This Month At The Spa

June 2016

Healthy Living Activities

As our season winds down try to remain focused on your health and happiness. With the warm weather that never seems to cool off remember to exercise and drink plenty of water. If you're spending the day at the beach grab a water bottle and take a stroll down the beach, If you're at the mall take a few laps around the mall without stopping at any stores. Put on a hat, grab water and head out for a bike ride on the town. Make it something every little bit helps!

Wellness & Healing

Balance Your Life.

Relaxation is a profoundly healing state. In fact, it may be the most fundamental healing state that you are capable of. In this state all your inborn tendencies toward balance and harmony are allowed to express themselves. The benefits of this special state are really the result of helping your body and mind to rest deeply. When you are free of stress and tensions, your body's tendencies toward balance are given the opportunity to assert themselves.

Gasparilla Inn Spa Menu

11:30am-2:30pm daily
Spa Bento Boxes
6 flavorful Bento Boxes to choosee from:

Wellness	Harmony
Relax	Renew
Recharge	Indulge

Come enjoy lunch at the spa after a massage or just to enjoy the peacefulness and relax poolside.

Greetings,

Happy Father's Day!
June is a very busy month with graduations, summer beginning and vacations. But let's not forget to celebrate the special man in your life! Come celebrate Father's Day with us and treat your Dad, son, brother, grandparent or friend to relaxing massage. Enjoy the solitude and serenity of our Spa and lap pool. Why not follow the massage up with one of our exclusively prepared Spa Bento Boxes lunch's poolside. A relaxing morning, afternoon or evening massage will be a treat for any father figure to enjoy.

Healthy Wishes,

Gabrielle Brady
Spa & Fitness Manager

Spa Retail

Happy Father's Day
June 19th

From the ancient traditions of the South Pacific, Pure Fiji brings a range of skin care essentials specifically for men. The secret is a powerful blend of cold-pressed drift nut oils, which they used as part of their daily skin care rituals to nourish, hydrate and protect their skin. Pure Fiji brings you the best of these ancient rituals with treatments that are all natural, convenient and have great results.

REAL INGREDIENTS.
REAL RESULTS.

The Gasparilla Inn & Club

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