

## Meet our therapists

**Kent Davenport** (MA18614) graduated from the Sarasota School of Massage and Natural Healing in 1994 and became licensed by the State of Florida in 1995. He is certified in Neuromuscular Therapy from the Center for Well Being, specializing in stretching and sports injuries. Additional specialties include Swedish/relaxation massage, aromatherapy, active isolated stretching, deep tissue, hot stone massage and seated chair massage.

Please call Kent at 941-376-5368 to schedule an appointment.

### Melanie Russin

Licensed Esthetician  
Licensed Body Wrapper  
Registered Dental Hygienist

Melanie is passionate about skin care and specializes in detoxifying the skin and anti-aging facials. She incorporates and utilizes the latest and safest high tech facial equipment available today. She uses all organic, hypoallergenic products. Melanie has researched and developed her own Miracle Healing Mudd for the skin and body. Her treatments are geared toward the client's individual skin needs and wants.

Please call Melanie at 941-321-6286 to schedule an appointment.

## Spa questions and answers

### ***I have never been to a spa before. What can I expect?***

The Sun-N-Fun Lifestyle Spa offers exclusivity and affordability. We believe everyone should have an opportunity to enjoy the life enhancing benefits of our Spa.

### ***Should I remove my undergarments?***

This is a personal preference. Your therapist will keep you appropriately draped so that you feel comfortable. It is generally easier for the therapist to access the full muscle without any "speed bumps."

### ***How should I prepare for my visit?***

Before: Dress comfortably; prepare to RELAX  
During: Don't be afraid to give your therapist feedback re: pressure of touch, temperature of room, music volume, lighting or any other concerns you may have  
After: Drink plenty of water

### ***Do I need to tip?***

Gratuities are always appreciated by our therapists. They may be added to your credit card, check or by cash. 15% is customary.

### ***Are gift certificates available?***

They are wonderful gifts... affordable and convenient. They can be purchased at Guest Services in the Resort office in any dollar amount, valid for treatments only and will not be exchanged for products or cash. Gratuities are not included in Spa gift certificates.

### ***When are you open and how can I pay?***

The Lifestyle Spa is open seven days a week by appointment only. We do not take walk-ins. All major credit cards, checks and cash are accepted.

### ***Are your therapists qualified?***

Each therapist at the Sun-N-Fun Lifestyle Spa is a licensed professional. They meet stringent standards for education, experience and excellence.

### ***What if I am late or need to cancel?***

Arriving late will limit the time of your service. Your treatment must end at its schedule time so we can accommodate the next scheduled guest. Should you need to cancel or change your appointment time, please call your therapist as soon as possible.

***Our spa is a hush zone.*** Please keep talking to an absolute minimum and in a soft tone. Cell phones must be turned off at all times.

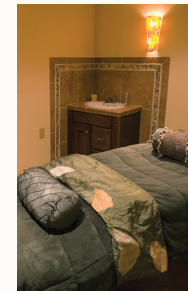


7125 Fruitville Road, Sarasota, Florida 34240  
941-371-2505 or 800-843-2421  
www.sunnfunfl.com (MM23155)

## Lifestyle Day Spa



rejuvenating your  
mind, body and soul...



Here in a peaceful, private sanctuary, you can enjoy massage that employs essential oils and hot stones to help you escape the stresses of everyday. You can manage chronic patterns of pain and discomfort with deep tissue massage that soothes and strengthens sore and strained muscles. You can rebalance your body's energy by eliminating toxins and impurities with organic mud wraps in an infrared sauna before soaking in an exotic ginger bath that rebalances your body's natural energy.

Finally, you can complete your spa journey with a beauty regiment that includes anti-aging treatments that fight the damaging effects of sun exposure and time, instantly giving you firmer, glowing skin; a manicure and pedicure, waxing and hair removal, even organic spray tanning and teeth whitening.



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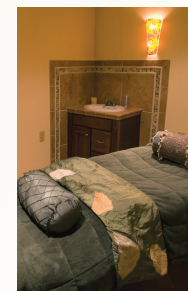


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## Skin care therapies

### Deep cleansing facial

Our custom blended deep pore facial is designed for those who need to restore the natural balance to their skin. This includes steam, cleansing, galvanic electricity, exfoliation, detoxification masque, extractions, and hydration. 60 minutes | \$75.00



### Age smart facial

This facial is designed for those who want to achieve a younger, more youthful, glow. This includes

cleansing, exfoliation, masque, hydration and a facial massage. A Revitalight therapy will finish this facial. This LED therapy works to reverse the aging process at a cellular level increasing collagen and elastin production as well as diminishing fine lines and wrinkles. It can also fade sunspot damage. Your skin will be smoother and revitalized! 60 minutes | \$65.00

### Lifestyle relaxation facial

This is a classic facial including steam, cleansing, exfoliation, minor extractions, massage, masque, and hydration. 50 minutes | \$55.00

### Microderm abrasion

Advanced technology designed to help refine skin with no "down time." After consistent treatments, the skin will appear smoother and more youthful. Amazing results! \$30.00 | treatment

### Microcurrent facial toning and tightening

This is one of the most advanced skin technology machines on the market today. This machine is designed to strengthen, tone, and tighten your skin. Also referred to as the "lunch time lift." One may feel a slight tingling sensation during the treatment without pain. A series of these sessions are recommended for best results. #40.00 | treatment

### Revitalight LED therapy

LED, aka light emitting diode, treatments. The light is used to revitalize the skin at a cellular level increasing collagen and elastin production as well as bringing better circulation and oxygenation to the skin surface. The client will be very relaxed as the light is moved about the face by a trained technician. The client doesn't feel anything—truly marvelous results! A series of treatments is recommended for best results. \$30.00 | treatment

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## Skin care therapies

### Hydroactive sea salt body polish

Get ready to feel invigorated and energized with a body treatment. We will polish your skin with our organic salt scrub infused with rosemary and peppermint essential oils. Followed by a hydrotherapy tub treatment, the jets will massage and bubble your cares away. Our chakra lights will balance and relax your inner soul! 60 minutes | \$55.00

### Necessities

**Facial waxing**  
Lip, Chin and Eyebrows

**Body waxing**  
Underarms  
Bikini  
Half leg and Full leg  
Arms, Back and Chest

### Detoxifying body Mudd masque

Begin your journey with a full body exfoliation, followed by

a full body Mudd masque. Unwind from head to toe in a hydrotherapy bath with aromatherapy oils to fully detoxify your whole body. The final result is smooth, glowing, beautiful skin. 60 minutes | \$55.00

### Far Infrared Sauna detox body wraps

Your treatment begins with Mudd infused compression bandages wrapped tightly around your whole body. You will detox in the dry heat of the infrared sauna for a maximum of 30 minutes. After the sauna, your technician will have drawn you the perfect bath with aromatherapy oils and chakra balancing lights. These wraps have been known to lose 4 to 15 inches of your body per treatment; and to help with fibromyalgia, arthritis, dry skin, and body fatigue. \$55 | treatment

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## Massages

### Lifestyle Spa deep tissue

A full body massage that focuses on deep relaxation and relief of tension or chronic patterns of discomfort in the body. Designed for those who need deep work. \$75.00 | treatment



### Lifestyle Spa hot stone massage

Using hot stones, your therapist will provide a full body massage. A great service for the aches and pains of daily life. \$65.00 | treatment

### Lifestyle Spa balancing massage

A customized session focusing on your areas of tension. The therapist uses a blend of organic oils and aromatherapy that induces relaxation and creates a greater sense of well-being. 50 minutes | \$55.00 80 minutes | \$85.00

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