



Relax & Rejuvenate

BROWNWOOD SPA

For Appointments

brownwoodhotelandspa.com

352.626.1520

Open Daily
10am-6pm





Refresh. Relax. Renew.

EMBARK ON A JOURNEY OF TRANQUILITY AND BALANCE IN THE CALMING OASIS OF THE BROWNWOOD SPA. AS THE AREA'S PREMIER 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 | 70/155/195

Himalayan salt stones produce negative ions and create a deeper sense of well-being 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 | 70/155/185

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 | 60/135/165/205

A light to medium-pressure massage. This massage is a smooth, gentle, flowing style that promotes general relaxation, relieves muscular tension, and 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 | 260/310

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 belief that different body parts correspond with different pressure points on the body. Your spa therapist will massage the reflex 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 first trimester; deep work not administered).

MASSAGE ENHANCEMENTS | 25

Aromatherapy

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

Oil Scalp Treatment

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

CBD Muscle Relief

Extend your relaxation with targeted relief for tight, sore muscles.

Peppermint Foot Polish

Invigorate and refresh tired feet with this revitalizing exfoliation treatment.



Hands & Feet Therapies

Brownwood Signature Pedicure | 80 min | 95

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 | 80 min | 75

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

Deluxe Pedicure | 50 min | 70

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

CBD 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.

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.

Deluxe Manicure | 50 min | 50

This treatment helps maintain beautiful hands with a relaxing aromatic soak, nail and 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.

HANDS & FEET ENHANCEMENTS | 25

French Polish

Add French polish to any manicure for a classic and elegant look.

Warm Hydration Paraffin Treatment

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

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 | 130

A great first facial treatment, this customized deep-pore cleansing treatment provides a certified organic exfoliation, extractions, and organic treatment masque, serum, and 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 helps reduce the visible effects of sun damage. 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 deep cleansing 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 includes 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, leaving your complexion feeling smooth and refreshed with a healthy glow. The facial experience includes a thorough cleansing, gentle exfoliation with an enzyme masque, extractions to remove impurities, relaxing facial massage, lymphatic drainage, 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 through 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

FACE

Chin | 20
Lip | 20

BODY

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

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 | 80 min | 190

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 firming 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 65

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

Men's Cut | 25 min | 40

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

Shampoo & Simple Style 30 min | starting at 55

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

Color & Highlight Services

Please call the 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.



Four destinations. One journey to well-being.

THE JOURNEY THROUGH THE SENSES COLLECTION IS A CURATED SERIES OF DESTINATION-INSPIRED WELLNESS EXPERIENCES THAT CELEBRATE THE BEAUTY TRADITIONS, BOTANICALS, AND HEALING PHILOSOPHIES OF CULTURES AROUND THE GLOBE. INSPIRED BY THE ISLANDS OF POLYNESIA, THE HAMMAM TRADITIONS OF MOROCCO, THE MINDFUL PRACTICES OF EAST ASIA, AND THE RESTORATIVE LANDSCAPES OF THE EUROPEAN ALPS, EACH RITUAL BLENDS REGIONAL INGREDIENTS WITH CONTEMPORARY SPA EXPERTISE TO CREATE IMMERSIVE JOURNEYS THAT RESTORE BODY, MIND, AND SKIN.

Journey Through the Senses

Polynesian Renewal Ritual | 120 min | 375

Aloha for the skin: a luxurious journey where the āina meets the kai.

For those seeking cultural wellness, stress relief, hydration, and a radiant glow. Polynesian-inspired, this ritual blends traditional elements from Hawaiian, Tahitian, Samoan, and broader Polynesian beauty practices. Polynesian skincare emphasizes natural ingredients from the land and sea, holistic wellness, hydration, and gentle rituals passed down through generations.

Moroccan Clarifying Ritual | 120 min | 360

Ancient spice meets modern radiance: a warming journey rooted in Morocco.

For those seeking nourishment, conditioning, and Moroccan-inspired wellness that is rooted in the tradition of the hammam (North Africa's ancient cleansing ceremony), this ritual draws on cardamom, one of Morocco's most celebrated spices, in a warming blend with frankincense and myrrh to condition, illuminate, and restore the skin from head to toe.

Asian Harmony Ritual | 120 min | 310

Where inner balance meets outer radiance: a journey rooted in centuries of Eastern wisdom.

For those seeking harmony and soothing, mindful restoration. Drawing from Korean, Chinese, and Japanese beauty traditions, this ritual honors the Eastern philosophy that true beauty begins with inner harmony and flows outward, carried through warming ginger, lemongrass, gotu kola, and the cool precision of the gua sha tool.

European Restoration Ritual | 120 min | 365

Where the mountain air meets the skin: a restorative journey rooted in the healing wisdom of the European Alps.

For those seeking muscle recovery, deep restoration, and the clarifying power of altitude botanicals. Alpine-inspired and rooted in the centuries-old European thermal spa tradition, this ritual calls on arnica and edelweiss, botanicals that thrive in extreme mountain conditions and have long been revered by Alpine herbalists for their remarkable restorative and anti-aging properties.

