



2170 Robinhood Street, Sarasota, FL 34231  
<http://www.sarasota-health-club.com/>  
 941 921 6675

### “White Sand” Massage Services

- ◆ 20 Minutes \$50
- ◆ 50 Minutes \$80
- ◆ 80 Minutes \$120
- ◆ Add BioFreeze (muscle pain relief) \$10
- ◆ Add Aromatherapy \$10
- ◆ Add Peppermint Scalp Treatment \$10
- ◆ Add Peppermint Foot Scrub \$15
- ◆ Add Refreshing Undereye Treatment \$10
- ◆ Add Hydrating Facial Mask \$20

During your massage, a mask infused with skin-loving ingredients is placed on your face for 15-20 minutes for absorption of soothing nutrients that leave your skin with a healthy glow.

### “White Sand” Body Treatments

#### HOT STONE MASSAGE

Basalt stones are heated to a soothing, warm temperature and used to massage the body, relax muscles, melt away tension & reduce stress. Add aromatherapy for an even deeper level of relaxation.

- 50 minute Treatment \$100
- Single Area Treatment + \$10

#### BEACH BODY EXFOLIATION

Refresh dull, weathered skin with a body scrub and silky body butter to reveal softer, brighter, healthier skin.

- 50 minute Treatment \$80

### “White Sand” Facial Services

#### TOTAL FITNESS (BOOT CAMP) FACIAL

Melt away wrinkles & scu

**30** Minute

**Skin Fitness  
 Boot Camp Routi**



This 30 minute treatment is a facial peel that uses natural, organic acids or enzymes to effectively exfoliate the epidermal layers, rid skin of impurities, and visibly tone & firm skin for instant, dramatic results; as well as, cumulative rejuvenation with a series (4-6 treatments).

**30 minute treatment \$80**

#### **Enzyme Options Include:**

- ◆ Cranberry Enzyme
- ◆ Vitamin C Enzyme
- ◆ Blueberry Wine Peel
- ◆ Pomegranate Acai Wine Peel
- ◆ Noni Peel w/ Copper Peptides & DMAE
- ◆ Margarita Peel w/ Blue
- ◆ Aqua Marine Peel w/ Caviar

#### DERMAPLANING FACIAL

A microdermabrasion alternative, this non-invasive, painless procedure removes dead skin cells and vellus hair (peach fuzz). It speeds up production of healthy new cells, lightens “sun spots”, increases absorption of facial products (making treatments more effective) and enhances smooth makeup application. **NO recovery time required. Can be performed every 4 weeks.**

**80 minute treatment \$120**