



THIS MONTH AT THE SPA

JANUARY 2019

New News

Reminder: we have Aqua Aerobics Monday, Wednesday & Friday in the lap pool at 10am.

Fitness Center hours are 7am-6pm

Spa hours are 8am-6pm

Lap pool is set at 84 degrees

Health & Wellness

Less	More
Junk Food	Real Food
Sitting	Walking
Late Nights	Rest
TV Watching	Reading
Frowning	Smiling
Talking	Listening
Complaining	Encouraging
Negativity	Gratitude
Arguing	Understanding
Worrying	Praying
Taking	Giving

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

Come enjoy lunch at the spa after a massage, or just to enjoy the serenity of relaxing pool side.

Greetings,

Happy New Year!

We hope everyone had a safe and happy holiday season and enjoyed it with their family and friends. We look forward to another healthy and prosperous new year for all.

Just a reminder that if you are having guests, please call Tina at 941-964-4502. Unfortunately, if we do not have a memo from Tina with approval we will be unable to book spa appointments.

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

Start the New Year off with a Golden Glow



Tan, Tone & Tighten!

- **Who:** Anyone seeking soft, supple, sun-kissed skin.
- **What:** An organic moisturizing self-tanner lotion with caffeine.
- **When:** As often as you like! Use it as your daily body lotion to maintain a low-key tan year round.
- **Where:** For your face and body.
- **Why:** To perk up your skin when you're craving a little color.

Also try... Mousse, Dry Oil and face



THE GASPARILLA INN & CLUB

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