

BODY EXFOLIATION

Sugar Scrub

A sugar scrub consist of sugar crystals with soothing essential oils that 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. We offer many customized sugar 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.

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 | \$30

Half Leg (Above knee & down) | \$35 and up

Full Leg (Not including bikini) | \$65 and up

Traditional Bikini | \$40 and up

Brazilian | \$80 and up

Face (Includes forehead, cheeks and sideburns) | \$35

Chest | \$45 and up

Neck | \$20

Stomach | \$40

Additional Patches | \$10 (per patch)

TINTS

Eyelash Tint | \$25

Eye brow Tint | \$25

AIRBRUSH SPRAY TAN

1 Spray | \$25

5 Sprays | \$125

12 Sprays | \$250

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 rebook our forfeited time with another appointment, you must be assessed a 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.

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. Cross Bay Discounts do not apply to gift certificates.

Retail Products

Check out our Dermalogical 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



Countryside Country Club

3001 Countryside Blvd., Clearwater, FL 33761

727.796.1333 | countrysideclub.com

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Countryside Day Spa



Spa Services Open to Everyone

MASSAGE

Relaxation

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

25-minute | Member: \$45, Guest: \$50

55-minute | Member: \$60, Guest: \$65

85-minute | Member: \$95, Guest: \$105

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-minute | Member: \$50, Guest: \$55

55-minute | Member: \$65, Guest: \$70

85-minute | Member: \$100, Guest: \$110

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-minute | Member: \$70, Guest: \$75

Hot Stone

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

55-minute | Member: \$80, Guest: \$90

MASSAGE PACKAGES

Relaxation Massage

55-minute package of five (5) | Member: \$275, Guest: \$300

55-minute package of ten (10) | Member: \$500, Guest: \$550

85-minute package of ten (10) | Member: \$850, Guest: \$900

Therapeutic Massage

55-minute package of five (5) | Member: \$300, Guest: \$325

55-minute package of ten (10) | Member: \$550, Guest: \$600

85-minute package of ten (10) | Member: \$900, Guest: \$950

**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. Skin will be cleansed, lightly exfoliated and then replenished with a masque.

25-minute | 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-minute | Member: \$60, Guest: \$65

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-minute | Member: \$65, Guest: \$70

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-minute | Member: \$120, Guest: \$125

Purify Facial

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

85-minute | Member: \$95, Guest: \$100

The C-Side Signature Facial

The benefits and experience of this treatment are just as unique as Countryside Country Club. As you begin to relax, sounds of the sea will fill the room during this luxurious service. After the treatment, your skin's appearance will be clean, bright, firm, hydrated, and overall, radiantly refreshed.

85-minute | Member: \$100, Guest: \$115

Bamboo Massage

Warm massage oil is massaged onto the body then followed by warm bamboo sticks used to achieve ultimate relaxation.

55-minute | Member: \$80, Guest: \$90

85-minute | Member: \$105, Guest: \$115

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-ons

Eye Firming Treatment | \$25

Lactic Acid | \$35

Collagen Masque | \$30

Paraffin (Hands/Feet) | \$10 per treatment

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

Decolletage | \$60

Arms & Hands | \$115

HANDS & FEET

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. **25-minute** | \$45