

Body Exfoliation

Salt Glow

A custom blend of French Atlantic Sea Salt mixed with soothing essential oils is gently massaged over the entire body, releasing toxins as well as removing dead skin cells. Your body will be cleansed and then massaged with revitalizing lotion, leaving your skin silky, hydrated and glowing. Sugar may be substituted for sensitive skin. We offer many customized salt scrubs, so inquire when booking appointment.

50 min. Member: \$70, Guest: \$75

Purifying Back Cleanse

In this treatment, the back will be cleansed, gently exfoliated, and then steamed. After performing extractions, a customized masque will be applied. The back is then lightly massaged, leaving it like new.

55 min. Member: \$75, Guest: \$80



Body Waxing

Brow, Lip or Chin:	\$15
Back:	\$50 and up
Half Arm:	\$30 and up
Full Arm:	\$50 and up
Under Arm:	\$25
Half Leg (Above knee & down):	\$35 and up
Full Leg (Not including bikini):	\$60 and up
Traditional Bikini:	\$35 and up
Brazilian:	\$75 and up
Face (Includes forehead, cheeks and sideburns):	\$35
Chest:	\$45 and up
Neck:	\$20
Stomach:	\$40
Additional Patches:	(per patch) \$10

Tints

Eyelash Tint:	\$25
Eyebrow Tint:	\$25

Airbrush Spray Tan

1 Spray:	\$25
5 Sprays:	\$125
12 Sprays:	\$240

General Spa Information

Scheduling An Appointment

To make an appointment, please contact the Athletic Desk of Countryside Country Club's Fitness & Aquatic Center at **727-796-1333**. Please indicate if you have a preferred therapist or aesthetician and the specific type of treatment at the time you make your appointment.

Spa Cancellation Policy

Your spa appointments are reserved exclusively for you. As a courtesy to our spa staff and other guests, we require a 3-hour cancellation notice prior to your appointment. Failure to give a 3-hour notice and if we are unable to re-book our forfeited time with another appointment, you must be assessed a late cancellation / no show fee of \$30 per hour. All "NO SHOWS" will be charged 100% of their scheduled services. Members will automatically be billed on their membership account. Guests require a Visa/Mastercard/American Express deposit upon booking appointment.

Spa Etiquette

If you enjoyed your spa service, gratuity is always welcomed for a job well done. Gratuity is not included in the listed service price.

Gift Certificates

Treat yourself or someone you care about to a gift certificate for one of our wonderful spa services. Gift certificates are available for purchase for any occasion at the Athletic Desk: **727-796-1333**. All gift certificates have an expiration date so please make note of it. Cross Bay Discounts do not apply to gift certificates.

Retail Products

Check out our Dermatological Skin Care or Biofreeze retail product line. Feel free to ask our spa staff for more information or to get a sample of these products.

727-796-1333

www.countrysideclub.com

Countryside Day Spa



COUNTRY CLUB

A Member of the ClubCorp Family

**Spa Services Open
to Non-Members**

727-796-1333

www.countrysideclub.com

Countryside Country Club

Fitness & Aquatic Center

3001 Countryside Blvd.

Clearwater, FL 33761

License #MM12388

License #CE9954571

© ClubCorp USA, Inc. All rights reserved. 22626 1113 BH

Massage

Relaxation

Melt away stress and tension while improving circulation, bringing oxygenated blood to tired, achy muscles.

25 min. Athletic: \$40, Member: \$42, Guest: \$45

55 min. Athletic: \$55, Member \$58, Guest: \$62

85 min. Athletic: \$90, Member: \$95, Guest: \$100

Therapeutic

This massage is perfect if you have tension in a specific area, or you are experiencing soreness from working out. Treat overused, strained muscles with deep tissue techniques that help restore flexibility and promote relaxation and rejuvenation.

25 min. Athletic: \$45, Member: \$47, Guest: \$50

55 min. Athletic: \$60, Member: \$63, Guest: \$65

85 min. Athletic: \$95, Member: \$100, Guest: \$105

Prenatal

Help your nurturing body cope with the aches and pains that come with pregnancy. This massage provides support in all the right spots and aids in the functions of the circulatory and lymphatic systems, keeping mother and baby healthy. (Please note that mom must be more than 15 weeks)

55 min. Member: \$60, Guest: \$70

Hot Stone

We place special heated stones on your over-stressed, tense, achy muscles to allow the heat to warm the muscle tissues before we massage them.

55 min. Member: \$80, Guest: \$85

Massage Packages

Relaxation Massage

25 min. Pkg of Five (5) Member: \$200, Guest: \$225

25 min. Pkg of Ten (10) Member: \$380, Guest: \$430

55 min. Pkg of Five (5) Member: \$265, Guest: \$300

55 min. Pkg of Ten (10) Member: \$500, Guest: \$570

Therapeutic Massage

25 min. Pkg of Five (5) Member: \$225, Guest: \$250

25 min. Pkg of Ten (10) Member: \$430, Guest: \$480

55 min. Pkg of Five (5) Member: \$290, Guest: \$315

55 min. Pkg of Ten (10) Member: \$550, Guest: \$600

** Packages for one individual only, not to be shared with anyone else.

Facial Treatments

Express Facial

This mini-facial is perfect for skin that needs a quick boost. Cleansed, lightly exfoliated and then replenished with a masque.

25 min. Athletic: \$40, Member: \$45, Guest \$50

European Facial

A great starting point for professional skin care. This customized facial incorporates exfoliation, general extractions, massage and application of a masque.

55 min. Athletic: \$55, Member: \$58, Guest: \$60

Executive Men's Facial

A complete facial for men's skin, using products formulated specifically "for him," leaving the skin cleansed, toned and refreshed.

55 min. Member: \$60, Guest: \$65

Anti-Aging Facial

This extensive treatment includes deep pore cleansing and skin resurfacing using glycolic acid. Lymphatic drainage massage is performed along with an eye-firming treatment leaving you with a glowing, youthful appearance.

85 min. Athletic: \$115, Member: \$120, Guest: \$125

Purify Facial

This deep cleansing facial will help clear congested skin and reduce inflammation caused by acne.

85 min. Athletic: \$90, Member: \$95, Guest: \$100

Red Carpet Facial

Look your best for your event with this firming treatment that will leave your skin hydrated, revitalized and radiant. * Includes oxygen treatment and collagen masque.

75 min. Member: \$95, Guest: \$105

Glycolic Acid Treatment

A beneficial treatment that smooths fine lines, evens skin tone, helps clear acne and reduces the signs of sun damage. Includes masque.

• Individual Treatment: **\$60**

• With purchase of 55-minute facial: **\$40**

• Package of Three (3): **\$165**

• Package of Six (6): **\$300**

Facial Add On's

• Eye Firming Treatment: **\$25**

• Lactic Acid: **\$35**

• Cryogenic Marine Masque: **\$30**

• Collagen Masque: **\$30**

• Paraffin (Hands/Feet): **\$10 per each**

• Lip Exfoliation and Masque: **\$10**

• Vitamin A Treatment: **\$60**

Microdermabrasion

A treatment that is used to reduce the appearance of fine lines, brown age spots, uneven skin tones, large pores, acne and chicken pox scars, sun damage, skin imperfections, and dry, flaky skin. This treatment is an effective, safe form of gentle exfoliation performed with inert corundum crystals to remove dead or damaged skin cells and improve the skin's appearance, resulting in more youthful skin. Six (6) treatments over a 6-week period are recommended.

All treatments include Hydrating Masque.

• Individual Treatment: **\$125**

• Series of 3 Treatments: **\$345**

• Series of 6 Treatments: **\$600**

Microdermabrasion also offered for:

• Arms: **\$75**

• Neck: **\$40**

• Hands: **\$60**

• Decollete: **\$60**

• Arms & Hands: **\$115**

Hands & Feet

Reflexology

This treatment is specifically for overworked feet and hands. You will feel rejuvenated and your hands and feet will thank you.

25 min. Members: \$45, Guest: \$50

Paraffin Palm & Sole Treatment

A warm, deep conditioning treatment in which the hands and feet are wrapped in paraffin wax and then massaged to promote skin softness and alleviate pain in joints and muscles. Recommended for arthritis.

25 min. \$40

