



BODY WORKS



**COMPLETE SALON
HAIR • FITNESS**

Service Directory

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, 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.

Evening appointments in the salon are available.

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.*

Body Works Salon

Open Daily

Monday through Friday 9:00 a.m. – 5:00 p.m.

(Massage available, by appointment, until 7:00 p.m.)

Saturday through 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



Isn't it time you just said "no" to cell phones, hassles and traffic jams ... and "just let go?"

Relaxation and rejuvenation await you at TradeWinds Island Resorts' Body Works with more than 40 spa and salon treatments. From facials to pedisage, Body Works offers the perfect "mind, body & soul" spa experience ... and the ideal beachfront location to truly "just let go."

Imagine hearing nothing but the soothing sound of waves and feeling nothing but the warm gulf breeze. With Body Works' Beachfront Massage, you can indulge in the ultimate of relaxation with a tranquil massage right on TradeWind's white sands.

Body Works can make that special occasion even more memorable. Brides can treat their wedding party to a day of beauty from head to toe. Updos from creative stylists ... manicure and pedicure perfection ... soothing facials and relaxing massages ... and expert make-up application. Business meeting planners can reward their top performers 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 TradeWinds Island Grand or Sandpiper Suites.



Massage Therapy

Beachfront Massage 50 min. \$145

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. Reservations are required.

Classic Massage 50 min. \$90
25 min. \$55

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

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 50 min. \$105
25 min. \$70

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

Smooth, heated stones are used to massage tired, sore muscles to relieve tension, calm the soul and reinstate a sense of balance. Performed by a certified La Stone therapist.



Facials

Don't know your skin type or which facial is perfect for you? A Body Work's esthetician provides complimentary skin analysis with every 50-minute facial.

Refresh Facial 25 min. \$55
A refresher facial combining cleansing, exfoliation and hydration appropriate to your skin type.

Chocolate Wasabi Facial 50 min. \$110
Who would have thought chocolate was good for something besides those late-night cravings and wasabi was only served with sushi? Indulge with the extraordinary benefits of cocoa, which contains essential oils and antioxidants that help moisturize, plus wasabi, which tones and energizes your skin.

Hydra Dew Express Lift 50 min. \$145
This facial, with the express lift moisture mask, will provide immediate in-depth moisturization and reduce irritation while helping combat hyper-pigmentations and wrinkles. Perfectly designed for the hectic lifestyles of today.

Four-Layer Facial 50 min. \$145
Layers of pure, fresh seaweed rejuvenates, tones and helps firm the skin. Indulge in a cool, aqua-green seaweed mask followed by a mineral-rich thermal mask. The results are impressive.

Seaweed Facial 50 min. \$135
Exposure to the sun, pollution and daily grime leaves skin sensitive and dehydrated. Gentle cleansing with a milk-and-honey mask followed by a soothing massage with seaweed serum rich in Vitamin C, minerals, and proteins is the perfect antidote. It all ends with a cooling, fresh seaweed mask.

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 Extension 6020 between 9 a.m. and 5 p.m., or refer to the TradeWinds Recreation Calendar.

Body Works Fitness Center

Open Daily

Monday through Friday 6:00 a.m. – 8:00 p.m.

Saturday/Sunday 8:00 a.m. – 5:00 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

Personal Training Sessions and Private Yoga Classes

Advance appointment required

Half-hour and one-hour sessions

Dial Extension 6019 or call 727.363.2348

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.



Body Services

Satin Body Scrub \$110

Brace yourself for an intense body scrub using a unique combination of apricot seed powder and pumice to stimulate the skin and slough off dead skin cells to reveal soft, supple skin.

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.

Spray Tan \$50

Not quite beach ready? Let us transform you into a beach beauty with a Natural Bronze Airmist spray tan session. Customized for your skin type, you'll be left with a glowing bronze complexion. Your tan will last for up to one week, with the most vibrant color being in the first five days.

Depilatory Waxing

Lip	\$20
Eyebrow	\$22
Chin	\$20

à la Carte Services

A complimentary hair consultation is given prior to any hair service to target the specific needs of your hair.

Hair Care for Men and Women

Women's Haircut and Style	from \$60
Women's Haircut Only	from \$35
Men's Haircut and Style	\$25
Children's Haircut and Style	\$20
Beard Trim	\$12
Flat Iron	from \$15
Blow Dry/Set/Curl Iron/Flat Iron	from \$25
Braids (1/2 head)	\$45
Updo/Special Event Styles	from \$75

Colour

Retouch	\$65
Virgin Color Application	from \$75
Bleach Retouch	from \$70
Highlighting/Foil	from \$90
Foil (1/2 Head)	\$55
Perms (Body, Texture or Curl)	from \$75
Deep Hair Condition Mask Treatment	\$25

Personalized Treatments

Make-Up Application	\$65
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Nail Care Services

Manicure	\$30
Polish Change	\$19
Deluxe Pedicure (w/scrub, mask, hot towel)	\$65
Pedicure	\$50

Sculptured Nails

Full Set Acrylics (Tips & Acrylics)	\$70
Nail Repair	each nail \$10
Buff & Polish Acrylic	\$20
Fills	\$35
Nail Soak	from \$30
Paraffin Treatment	(with service) \$16
Hand or Foot	\$21

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 \$299.00

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

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

"Beach Treat" Package \$142.00

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

Bridal Packages

"Sea Goddess" Package \$352.00

- Refresh Facial
- Hair Design
- Champagne (1) bottle
- Deluxe Manicure
- Make-Up Application
- Fruit & Cheese Platter
- Pedisage Pedicure

"Beach Diva" Package \$266.00

- Deluxe Manicure
- Make-Up Application
- Champagne (1) bottle
- Pedisage Pedicure
- Hair Design

A 15% gratuity is included in spa and bridal packages. Any additional gratuity is at your discretion. Packages are for the specific services listed.

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.