

Inspiration Place | SPA

AdventHealth Wesley Chapel





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Inspiration Place Spa was designed to accompany you in your journey to whole-person health and wellness. Our expert service providers are committed to creating an exceptional spa experience that meets your individual needs in order to deliver the benefits you seek. We invite you to experience the latest in relaxation and rejuvenation at Inspiration Place, a hospital department of AdventHealth Wesley Chapel.

MASSAGE



Inspiration Place Signature Massage *80 min.*

This indulgent head-to-toe experience begins with an invigorating aromatherapy scalp massage followed by an exfoliating peppermint foot sugar scrub. A signature blend of warm aromatherapy oils & sugar is applied to the back to gently exfoliate dry skin, followed by a hot stone massage for total relaxation.

Relaxation Massage *25/50/80 min.*

A light pressured massage using long-flowing Swedish techniques designed to calm your mind and relax your body.

**Enhancement Recommendation:*
Add aromatherapy or hot stone to increase total relaxation

Lymphatic Massage *25/50/80 min.*

This gentle massage is intended to encourage the natural drainage of the lymphatic system. Improves circulation to boost the immune system and reduces pain and swelling caused by fluid buildup after cancer treatment. Perfect modality to rejuvenate tired muscles, relieve sinus congestion, eliminate tension headaches, relieve symptoms of menopause as well as helps prevent fluid retention and swelling that's common in pregnant women.

Deep Tissue Massage *25/50/80 min.*

Using deeper pressure and trigger point therapy, this therapeutic massage is designed to help release chronic muscle tension.

**Enhancement Recommendation:*
Add hot stone to melt muscle tension or cupping to release fascia tension

Sports Massage *25/50/80 min.*

A vigorous medium to deep pressured massage which incorporates stretching is designed to aid in the recovery of muscle tension from strenuous activity.

**Enhancement Recommendation:*
Add cupping to release fascia tension

Prenatal Massage *50 min.*

This nurturing massage was designed with the comfort of an expectant mother in mind. Using a specialty body cushion, this soothing experience serves to renew and revive the mommy-to-be by relieving joint tension and increasing circulation after her first trimester.

Revitalizing Foot Massage *25 min.*

Tired sore feet are revitalized with a blend of essential oils and a hot stone massage to increase circulation and relieve tension.

Massage Enhancements

For added benefits to your massage without extending the time

Aromatherapy

Choose from a variety of customized essential oils and blends to increase your sense of well-being.

Hot Stones

By targeting the deeper layers of muscle using heated stones, this relaxing treatment helps relieve muscle tension and stiffness.

Cupping

Using professional-grade cups to create a suction force, this therapy enhancement aims to improve circulation to relieve fascia tension.

Bamboo

Using heated bamboo to penetrate deep into the muscle to relieve muscle tension.

Full Body Glove Exfoliation

Increase circulation and lymphatic drainage with dry body glove exfoliation techniques.

Hand or Foot Paraffin

De-stress aromatherapy oil combined with warm paraffin cocoon the hands or feet to help soften and alleviate joint pain.

Back Sugar or Salt Scrub

Choose from unscented or create a customized blend of aromatherapy oils to gently exfoliate the hard-to-reach back area.

Foot Sugar or Salt Scrub

Revitalize sore tired feet with an invigorating peppermint sugar scrub.



BODY TREATMENTS

Full Body Scrub & Body Wrap 80 min.

Combine both treatments for a total body pampering experience.

Full Body Scrub 50 min. Choose from:

- **De-Aging Papaya-Pineapple Saltmousse Body Scrub**
This aroma-sensory experience was designed to remove impurities and toxins by gently polishing your skin for visible de-aging benefits. Our body balm is rich in retinol, marine collagen and hyaluronic acid to deeply hydrate and reduce the appearance of fine lines and wrinkles. Ideal for all skin types.
- **Stem Cells Phyto-Elite Intensive Body Sea Scrub**
This natural sea salt scrub rich in minerals along with green apple extract promotes the renewal of skin cells while providing de-aging and anti-cellulite benefits. The final application of natural plant stem cells deeply repairs and hydrates the skin. Ideal for all skin types.

Full Body Wrap 50 min. Choose from:

- **Crepe-no-more Body Wrap**
Radically counteract skin crepiness and uneven texture with this potent de-aging body wrap. Treatment begins with a body glove exfoliation to rid the skin of dead skin cells followed by a high-performance blend of marine collagen, hyaluronic acid and longan fruit resulting in overall firmness.
- **Stem Cells Phyto-Elite Intensive Contouring Wrap**
A 3-in-1 exfoliating, contouring & regenerating experience infuses your skin with active plant stem cells blended with green coffee, avocado and shea butter wrap. Followed by a final application of stem cells serum, proven to help dissolve unwanted cellulite deposits, reduce sagging skin and repair sun damage, this treatment leaves you with a more youthful glow.
- **Lumafirm Firm & Glow Body Wrap**
Enriched with peptides and vitamin C this treatment will instantly firm, brighten, and smooth for a more youthful appearance. Indulge in this deeply repairing, smoothing and de-aging wrap that will leave the skin velvety soft and more toned.

**Express Facial 25 min.**

This is a refreshing escape for the person on the go. Formulated to refresh, renew and revitalize, this treatment works with all skin types, leading to a healthier and more radiant complexion.

**Our express facial does not include extractions.*

European Facial 50 min.

This classic facial is suitable for all skin types. This deep-cleansing treatment was designed to treat concerns such as skin congestion and lack of radiance. Our European Facial includes a double cleansing, enzyme exfoliation, extractions and custom moisturizing mask.

Gentleman's Facial 50 min.

This deep pore cleansing facial incorporates steamed hot towels to de-tox and destress the skin to reveal a healthy, revitalized glow.

**Enhancement Recommendation: Microdermabrasion for maximum benefits*

Back Facial 50 min.

Deep Pore cleansing back facial includes an enzyme exfoliation, extractions, a pore refining mask followed by a light pressure massage and a veil of hydrating moisturizer.

**Enhancement Recommendation: Microdermabrasion for maximum benefits*

Skin Brightening Vitamin C Facial 50 min.

This anti-aging facial uses vitamin C to brighten the skin while reducing fine lines and wrinkles to restore a more youthful appearance.

**Enhancement Recommendation: Microdermabrasion or Dermaplaning for maximum benefits*

Hydrating Hyaluronic Facial 50 min.

This hypoallergenic facial focuses on hydration. Using Hyaluronic Acid, this custom facial aims to hydrate, soften and reduce inflammation to improve skin tone.

**Enhancement Recommendation: Oxygen for maximum benefits*

Rosacea Facial 50 min.

Designed specifically for rosacea to immediately relieve skin sensitivity, reduce congestion and improve micro-circulation to reduce redness associated with rosacea. Recommended for rosacea and couperose skin types.

**Enhancement Recommendation: LED Light Therapy for maximum benefits*

Acne Facial 50 min.

This deep pore cleansing facial uses a blend of salicylic and glycolic acids to deeply decongest the skin of impurities. This facial includes a double cleanse, exfoliation, extractions, high frequency/and or LED blue light therapy to kill bacteria, oil control corrective mask followed by calming serums to heal the skin. Recommended for acne/oily skin types.

Inspiration Place Signature Facial 80 min.

Having trouble deciding on a facial? This ultimate rejuvenating skin care treatment includes an enzyme mask, collagen lip mask, microdermabrasion and stem cell serum with LED light therapy designed to leave you feeling refreshed and radiant. Our Signature Facial also includes an invigorating scalp treatment, therapeutic hot stone neck and shoulder massage and relaxing hand massage with paraffin wax. Recommended for all skin types.



Skincare Enhancements & Advanced Exfoliation

LED Light Therapy 20 min.

A non-invasive therapy using different wavelengths of light to stimulate the skin's natural rejuvenation processes. Benefits include stimulating collagen, improving elasticity, reducing fine lines and wrinkles, boosting circulation, reducing redness, reducing inflammation, fading discoloration and eliminating acne bacteria. A series of 3-6 treatments is recommended to maximize results.

Dermaplaning

Using an exfoliating blade to skim dead skin cells and hair from your face, this enhancement aims to make your skin's surface smooth, youthful and radiant.

Microdermabrasion

Microdermabrasion helps to gently exfoliate surface layers of skin using diamond tip abrasion and suction. This enhancement can help improve skin appearance by reducing fine lines, early sun damage and mild, shallow acne marks. A series of 3-6 treatments is recommended to maximize results.

Chemical Peel

A facial resurfacing technique that uses a chemical solution to improve and smooth skin texture by removing the damaged outer layers with no downtime. A series of 3-6 treatments is recommended to maximize results.

Advanced Serum Infusion

Add on treatments to any facial

Oxygen

An innovative facial treatment that uses a wand-like compression device to deliver high-pressurized oxygen to the skin. When used as a skincare ingredient, oxygen will nourish and hydrate your skin while promoting collagen growth to give your skin a more youthful glow.

Calming Eye Treatment

Counteract puffiness and dark circles with an instant-release collagen biomatrix infused with ginkgo biloba.

Escutox Serum (Botox alternative)

Perfect for an event this potent freeze-dried formula relaxes harsh wrinkles to visibly smoothen skin texture and increase hydration. Recommended for mature skin. A series of 3-6 treatments is recommended to maximize results.

Elasto-Firming Serum/Mask

This advanced anti-aging mask and elastin polypeptide serum is a perfect add on to any facial. For Immediate increase in skin firmness, elasticity and deep hydration to increase suppleness.

Smoothing Eye Treatment

100% pure marine collagen treatment to smooth fine lines and wrinkles and reduce crepiness.



MED SPA SERVICES



Procell Microchanneling Facial

Our most advanced clinical facial will stimulate your body's natural collagen production to improve skin firmness, texture and tone with virtually no downtime. Precision micro-needles are tapped into the skin creating uniform channels to promote collagen production. Recommended in a series of 3-6 treatments every 4 weeks depending on skin concerns and desired results.

**Enhancement Recommendation:
Collagen Stimulating LED Light Therapy
for maximum benefits*

Procell Microchanneling Body Treatment

This cutting-edge biotechnology will transform the appearance of the skin. Microchanneling activates the body's natural cellular regeneration to help tighten and lift the skin without downtime. Procell Stem Cell Growth Factor serum helps promote healthy skin tissue regeneration to reduce stretch marks, smooth scars and tighten sagging or loose skin by increasing collagen and elastin production. Recommended in a series of 3-6 treatments every 4 weeks for maximum benefits.

Procell Microchanneling Hair Regrowth Series

Microchanneling Scalp Series is a 12-week program to reduce the rate of hair loss and promote new hair growth to increase hair fullness, texture and density. Treatment is performed every 2 weeks for 12 weeks. The series includes a homecare serum.

**Enhancement Recommendation:
Collagen Stimulating LED Light Therapy
for maximum benefits*

Laser Hair Removal

Safe, quick and virtually painless treatment for unwanted hair by using multiple wavelengths to effectively treat all skin types, skin tones, coarse and fine hair. Treats full body areas including face, neck, back, chest, arms, bikini area and legs. Schedule your complimentary consultation today.

Additional Skincare Services

Lash lift

Treatment to curl natural lashes from base to tip for the appearance of longer lashes with the look of mascara without the smudging, smearing or fall out. Treatment will last 6-8 weeks.

Waxing Soft & Hard wax

- Eyebrows
- Upper Lip
- Chin
- Full Face
- Underarms
- Half Leg
- Full Leg
- Bikini Area

Tinting

- Brow
- Lash

Spa Guidelines

The hours of operation for Inspiration Place Spa are:

- **Monday through Friday
9 AM to 7 PM**

Our spa services are suitable for and benefit both men and women.

Guests of Inspiration Place Spa must be at least 12 years of age. Minors must be accompanied by an adult during the time of service.

Quality skincare products for at-home care are available. Our licensed estheticians will recommend the perfect products to prolong your spa experience.

*Give the gift of wellness,
gift certificates are available.*

Arrival Procedures

We recommend that you arrive at least 10 minutes prior to your scheduled appointment time. Please note that should you arrive late for your treatment your service provider may have to shorten the duration of your service to avoid inconveniencing other guests and appointments. Full rates would still apply in this instance.

Before your treatment begins, your service provider will ask you some questions regarding your needs and preferences to customize your experience. Please kindly inform your massage therapist of areas to be avoided. During your massage, please let your therapist know if you feel any discomfort and what pressure you prefer.

Cancellation Policy

Time and space are reserved specifically for you. Should you need to cancel or reschedule, please notify us at least 24 hours in advance. Any cancellations with less than 24-hour advance notice are subject to a cancellation fee amounting to 25% of the cost of the scheduled services. When you forget or cancel without giving enough notice, we miss the chance to fill that appointment time and our clients miss the chance to receive the services they need.





To schedule a spa appointment, please contact
Inspiration Place Spa at 813-929-5347.

AHInspirationPlace.com


Advent Health
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On the campus of AdventHealth Wesley Chapel