

THE SPA AT

*Southern Hills*  
PLANTATION CLUB

~ WELCOME! ~

We invite you to experience an exquisite haven nestled in the rolling hills of Southern Hills Plantation Club. We offer world class treatments in a spa setting like no other in the area. Come and experience our relaxing and rejuvenating services. We are committed to your well-being.

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**352.277.5060**

19858 Southern Hills Boulevard | Brooksville, Florida 34601  
*3 miles south of Brooksville on Route 41*

# SKIN CARE TREATMENTS

*Facials by Sara Torres (Thursdays and Fridays Only)*

**SIGNATURE FACIAL** 70 min..... \$80

A custom facial designed to target individual needs and concerns; the Signature Facial restores health and vitality to the skin. Incorporating deep cleansing, exfoliation, detoxification and nourishment, this treatment replenishes the skin while delivering immediate and long-term results.

**TOTAL ESCAPE FACIAL** 90 min. .... \$110

This treatment combines the worlds of Massage and Facial into one luxurious service. It begins with a 20 minute back massage and continues on with a Signature Facial customized to meet your skincare needs

**MINI FACIAL** 30 min. .... \$50

A perfect introduction to facials or for those limited on time, the Mini Facial offers many of the same benefits of our Signature Facial, including cleansing, exfoliation, a customized mask, massage and hydration.

**MEN'S FACIAL** 65 min. .... \$80

The perfect spin on our Signature Facial, the Men's Facial offers the same benefits with special focus on exfoliation and massage. This treatment will leave you and your skin relaxed and in a perfect state of health.

**MARINE PEEL** 30 min. .... \$60

The gentle peel smoothes, brightens and firms the skin with a blend of glycolic acid, lactic acid, and marine minerals. This unique blend makes this peel a highly effective exfoliant that is gentle enough for even more sensitive skin types. For the most effective results it is recommended that the peels be done in a series of treatments.

Add onto a facial for ..... \$20

Series of 6 for ..... \$330

**REFINE FACIAL** 70 min. .... \$90

Multiple stages of gentle exfoliation safely rejuvenate the skin, encouraging cellular turnover and revealing a smoother complexion. Particularly beneficial for thicker and congested skin types, this facial leaves the skin glowing, radiant and refined.

**MOISTURE LOCK FACIAL** 70 min. .... \$95

Designed specifically for the needs of dryness, sun damage and extreme climates, this facial

infuses the skin with the intense moisture, while improving its ability to retain it. Texture and resiliency are also beautifully restored.

**CELLULAR REPAIR FACIAL** 70 min. .... \$90

A synergistic blend of antioxidants strengthens the skin and protects from environmental damage. Especially useful for mature and devitalized skin types, this facial combats again on both a topical and cellular level, revealing healthy, toned and vibrant skin.

**HOT STONE FACIAL** 75-80 min. .... \$95

One of our most sublimely relaxing and healing facials. Not only will you receive the benefits of refinement and nourishment that a facial offers, you will also benefit from the penetrating warmth and healing effects that stones have to offer. Beneficial for any skin type as well as anyone looking for the ultimate spa experience.

**LYMPHATIC DRAINAGE FACIAL** 75 min. .... \$90

This treatment is a combination of our Signature Facial with a lymphatic C drainage massage of the face, neck and décolleté. Lymphatic massage is a very light pressure massage meant to gently stimulate the lymphatic channels located directly beneath the skin. This in turn assists with detoxification, the reduction of swelling, improved immune response, and sinus drainage.

**CLINICAL ACNE FACIAL** 60 min. .... \$75

The focus of this facial is to clear the pores of excess debris, bacteria and infection. Recommended for those who prefer extractions over anything else in a facial, as well as for those with mild to severe acne. This treatment will help to reverse, lessen and/or eliminate acne if performed on a consistent basis. A series of treatments is recommended for those who do not want to take prescription drugs to lessen or eliminate the acne.

Series of 6 for ..... \$390

**BACK CLEANSING TREATMENT** 45-50 min. ... \$70

Show off your back without worries after having this deep pore cleansing back treatment. The skin of the back will be deeply cleansed, exfoliated and nourished with a mask and moisturizer customized for your skin type.

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# SKIN CARE TREATMENTS

Facials by Gina Weedo (Wednesdays - Saturdays)

## EUROPEAN FACIAL TREATMENT ..... \$80

(Combination skin)

T-Zone Line: This deep cleansing facial treatment monitors excess oils and replenishes skin moisture. The use of St. Johns Wart in this skin line is the perfect ingredient to create radiant, youthful looking skin. Using a honey, almond exfoliate, pore cleanser and facial manipulations, you will leave with a clean, clear, balanced glow.

## FREE RADICAL REPAIR

## FACIAL TREATMENT ..... \$80

(Environmentally Sensitized skin)

Hydra 4 Line: Designed to remove environmental debris with the use of fresh seaweed harvested off the coast of Brittany, France. Along with other natural ingredients, these helps balance and soothe the most sensitive skin. Cleanse away pollutants and smooth down sun damage with this luxurious facial. Acneic Facial Treatment- (Acne/ Problem Skin) Hydra Medic Line: Antioxidant tea blends soothe inflamed skin while helping control problem causing bacteria. The pore penetrating serum stops breakouts leaving you on the road to healthy, clear skin.

## MOISTURE RICH FACIAL TREATMENT... \$80

(Dry/Flaky Skin)

Hydra Dew Line: Quench the thirst of dehydrated skin with the unique blend of seaweed, sunflower, and waterlilly. Those together along with other natural ingredients will restore the skins hydra-lipid layer to ensure long term hydration. The Illuminating Mask is the final touch to lock in the moisture to the ultimate hydrating experience.

## HYDRA REFINE FACIAL TREATMENT ..... \$80

(Oily Skin)

Hydra Refine Line: Se and feel the benefits with the blend of natural ingredients that eliminate pore-clogging oils without drying the skin. The freshness of lemongrass and the cooling benefits of cucumber leaves you feeling fresh and hydrated.

## POSEIDON'S FACIAL TREATMENT ..... \$60

This relaxing treatment is for all you gentlemen. This treatment includes a deep cleanse, exfoliation and massage turning rough skin into healthy skin.

## BACK TREATMENT ..... \$60

This pleasurable treatment includes a deep cleanse, exfoliation, manipulations, pore extractions, mask and moisturizer, delivering all the benefits of a facial to your back.

## VITA CURA 5 PHASE

## FIRMING FACIAL TREATMENT

## WITH ENZYME MICRO PEEL ..... \$110

This ultimate skin firming treatment is like having Botox without the needle. All 5 phases work together, including the enzyme micro peel which gently removes the skin, leaving a new younger looking you. Finishing the treatment with a tea blend peel off mask, to calm the skin making you glow. You will see immediate results.

## PEEL OFF MASKS ..... \$16

Add to any facial. Each mask is customized for your specific skin type.

## MAKEUP APPLICATION..... \$30



## MASSAGE

*Massages have been shown to lessen your stress, reduce your blood pressure, improve your circulation and balance your emotions.*

### CLASSIC SWEDISH

30 min.....	\$35
60 min.....	\$70
90 min.....	\$100

### BACK, NECK AND SHOULDER

30 min.....	\$35
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### DEEP TISSUE

60 min.....	\$80
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### COMBINATION

60 min.....	\$75
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### LYMPHATIC DRAINAGE MASSAGE..... \$80

A cleansing of the lymph system boosts your immunity by gently moving lymph fluid into the blood stream.

### HOT STONE 90 min. .... \$110

Heated stones are used to warm up your muscles and provide complete relaxation.

### AROMATHERAPY

30 min.....	\$60
60 min.....	\$75
90 min.....	\$105

Your therapist will help you choose essential oils for relaxation, detoxification or rejuvenation.

### BODY POLISH..... \$55

Sea Salt/Sugar and your choice of aromatherapy are used in polishing your skin to complete softness! Includes use of detoxifying, eucalyptus steam room.

### REIKI..... \$75

A Japanese healing technique for stress reduction and relaxation, which promotes balance within the body, mind and spirit. Please wear comfortable, loose fitting clothing.

## WAXING

<b>BROW/LIP/CHIN</b> .....	\$15
<b>HALF LEG</b> .....	\$30
<b>WHOLE LEG</b> .....	\$55
<b>BIKINI</b> .....	\$35
<b>UNDERARM</b> .....	\$30
<b>ARMS</b> .....	\$30/\$40
<b>BACK</b> .....	\$35 & UP
<b>EYEBROW OR EYELASH TINT</b> .....	\$20

## NAIL CARE

<b>CLASSIC MANICURE</b> .....	\$22
<b>GENT'S CLASSIC MANICURE</b> .....	\$20
Relax while your hands are massaged, nails and cuticles are treated and polished.	

<b>CLASSIC PEDICURE</b> .....	\$40
<b>GENT'S CLASSIC PEDICURE</b> .....	\$35
Aromatherapy feet soak; exfoliation, massage and polish will revitalize your feet.	

<b>SIGNATURE MANICURE</b> .....	\$30
<b>GENT'S SIGNATURE PEDICURE</b> .....	\$25
An anti-aging treatment including use of fruit enzymes, serums, mask, massage and polish.	

<b>SIGNATURE PEDICURE</b> .....	\$60
<b>GENT'S SIGNATURE PEDICURE</b> .....	\$55
Walk softer on the earth. Treat your feet to a full exfoliation, extreme hydration and massage. Paraffin and French included.	

<b>POLISH CHANGE</b> .....	\$10
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## PACKAGES

*All include 18% Gratuities and Spa Lunch*

<b>LADIES SIGNATURE TEE TIME</b> .....	\$182
<b>GENT'S SIGNATURE TEE TIME</b> .....	\$172
A full one hour massage, signature pedicure and signature manicure.	

<b>LADIES CLASSIC TEE TIME</b> .....	\$153
<b>GENT'S CLASSIC TEE TIME</b> .....	\$145
A full one hour massage, classic pedicure and classic manicure.	

<b>WHOLE BODY AND SOUL GLOW</b> .....	\$211
Body Polish, full one hour massage, classic pedicure and classic manicure.	

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# HAIR CARE

## HAIR CUT AND STYLES

Women's Haircut and Simple Style .....	starts at \$35
Men's Haircut.....	starts at \$20
Children Under 12 .....	starts at \$15
Shampoo and Simple Style .....	starts at \$20
Updo / Specialty Set .....	starts at \$40
Blow Dry and Ironwork (Long Hair) .....	starts at \$30
Ironwork with Haircut .....	starts at \$10
Bang / Beard Trim.....	\$10
Conditioning Treatment .....	starts at \$35

## HAIR COLOR TREATMENTS

Color Permanent or Demi-Permanent* .....	
Color Retouch .....	starts at \$45
Full Color .....	starts at \$65
Double Process Coloring.....	starts at \$65
Color Cleanser.....	starts at \$30
Corrective Color.....	by consultation only
Color Glaze .....	starts at \$35

## HIGHLIGHT (Includes up to 2 colors)\*

Partial Foil .....	starts at \$60
Full Foil .....	starts at \$80
Combination Coloring .....	
Color Retouch with Partial Foil .....	starts at \$85
Color Retouch with Full Foil.....	starts at \$100
Full Color with Combination .....	add \$20
Toner .....	\$10
Third Color .....	\$10
Additional Length / Extra Product Needed .....	\$10

## TEXTURE SERVICES

Permanent Waves.....	starts at \$60
Spiral Perm.....	starts at \$80

### SALON HOURS

Wednesday – Thursday 10:00am – 2:30pm | Friday – Saturday 10:00am – 6:00pm

### SALON DIRECTOR & HAIRSTYLIST

Lauren Swinyard | (352) 796 – 9502

*\*Service prices may vary based on the length or texture of hair, amount of colors used, etc. Final price will be given during consultation.*



(352) 277-5060 ~ 19858 Southern Hills Boulevard, Brooksville

## MESSAGE TO OUR GUESTS

### ATTIRE

Robes and Slippers are provided for your spa service. We offer disposable undergarments for your comfort.

### CHANGING AREAS

The Spa at Southern Hills Plantation Club offers changing areas for your convenience. As we cannot be responsible for lost or stolen items, please avoid bringing valuables with you.

### SCHEDULING

Please arrive 15-30 minutes prior to your treatment.

### CANCELLATION

At times you may need to change your appointment. Please let us know within 24 hours. Multiple appointments must be reserved with a credit card. A 50% service charge may be issued for cancellations without a 24 hour notice.

### PAYMENTS

We accept cash, most major credit cards and personal checks with proper ID. A \$25 fee will be charged for returned checks.

### CHILDREN

To ensure a serene environment, please refrain from bringing children under the age of 16 (without an appointment) in the spa.

Cell Phones and Pagers must be turned off upon entering the spa.

Gratuities are included in Day Packages ONLY. The standard gratuity is 18%.

Gift Certificates are available for special treatments or for any denomination.

Monthly specials offered.

### HOURS OF OPERATION

Wednesday - Saturday 10:00am - 6:00pm

