



THIS MONTH AT THE SPA

MARCH 2018

NEW NEWS

Please see the time changes on our scheduled fitness classes.

Our Saturday 9:00 a.m. Beach Boot Camp is weather permitting. So if it is raining we will not be having class.

The Spa & Lap pool hours are
8:00 a.m. – 6:00 p.m.

The Fitness Center hours are
7:00 a.m. – 6:00 p.m.

HEALTH & WELLNESS

Something to think about while you have family and friends in town, or anytime!

5 Ways Massage can improve your health

1. Reduces Stress
2. Get better sleep
3. Boost mental health & wellness
4. Manage pain
5. Increase range of motion

GASPARILLA INN SPA MENU

11:30 a.m. - 2:30 p.m. daily

6 flavorful Bento Boxes to choose from

WELLNESS

RELAX

RENEW

HARMONY

RECHARGE

INDULGE

Greetings,

It is that time a year again where people are moving and shaking all over the island. Family and friends are visiting from near and far to enjoy our beautiful weather and scenery. Please make sure if you are having houses guests and would like them to access the Spa or Beach Club to contact Tina at (941)-964-4502. We look forward to this very busy time of the year. Remember to book your appointments before they fill up!

If you have any questions or comments please feel free to contact me. I value the ideas and input of our guests and members.

Healthy Wishes,
Gabrielle Brady
Spa & Fitness Manager

SPA RETAIL

THE SUN IS OUT! MAKE SURE YOU ARE PROTECTED.



SUNBURN? WE HAVE THAT COVERED!

PURE FIJI DILO CREAM



Soothe your skin and stop the irritation by using Pure Fiji Dilo Rescue Body Gel. It saves dehydrated skin by nourishing and comforting with a layer of skin-softening hydration. It's a non-oily moisturizer that will add an extra kick of antioxidant protection through the use of healing Dilo nut oil.

Spring Retail Sale
March 23-25th in the Pelican Room
Items from The Inn Shop,
Boutique & Spa



THE GASPARILLA INN & CLUB

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