



# *Relax & Rejuvenate*

BROWNWOOD SPA

*For Appointments*

[brownwoodhotelandspa.com](http://brownwoodhotelandspa.com)

352.626.1520

Everyday  
9am - 6pm





# Refresh. Relax. Renew.

EMBARK ON A JOURNEY OF TRANQUILITY AND BALANCE IN THE CALMING OASIS OF THE BROWNWOOD SPA. AS THE AREA'S PREMIERE SPA DESTINATION, WE PROVIDE EVERYTHING YOU NEED TO INDULGE YOURSELF WITH LAVISH TREATMENTS OR SOOTHING MESSAGES. OUR PROFESSIONAL TEAM OFFERS THE CUSTOMIZED EXPERIENCE YOU NEED TO RELAX AND REJUVENATE.

CONTINUE THE SPA EXPERIENCE WITH OUR CURATED COLLECTION OF SKIN AND BODY CARE ESSENTIALS.

MM# 40445

## Massages

### Warm Himalayan Salt Massage 20/50/80 min | 85/150/180

Himalayan Salt stones produce negative ions and create a deeper sense of wellbeing by detoxifying and increasing the alkalinity of your body. The stones are warmed and used as an extension of your therapist's hands to deliver a soothing massage.

### Deep Tissue Therapeutic Massage 20/50/80 min | 70/150/180

A specialized massage technique applying a firm focalized pressure and slow strokes to reach deeper layers of the muscle to alleviate tension and stress of the body.

### Relaxation Massage 20/50/80/100 min | 60/125/155/205

A light to medium pressure massage. This massage is a smooth, gentle, flowing style that promotes general relaxation, relieves muscular tension, plus improves circulation and range of movement.

### Lymphatic Massage 50 min | 135

Lymphatic drainage massage gently targets the lymphatic system to help reduce swelling by moving extra lymph fluid from your tissues.

### Sports Massage 50/80/100 min | 135/175/225

A revitalizing massage designed to promote flexibility, increase circulation and stimulate the muscles. Using a combination of therapeutic techniques, this treatment will prepare or repair you before or after physical activity.

### Massage for Two | 50/80 min | 250/310

Enjoy the benefits of a relaxation style massage together. Our beautifully appointed massage room is equipped for two people in a private and serene setting. This service can be customized.

### Reflexology Foot Treatment 20/50 min | 70/135

A specialized technique, deeply rooted in ancient history, based on the believe that different body parts correspond with different pressure points on the body. Your spa therapist will massage the relax zones of your feet, bringing a sense of relaxation and a feeling of overall well-being.

### Mommy Prenatal Massage 50/80 min | 135/175

Increase circulation, soothe muscles and lessen water retention with this gentle massage centered around the lower back, hips, shoulders and feet (expecting mothers must be past their 1<sup>st</sup> trimester; deep work not administered).

## MASSAGE ENHANCEMENTS | 25

### Aromatherapy

Choose from a selection of essential oils to enjoy the benefits of an aromatherapy treatment.

### Oil Scalp Treatment

Relax the mind and encourage circulation to tight muscles in the temple and neck regions.

### CBD Muscle Relief

Enjoy the extended relaxation to tight sore muscles.

### Peppermint Foot Polish

Invigorate and refresh tired feet with this revitalizing exfoliation treatment.



# Hands & Feet Therapies

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## **Brownwood Signature Pedicure | 80 min | 80**

Our most inclusive pedicure service starting with a warm foot soak, exfoliating scrub, hydrating mud mask, and soothing leg massage with warm stones. Top it all off with a warm paraffin treatment and perfectly polished toes.

## **Brownwood Signature Manicure | 50 min | 55**

Our Signature Manicure is designed to nourish the skin and fingernails with a soothing massage, warm paraffin treatment and a polish of your choice with have your hands looking fabulous.

## **Shellac Manicure | 50 min | 65**

This service delivers long-lasting, beautifully polished nails that wear flawlessly with a high gloss shine. It looks natural and provides strong protection against the most rigorous of activities. Hand massage not included in this service.

## **Deluxe Pedicure | 50 min | 65**

This deluxe treatment includes a relaxing soak, nail and complete cuticle care, aromatic exfoliation, hydrating massage, warm aromatic towels and polish.

## **Zen Pedicure | 50 min | 90**

Indulge in the CBD Zen Pedicure—a uniquely refreshing and therapeutic experience. Perfect for aches, pains, nerve issues, and inflammation, this treatment hydrates and heals the skin

## **Deluxe Manicure | 50 min | 50**

This treatment helps to maintain beautiful hands. This treatment includes a relaxing aromatic soak, nail & complete cuticle care, hydrating massage, warm aromatic towels and polish.

## **Gentlemen's Manicure | 25 min | 45**

This manicure consists of the essentials to leave your hands feeling relaxed and rehydrated

## **Gentlemen's Pedicure | 50 min | 55**

A pedicure designed to reduce stress and relieve aching muscles. A soak in aromatic sea salt and a bourbon infused exfoliation will relieve sore muscles. Nails are prepped and a revitalizing massage will promote, flexibility, increase circulation and stimulate the muscles.

Please note we are a natural nail salon, we do not apply or remove acrylic nails or dip polish. We do require additional time to remove gel polish; please inform the spa concierge upon booking your nail service if you require removal of gel polish.

## HANDS & FEET ENHANCEMENTS | 25

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### **French Polish**

Add French Polish to any manicure for an classic and elegant look.

### **Warm Hydration Paraffin Treatment**

Enhance your service with a warm paraffin treatment to your hands or feet.

### **Shellac Add-On or Removal**

Add Shellac to create long-lasting nails that wear flawlessly with a high gloss shine.

### **Anti-inflammatory CBD Relief**

Soothe stiff hands and feet with our CBD infused product line.

# Skincare

## **Brownwood Signature Facial | 80 min | 175**

Enjoy the very best in facial treatment with this inclusive facial for all skin types, that will leave your skin feeling refreshed with a healthy glow. The facial experience includes a thorough cleansing, gentle exfoliation to remove impurities, extractions, relaxing facial massage, scalp massage and complete hydration.

## **Organic Facial | 50 min | 125**

A great first facial treatment, this customized deep pore cleansing treatment provides a certified organic exfoliation, extractions, and organic treatment masque, serum, & moisturizer for your specific skin type. Recommended for all skin types.

## **Rejuvenating Facial | 50 min | 130**

Restore the depleted collagen in your face and rejuvenate your skin. Slow down the aging process by replenishing your body's natural proteins with award winning products. Plump the skin and reduce fine lines.

## **Age Corrective Facial | 50 min | 140**

A reparative, regenerating, and corrective treatment that combats the signs of aging. Active ingredients work together to help reduce fine lines and wrinkles in partnership with the muscle toning NuFace device to enhance your results on multiple levels.

## **Brightening Facial | 50 min | 150**

This treatment reverses the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin. Features the breakthrough daily Vitamin C serum that helps firm, brighten and dramatically reduce the appearance of wrinkles.

## **Gentlemen's Cleansing Facial | 50 min | 125**

Customized for men's skin care needs, this balancing facial effectively renews skin tone and texture while helping to soothe and restore devitalized, sun-damaged or razor-burned skin.

## **Back Facial Treatment | 50 min | 130**

A treatment that consists of deep cleansings, exfoliation and extractions. Begins with a gentle steaming to open pores and lift impurities, followed by a deep cleaning and exfoliation and enzymatic mask leaving skin hydrated and refreshed.

## **HydraFacial MD Express | 25 min | 189**

HydraFacial uses patented technology to deeply cleanse, extract and hydrate the skin through super serums filled with antioxidants, peptides and hyaluronic acid.

## **HydraFacial Booster MD | 50 min | 225**

This invigorating treatment include all of the essentials of the HydraFacial while addressing specific skin concerns through HydraFacial's boosters and protocols.

## **HydraFacial Growth Factor MD | 50 min | 240**

This treatment includes all of the essentials of the HydraFacial while addressing anti-aging concerns through stem cell science.

## **HydraFacial MD Brownwood Signature 80 min | 335**

Enjoy the very best in facial treatment with this inclusive facial for all skin types, even the most sensitive skin, leaving your skin feeling smooth and refreshed with a healthy glow. The facial experience includes a thorough cleansing, gentle exfoliation with a enzyme masque, extractions to remove impurities, relaxing facial massage, lymphatic draining and LED light therapy with complete hydration.

## **Chemical Corrective Peel | 25 min | 185**

Formulated with an exclusive blend of clinical-grade acids, this peel dramatically diminishes the appearance of discoloration, while smoothing texture, and refining the appearance of pores to restore a brighter, more clarified skin tone.

\*May not be suitable for all skin types.

## **Microdermabrasion | 50 min | 175**

Microdermabrasion is a minimally invasive procedure used to renew overall skin tone and texture. It can improve the appearance of sun damage, wrinkles, fine lines, age spots, acne scarring, melasma, and other skin-related concerns.

## **Dermaplaning | 50 min | 190**

A blade is used to gently exfoliate the outer layer of dead skin cells. This treatment is also great for removing fine facial hair. It can be used as an alternative to microdermabrasion. Your skin will be left smooth and bright. Great for all skin types.

## SKINCARE ENHANCEMENTS | 25

### **Youthful Lip Treatment**

Your lips will be exfoliated with a gentle fruit enzyme, followed by a shea butter plumping masque and maximum hydration lip balm.

### **Youthful Eye Treatment**

Rejuvenate your eyes & brighten dark circles with this organic eye facial. This treatment incorporates an eye exfoliant, masque, and nourishing eye serum.

### **Warm Hydrating Hand or Foot Treatment**

Elevate your service with an exfoliating polish, massage and warm paraffin treatment leaving tired hands/feet rejuvenated.

### **Nuface**

Retrain facial muscles to improve facial definition and lift thru advanced microcurrent technology.

### **Oil Scalp Treatment**

Relax the mind and encourage circulation with targeted attention to the scalp.

### **Glow Make-up**

Complete your facial with a light application of color matched serum, powder, lip gloss and hydration spray personally customized for your skin tone.

## WAXING

### **BIKINI**

Basic Bikini | 40  
Extended Bikini | 65  
Full Bikini/Brazilian | 90

### **BROWS**

Brow Tint | 20  
Brow Wax | 25

### **BODY**

Full Arms | 65  
Full Legs | 80  
Lower Arms | 35  
Lower Legs | 45  
Underarms | 30  
Upper Arms | 35

### **FACE**

Chin | 20  
Lip | 20

## Body Therapies

### **Brownwood Signature Body Treatment | 100 min | 230**

Experience the ancient art of beauty with this enchanting body ritual. The journey commences with the application of a warmed exfoliating treatment to invigorate the body. A unique foot massage based on reflexology is performed. A body massage incorporating heated Himalayan salt stones calms the mind. Awaken from your slumber with a warm oil scalp massage.

### **Hydrate | 50 min | 130**

Banish Dry Skin with this ultimate hydrating wrap. A mild exfoliation using a dry brush technique is performed on the body followed by an application of warm enriched mud mask. Once wrapped in a warm cocoon, a foot and scalp treatment completes your experience.

### **Indulgence | 50 min | 130**

Immerse yourself in this exotic ritual featuring an exclusive body exfoliation with our enzymatic exfoliating scrub for soft, smooth skin. Followed by a warm and sensual anti-aging CoQ10 firm serum, wrapping your senses and body in a sweet and woody aromatic journey for an unforgettable sensorial experience.

### **Glow | 50 min | 130**

Invigorate and replenish the skin in this full-body exfoliation of sugar & sea salt. A hydrating application of lightly infused body oil will seal in moisture and reveal a glow.

## Salon Services

### **Women's Shampoo, Cut & Style | 50 min | starting at 55**

After providing consultation, our stylist will shampoo, cut and style (blow dry only) your hair to perfection. Price varies upon hair length.

### **Men's Cut | 25 min | 35**

You'll hold your head high after a terrific shampoo, haircut and style.

### **Shampoo & Simple Style | 30 min | 45**

Enjoy a relaxing shampoo and a simple blow-dry styling.

### **Color & Highlight Services**

Please call spa for starting prices.

### **Scalp Rejuvenation Experience | 50 min | 125**

Indulge in a restorative Head Spa Treatment designed to rejuvenate your scalp and relax your whole body. Your service includes a customized scalp analysis, gentle exfoliation, and soothing scalp, neck, hand, and arm massage. Enjoy an aroma-infused wash and a tailored conditioning mask enhanced with warm steam. The ritual finishes with a revitalizing scalp tonic, leaving you refreshed, balanced, and renewed.

