



BODYWORKS

SALON | FITNESS

SERVICE DIRECTORY

Relaxation and rejuvenation await you at TradeWinds Island Resorts' Body Works with more than 40 spa and salon treatments.

The soothing sounds of the sea turn a beach massage into the ultimate relaxation. Wedding parties can be treated to a day of beauty from head to toe. Business travelers can unwind with a variety of spa services designed especially for the most stressed executive.

Body Works is located in the Breckenridge Building at the TradeWinds Island Grand. Salon and spa appointments are available by calling 727.363.2348, or extension 6019 while at Island Grand or Guy Harvey Outpost. Free parking is available with reservations for Body Works services.





SALON AND SPA TREATMENT PACKAGES

Day spa packages include access to the resort fitness center, sauna, whirlpools and complimentary daytime tennis. Prices are inclusive of applicable service charges and gratuities.

We recommend that day spa package appointments be made at least one to two days in advance to ensure availability of services. Please call Body Works at 727.363.2348 to reserve your services. Each appointment is unique and requires detailed coordination to ensure your spa experience is performed to perfection.

The “Just Let Go!” package includes lunch at Beef ‘O’ Brady’s, served to guests from 12 noon to 2 p.m. A lunch voucher will be issued to you at check-in.

“Just Let Go” Package

\$299

Slip into a soft spa robe and comfy slippers while we pamper you from head to toe.

- Full body massage
- Facial
- Manicure
- Pedisage
- Lunch or snack

“Beach Treat” Package

\$142

- Half-hour facial
- Half-hour massage
- Manicure (or Pedicure for additional \$20)

HAIR CARE

A complimentary hair consultation is given prior to any hair service, specifically required for all chemical services.

HAIR CARE FOR MEN AND WOMEN

Women's Haircut and Style	from \$60
Women's Haircut (includes shampoo only)	from \$35
Men's Haircut	\$25
Children's Haircut (8 & under)	\$20
Beard Trim	\$12
Flat Iron	from \$15
Blow Dry/Set/Curl Iron/Flat Iron	from \$25
Braids (1/2 head)	\$60
Bangs Only	\$10

COLOUR

Retouch	\$65
Virgin Color Application	from \$75
Bleach Retouch	from \$70
Highlighting/Foil	from \$90
Foil (1/2 head) Crown (ears forward)	\$55
Perms (Body, Texture or Curl) includes cut and style	from \$75
Deep Hair Condition Mask Treatment	\$25
Foil (individual)	\$10





NAIL CARE SERVICES

Manicure	\$30
Pedicure	\$50
Spa Manicure (w/ scrub, mask, hot towel)	\$45
Spa Pedicure (w/ scrub, mask, hot towel)	\$65
Polish Change	\$19
Gel Polish Change	\$25

FOR MEN

Manicure	\$30
Pedicure	\$50

ADD ON'S

French	\$5
Gel Polish	\$15
Gel Soak Off	\$15

All pricing are base prices.



FACIALS

Featuring Eminence products

Treat yourself to an award winning organic skin care line that delivers beautiful results using organic products bursting with juicy pulp, seeds and herbs. Eminence addresses a variety of skin concerns such as premature aging and wrinkling, sun damage, acne, loss of vitality tone and radiance. Select a customized Eminence facial specifically created to suit your skin needs and let the active ingredients impart health and beauty to your skin.

Organic Refresh Retreat 25 minutes \$55
with extractions \$70

A refresher facial combining cleansing, exfoliation and hydration appropriate to your skin type.

Organic Hungarian Facial 50 minutes \$110

These handmade, all-natural organic products from Hungary are a delight to your senses. Using medicinal herbs and fruits to give lasting results you'll have a clear, balanced and revitalized complexion.

Anti-Aging Facial 50 minutes \$130

Using only the highest quality fresh organic fruits, herbs and spices this facial gives you the best possible natural results. Let one of our highly trained therapists pamper and heal your skin with the scrumptious gifts of Mother Nature.

Deep Cleansing European Facial 50 minutes \$115

Based on the traditional European facial, this treatment is ideal for those suffering from oily, clogged skin, includes a massage and treatment masque.

Gentlemen's Retreat Facial 50 minutes \$110

This is a real man's facial using natural organic products especially selected for a man's skin and individual needs. With the use of steamed towels receive a face, neck and hand massage with non-perfumed, non-greasy, natural products. This facial is wonderfully relaxing and fantastic for keeping a man's skin in optimal condition.

Sunburn Facial \$115

If you've been in the sun a little too long, we offer a beneficial facial treatment with highly concentrated aloe and other natural ingredients to calm and rehydrate the skin. A perfect remedy for a sunburn.

Add On's

Eye Treatment \$15
Lip Treatment \$10



BODY SERVICES

Green Tea Lemongrass Body Scrub \$110

We scrub away your stress and polish your body to perfection with a Thai-inspired blend of soothing green tea and stimulating lemongrass.

Pomango Body Scrub \$110

Your body will luxuriate in luscious natural, antioxidant-rich sugar to gently exfoliate your skin with a unique combination of soothing pomegranate notes and tropical mango.

Depilatory Waxing

- | | |
|---------|------|
| Lip | \$20 |
| Eyebrow | \$22 |
| Chin | \$20 |

MASSAGE THERAPY

Beachfront Massage	50 min	\$145
	80 min	\$220

If you're looking for the ultimate in relaxation, try our open-air massage experience. Enjoy your choice of massage right on the beach in the midst of warm gulf breezes and the tranquil sound of the waves. For your comfort, this is a seasonal, weather permitting service. Swimwear is required. Advanced reservations are required for special set-ups.

Classic Massage	25 min	\$55
	50 min	\$90
	80 min	\$145

This classic massage style uses soothing, relaxing strokes to promote balance and body harmony. Light to moderate pressure enhances circulation, while gentle stretching reduces tension, promoting a state of deep relaxation and sense of well-being.

Aromatherapy	50 min	\$95
	80 min	\$145

A therapeutic treatment combining aromatic essential oils with the soothing techniques of a massage to restore balance and energy, reduce stress and tension, and detoxify the body.

Deep Tissue/Sports	25 min	\$70
	50 min	\$105
	80 min	\$175

An invigorating combination of range of motion movements mixed with assisted stretching, deep tissue strokes and compression. This sports massage offers you relief from sports-related muscle aches and tension.

Warm Stone Massage	50 min	\$135
	80 min	\$210

Smooth, heated stones are used to massage tired, sore muscles to relieve tension, calm the soul and reinstate a sense of balance.

Focus Work

Let us know if there is a specific area that you'd like us to focus on and your appointment will be customized as requested.



THE SPA EXPERIENCE

To derive the maximum benefit from your services, please plan to arrive several minutes prior to your first scheduled appointment. If you are using a gift card, voucher or discount please present it when registering at the reception desk.

If you are experiencing a day spa package and plan to enjoy our fitness center or one of our beachfront pools, please bring bathing suit, workout clothing and shoes.

For your comfort, we ask that you shower before your massage. As is customary, no jewelry is worn during services. We recommend you leave jewelry and other valuables at home or in your in-room safe.

Although we recommend you undress completely for most body services, you may choose to wear undergarments if it will make you feel more comfortable.

APPOINTMENTS

For appointments, dial extension 6019 during Body Works' hours.

Spa appointments and day packages should be made at least one to two days in advance when possible.

The appointments must be secured with a credit card at the time of reservation. We reserve the right to charge in full for no shows or cancellations made with less than a 24-hour notice.

Gratuity is at the client's discretion for à la carte services.

Prices are subject to change without notice.

Rescheduleing fee of \$15 if appointment is made less than 6 hours before service

BODY WORKS SALON

Open Daily

Monday - Friday 9:00 a.m. - 5:00 p.m.

Saturday - Sunday 9:00 a.m. - 5:00 p.m.

Call 727.363.2348 or dial Extension 6019 from any room or house phone

MM# 0004945

FITNESS

Seasonally, TradeWinds Island Resorts offers a schedule of exercise and fitness classes, including Yoga Fit, a perfect complement to a day spent in the spa. For more information and schedules, call the Activities Department at ext. 6020 between 9 a.m. and 5 p.m., or refer to the TradeWinds Recreation Calendar.



BODY WORKS FITNESS CENTER

Open Daily
6:00 a.m. - 10:00 p.m.

**Guests must be 18 years or older to use equipment.
Shirt & Athletic Shoes Required**

\$10 per person, per day
Fee included with the Resort Amenity Fee
Resort Key/ID required.

- Life Fitness Treadmills (4)
- Life Fitness Elliptical Cross Trainers (2)
- Life Fitness Recumbent & Upright Bikes
- Full Body Life Fitness Circuit
- Free Weights (Dumbbells)
- Life Fitness Dual Adjustable Pulley Machine
- Life Fitness Smith Machine

Private Yoga Classes Friday - Sunday

Located in the TradeWinds Island Grand
Breckenridge Building
5500 Gulf Blvd • St. Pete Beach, FL 33706

Visit us online at **JustLetGo.com**
Prices subject to change without notice.



GIFT CARDS

It's the gift everyone wants... the opportunity to relax, be pampered and "just let go." Your gift card can be used for all that TradeWinds has to offer - not only spa services, but accommodations, shopping, dining and recreation.

**Order gift cards at JustLetGoShop.com
or see the lobby concierge.**





BODYWORKS

SALON | FITNESS

Additional Esthetics Menu of Services

FACIALS

Arctic Berry Illuminating Facial 50 minutes \$135
Luxurious all natural treatment facial combined with a sun safe, multi-acid gel peel for skin that is dramatically refined and smoothed. Collagen formation is boosted and skin is firmed and plumped.

Arctic Express 25 minutes \$70
Three step, sun safe, multi-acid gel peel that exfoliates, refines and evens skin tone for enhanced skin firming and plumping.

Enhancer Treatment Facial 50 minutes \$140
80 minutes \$165

A rejuvenating facial utilizing multiple therapies to boost your skin's appearance. Low levels of micro current stimulate the skin to enable muscle toning, lift and deeper product penetration for lasting results. The treatment is completed with red light therapy to decrease fine lines and increase the production of collagen and elastin.

Add on to any facial
Red light therapy 15 minutes \$25

BODY SERVICES

Balancing Body Polish 50 minutes \$120

This calming treatment begins with an exfoliation of wholesome brown sugar, pure aloe and rich coconut oil, which reveals your brightest skin and fosters deep relaxation. Application of warm towels ease away tension and soreness. The treatment is finished with an application of enlivening lotion enhanced with pure fruit and flower essences.

Purifying Seaweed Body Wrap 50 minutes \$140

Sink into a detoxifying body wrap made from ultra-fine Norwegian Ascophyllum Nodosum seaweed. This sea-inspired wrap replenishes skin with essential vitamins, minerals and antioxidants, increases circulation, and improves skin elasticity. Your skin will be toned and hydrated and your mind balanced and calm.

Remineralizing Body Wrap 50 minutes \$140

This ritual revitalizes the skin and reinvigorates body and mind. Utilizing a proprietary blend of vitamins, minerals, and anti-oxidants, the innovative treatment increases metabolic stimulation, hydrates, nourishes and heals the skin with abundance.

Ritual Body Polish and Body Wrap 80 minutes \$195

The holistic treatment includes our Balancing Body Polish and a body wrap of your choice to revive and nurture.

Add on to any body wrap treatment

A refreshing facial or express peel No additional time \$45

Body Waxing

Half Arm	\$30
Full Arm	\$55
Underarm	\$30
Back	\$75
Half Leg	\$50
Full Leg	\$90
Bikini	\$45
Full Leg & Bikini	\$120
Brazilian	\$80
Full Leg & Brazilian	\$155

Trader Winds

ISLAND RESORTS ON ST. PETE BEACH

5500 Gulf Blvd., St. Pete Beach, Florida 33706
JustLetGo.com | 727.363.2348

TradeWinds
ISLAND RESORTS ON ST. PETE BEACH

5500 Gulf Blvd., St. Pete Beach, Florida 33706
JustLetGo.com | 727.363.2348