



Spa

Massage Therapy Treatments

Experience the rejuvenating benefits of a therapeutic massage today and discover the effect it can have on your body and wellbeing.

Choose from the following menu of services:

Deep Tissue Massage

A deeper, more pressurized massage for guests who wish to release tension and relieve pain.

60 Min—Residents \$80 / Guests \$95

90 Min—Residents \$110 / Guests \$125

Swedish Massage

A light full-body massage using oils that warm up muscle tissues to relieve tension.

60 Min—Residents \$70 / Guests \$85

90 Min—Residents \$100 / Guests \$115

Hot Stone Massage

An extension of our therapists hands, we use warm, smooth river stones to relax muscles before massaging tension away.

60 Min—Residents \$75 / Guests \$90

90 Min—Residents \$100 / Guests \$115

Head, Neck & Shoulder Massage

An invigorating massage to help ease the muscular tensions from the head, neck and shoulder areas. This massage may help reduce stress, anxiety, headaches, etc.

30 Min—Residents \$30 / Guests \$45

60 Min—Residents \$60 / Guests \$75

To schedule an appointment, please call your Lifestyle Team at (813) 336-8085 or email lifestyle@esplanadtampa.com.

Payment can be made via check and credit or debit card. Please make checks payable to Esplanade of Tampa Community Association, Inc.
(48-hour notice required; 24-hour cancellation policy)

Payment required at time of booking. Cancellations within policy or no-shows will forfeit payment.

ESPLANADE