon decorator candies (such as Red Hots)

Preparation Line a large baking sheet with foil, and coat with cooking spray. Insert 1 (6-inch) white dowel into stem end of each apple.

Combine sugar, corn syrup, water, and candies in a small heavy saucepan over medium heat. Cook until sugar dissolves, stirring occasionally. Cook, without stirring, until a candy thermometer registers 300° (about 8 minutes). Remove from heat.

Working with 1 apple at a time, holding apple by its dowel, dip in syrup, tilting pan to cover apple. Turn apple quickly to coat evenly with syrup; let excess syrup drip back into pan. Place apple, dowel side up, on prepared baking sheet to harden (about 5 minutes).

A Message from the Director

Welcome back to the beautiful Island! We are so excited for this season and the spa has some new exciting enhancements. We are offering a brand new spa menu which features an all-natural aromatherapy line from London. Our fitness department is offering brand new equipment, nutrition classes and golf and tennis workout program! We are also welcoming some new members of the Spa and Fitness Team. Please call to make your reservation. We look forward to serving you!

Healthy Regards,

Jennifer Mayo
Director of Spa & Fitness
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