

A vertical graphic for a spa menu. The top half features the word "Spa" in a large, elegant, brown cursive font, with "MENU" in a smaller, brown, all-caps serif font below it. The background is a soft-focus image of lavender flowers and a lit candle in a purple holder. The bottom half of the graphic shows a close-up of a small, dark, textured wooden bowl filled with coarse, light purple salt crystals, with a few crystals scattered on the wooden surface in front of it.

Spa
MENU

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.

352.277.5060

19858 Southern Hills Boulevard
Brooksville, Florida 34601

3 miles south of Brooksville on Route 41

HOURS OF OPERATION

Tuesday | 10:00am - 3:30pm

Tuesday (By Appointment Only) | 3:30pm - 5:00pm

Wednesday - Saturday | 10:00am - 5:00pm



Nail Care

- CLASSIC MANICURE**.....\$24
Includes nail shaping, cuticle care, massage and polish.
- GEL-POLISH MANICURE**.....\$38
Includes nail shaping, cuticle care, massage and gel polish.
- EXPRESS MANICURE**.....\$18
This express service is perfect for those on a tight schedule.
Service includes shaping of the nails, a lotion application and a polish application in your perfect shade.
- SIGNATURE MANICURE**.....\$38
Includes nail shaping, cuticle care, hydrating sugar scrub, paraffin dip, massage from elbow to finger tips and a polish application in your perfect shade.
- MEN'S MAN·E-CURE**\$20
Includes nail shaping and buffing of nails, followed by a relaxing massage
- EXPRESS PEDICURE**.....\$24
This express service is perfect for those on a tight schedule.
Service includes a lotion application, shaping of the nail and a polish application in your perfect shade
- SIGNATURE PEDICURE**.....\$40
Includes nail shaping, cuticle care, callous treatment, hydrating sugar scrub, massage from knee to toe and a polish application in your perfect shade.
- LUXURY PEDICURE**\$60
This ultimate pedicure begins with a warm hydrobath enriched with a hydrating and nourishing PH balance fluid, and is followed with a revitalizing sugar scrub. A clay masque is applied from knee to ankle. Legs are then wrapped with warm towels while tired feet are dipped in a moisturizing paraffin treatment. A thorough foot massage using a luxurious, warm candle-lit cream that melts away tension. Finish with a cuticle service, clipping, shaping of the nail and an application of polish in your perfect shade.
- THE ULTIMATE EXPERIENCE PEDICURE**.....\$70
A signature pedicure plus much more! This divine experience includes a Footlogix callus treatment, the luxurious Pure Fiji sugar scrub and butter treatment, hot paraffin on both hands and feet in addition to a clay mask with hot towels.

ADD-ONS FOR ANY HAND OR FOOT SERVICE

- FRENCH MANICURE**..... \$9
- SHELLAC, OPI OR GELISH GEL POLISH**\$15
- FOOTLOGIX CALLOUS TREATMENT**\$10
- PARAFFIN**
- Hands.....\$5
- Feet\$10



Nail Care continued...

PINEAPPLE COCONUT BODY SCRUB AND BODY BUTTER TREATMENT

- Hands.....\$5
- Feet\$10

PURE FIJI SCRUB AND BODY BUTTER TREATMENT

- Hands.....\$5
- Feet\$10

PURE FIJI SCRUB

Fresh sugar cane crystals manually exfoliate while naturally occurring alpha hydroxyls gently buffs away aging skin cells, polishing your skin clean and unclogging pores. The deep moisturizing blend of oils nourish, moisturize and protect your beautiful skin leaving it glowingly healthy.

PURE FIJI BODY BUTTER

This super moisturizing cream will instantly revive dry skin. A unique blend of exotic nut extracts rapidly hydrates skin and locks in the moisture to keep your skin perfectly hydrated and nourished. Milk proteins provide an added benefit, setting in motion firming processes to reduce the appearance of fine lines - while soy and passionflower gently soothe and calm stressed skin. An excellent cream indulgence all year round.

GLITTER TATTOOS.....\$5 - \$25

Glitter tattoos are the hottest body art form in the world today. It is a fun way to entertain guests in salons, parties and specialty events. They are non-toxic, hypoallergenic and last between 7 to 15 days (depending your skin type- oily vs dry)

NAIL ENHANCEMENTS

NATURAL NAIL OVERLAY (GEL) Starting at \$40

NAIL ENHANCEMENTS (GEL)..... Starting at \$50

NAIL REBALANCE (GEL) Starting at \$30

ARTIFICIAL NAIL REMOVAL Starting at \$25

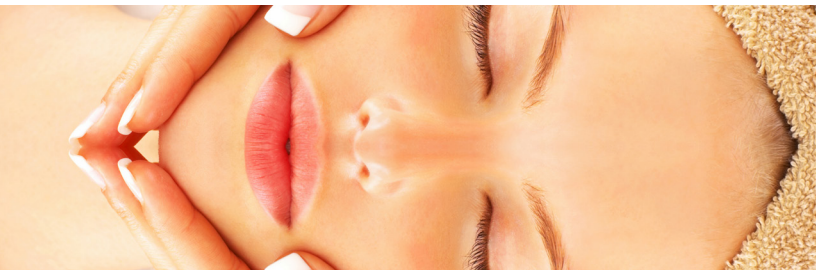
POLISH CHANGE

Hands (no filing or cuticle care).....\$12

Feet (no filing or cuticle care)\$15

NAIL ART \$5 and up

NAIL REPAIR..... Starting at \$6



Skin Care Treatments

Facials by Gina Weedo (Tuesdays - Saturdays)

VITA CURA 5 PHASE FIRMING FACIAL TREATMENT W/ 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. Treatment is finished with a tea blend peel-off mask, to calm the skin making you glow. You will see immediate results.

4 LAYER FACIAL\$100

This luxurious European seaweed facial rejuvenates, tones and helps firm the skin. The seaweed filtrate layer softens lines, adds moisture and helps rebalance and tone skin tissues. The hydrating layer includes a facial massage which improves circulation to blood vessels. The seaweed mask layer is a cool green aqua mask which adds moisture, eliminates toxins and nourishes the skin. The mineral mask layer is a thermal mask which creates a more even skin tone.

EUROPEAN FACIAL TREATMENT\$80

T-Zone Line (Combination Skin): This deep cleansing facial treatment monitors excess oils and replenishes skin moisture. 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

Hydra 4 Line (Environmentally Sensitized Skin): Cleanse away pollutants and smooth down sun damage with this luxurious facial.

ACNEIC FACIAL TREATMENT\$80

Hydra Medic Line (Acne/Problem Skin): 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

Hydra Dew Line (Dry/Flaky Skin): The unique blend of seaweed, sunflower, and water lily together along with other natural ingredients will restore the skin's hydra-lipid layer to ensure long term hydration. The Illuminating Mask is the final touch to lock in the moisture.



Skin Care Treatments continued...

HYDRA REFINE FACIAL TREATMENT\$80

Hydra Refine Line (Oily Skin): See 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.

MINI FACIAL\$50

Does not include extractions or shoulder massage.

PEEL OFF MASKS\$15

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

Waxing

BROW/LIP/CHIN\$15

HALF LEG\$30

WHOLE LEG\$55

BIKINI.....\$35

UNDERARM\$30

ARMS\$30/\$40

BACK\$35 & UP



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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HOT STONE 90 min. \$110

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

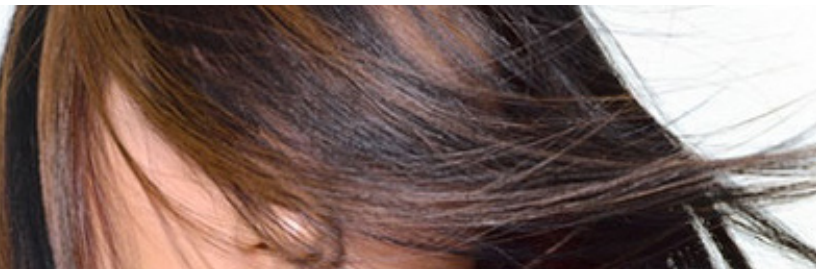
AROMATHERAPY

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

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

BODY POLISH..... \$60

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



Hair Care

HAIRCUT AND STYLING SERVICES*

Women's Haircut & Simple Style	\$35
Men's Haircut	\$15
Children Under 12	\$12
Shampoo and Simple Style	\$20
Up-do / Formal Style	starting at \$45
Bang Trim	\$8
Deep Conditioning Treatment	\$15
Chemistry Shot Treatment	\$25

COLOR, TEXTURIZING AND TREATMENT SERVICES*

Color Retouch	\$48
Full Color	\$60
Organic Color	additional \$5
Corrective Color	by consultation only
Partial Foil Highlights	\$60
Full Foil Highlights	\$80
Per Foil (up to 10 max)	\$5/each
Perms	\$65
Makeup Application	\$25

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



Packages

All include 18% Gratuities and Spa Lunch

LADIES' BASIC TEE TIME\$145
GENTS' BASIC TEE TIME\$145

A full one hour Swedish massage, basic pedicure and basic manicure.

BODY AND SOUL GLOW\$210

Body Polish, full one hour Swedish massage, basic pedicure and basic manicure.

REVITALIZING PACKAGE\$230

Facial, full one hour Swedish massage, basic pedicure and basic manicure.

THE MINI PACKAGE\$125

Mini facial, 30-minutes Swedish massage and basic manicure.

A DAY AT THE SPA\$295

Facial, full one hour Swedish massage, body scrub, basic pedicure and basic manicure.

CREATE A PACKAGE

Choose up to 3 services of your choice and price will be given at time of consultation.

SALON HOURS

Tuesday | 10:00am - 3:30pm

Tuesday (By Appointment Only) | 3:30pm - 5:00pm

- An extra fee applies on appointments booked on Tuesdays -



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.

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