



IndabaSM
Spa at Innisbrook

a gathering place for
mind, body & soul



Surround yourself with nature's colors, soothing waters and gardens, hints of the essence of tribal Africa, and gather your mind, body, heart and soul to be renewed and refreshed.

"Indaba" means "gathering" in Zulu, the language of one of the oldest indigenous South African people. For centuries, the African people have used rituals and ceremonies to honor the body and mind and restore the body's natural healing properties by using elements of nature.

welcome

to indaba™ spa at innisbrook®

experience

the best of western treatments + african rituals



Designed to complement the extensive menu of Western treatments, Indaba offers African-inspired rituals using African natural oils, herbs, extracts, flower essences, plants and spices. These rejuvenating and relaxing treatments are provided in specially decorated rooms designed for an experience unlike any other.

Indaba's Western treatments are familiar and include skin exfoliation, gentle to deep-tissue massages with choices of aromatherapy and accompanying music to enhance your session.



JANUARY – START AT THE HEAD

The New Year honors the head. Resolve to pay attention to your whole body, heart, mind and spirit this year.

Western Treatment:
Head massage and hair treatment.

Shingo Ritual:

In ancient tribal councils, the Chief received an exotic oil head massage, stimulating circulation to improve clarity of thought for crucial decisions. We gently massage warm nut oils on your head while soft melodic tribal music calms the mind.

FEBRUARY – LOVE OTHERS, LOVE YOURSELF

February allows us to be in love with all around us.

Western Treatment:
Peppermint and chocolate, favorite scents of winter Western treatments, enhance body scrubs and massage oils to re-energize our love of life. Enjoy as a single or a couples massage.

Bokata Ritual:

Our heart center responds to all five senses. This ritual includes a cleansing cinnamon and coffee bean full-body exfoliation, a hydrating warm honey and yogurt body wrap, plus a hot towel citrus foot and hand wrap. You will leave with a renewed love of life.

MARCH – PUT ON A NEW FACE

“Putting on a new face” restores our skin from drying winter elements, preparing us for spring.

Western Treatment:
A purifying mask of minerals followed by gentle moisturizers will remove old skin cells and reveal a fresh, brighter skin tone.

Kumeso Ritual:

African Kings and Queens were originally the only ones entitled to the rare indulgence of a medicinal mud mask. Today, it is believed that recipients of this purifying mask will be blessed with good fortune by removing traces of weariness and past tribulations.

APRIL – NECKS UNCOVERED, ADORNED

We shed heavy wraps in the warming sun, and our necks emerge as the focal point for fashion or jewelry. This is the month to nourish the delicate skin and treat stresses of a harsh winter.

Western Treatment:
Gentle exfoliation with apricot scrub and moisturizers plus a relaxing neck massage will release tensions and stress and prepare this delicate area for Spring fashions.

Aloe Vera Ritual:

The neck is a place for adornment as well as the area of the body that receives continuous movement as we refocus from one point to another. In Africa, Aloe Vera is valued as a skin purifier, enhancer and nutritional healing compound. This ritual rejuvenates the skin and relieves stress carried through the neck region.

MAY – MY MOTHER, MY SOUL MATE

May is when we show appreciation to our Mother and Mother figures in our lives. We gather to honor our family matriarch, share our lives and restore our souls.

Western Treatment:
A gentle, aromatherapy Swedish body massage, reflecting a mother's touch. Relaxing, nourishing and bringing warm thoughts to mind.

Geranium Ritual:

Geranium oil has long been used in Africa as a soothing, calming balm for fussy infants and anyone feeling out of sorts. This Geranium massage ritual helps balance the emotions and regenerate one's soul, bringing feelings of happiness, positivity and restfulness.

JUNE – THE RIGHT TO BARE ARMS

With strong arms and shoulders, we carry children, harvest the fields or do the multitude of daily chores no matter where in the world we live. Soothing muscle treatments and skin softeners will give you the right to bare arms in the summer.

Western Treatment:
Relieve the minor aches and pains of everyday use with this gentle, thorough massage enhanced with essential oils.

Traditional Royal African Arm Ritual:
Known for its healing properties, African Argan and Acacia Cream is used in this pressure point massage to ease stiff, sore muscles.

JULY – HANDS UP

Hands are our blessings, allowing us to receive and give to others. We show appreciation with treatments for our hard-working hands.

Western Treatment:

Paraffin wax softens skin and locks in moisture while a gentle hand massage will loosen stiff joints.

Xandia Ritual:

Africans value this ritual for improving sense of touch and circulation. We include exfoliation and Shea butter massage, leaving you thoroughly relaxed with well hydrated and nourished hands.

AUGUST – BACK IN CIRCULATION

The back is our platform for what we physically carry, prone to the most stress and tension of any area of our body. Spine massage has long been used to reduce minor aches and pains and increase flexibility.

Western Treatment:

Deep tissue massage is a time-honored treatment for athletes and others with tight back muscles. We offer a choice of dry or oil treatments and use long, smooth strokes to loosen muscles and improve circulation.

Marula Ritual:

This conditioning ritual using valued marula oil relieves daily minor discomforts, improves hydration and relaxes and uplifts the senses.

SEPTEMBER – PEACE OF MIND

Our mind is a supreme state where we connect with our inner spirit and with those of a higher state. Peace of mind equates to a relaxed body.

Western Treatment:

Warm oil massaged on the temples and scalp relaxes and calms stressed minds. Finish with a session in the whirlpool or steam room to further melt away tensions.

Rooibos Ritual:

With clarity of mind, we accomplish much. Rooibos tea extract is known for both its internal and external medicinal qualities. When sipped, it enhances essential mineral absorption; its dried leaves are used as a body scrub to exfoliate the skin, refreshing one's frame of mind.

OCTOBER – SHAKE A LEG

Strong legs that carry one through life's journey require a respite. Now we revitalize stressed, overworked muscles from the summer and fall activities, as we prepare for the colder months ahead.

Western Treatment:

Deep tissue leg massage provides a welcome relief to weary muscles.

Mabwana Ritual:

Legs receive a firm massage using spicy turmeric and hibiscus. Then the feet are relaxed with a hot citrus towel wrap.

NOVEMBER – YOUR BEST FOOT FORWARD

The holiday bustle and the start of cooler weather mean our feet are constrained by boots and heavier shoes. This is the time to get those feet ready for party shoes.

Western Treatment:

Invigorating peppermint foot scrubs are a favorite in Western spas, and ours leaves your feet both pampered and energized.

Zuberi Ritual:

Meaning "strong" in Swahili, the Zuberi ritual begins with a slow, gentle rhythmic exfoliation massage, removing all dead skins cells as well as all evidence of the path one has already traveled. After this, the feet are caressed with Shea butter, the ultimate in indulgent relaxation.

DECEMBER – BODYFUL

The celebration of a year completed. Now is the time to focus on your whole body and prepare for a New Year.

Western Treatment:

Rushing around to meet deadlines, wanting to show appreciation for those important to you. Enjoy a full body massage and receive special savings on gift certificates.

Ukunhlamba Ritual:

Appreciating all our body has done for us throughout the year, we celebrate with a time-honored African exfoliation ritual, cleansing all impurities and rejuvenating the skin with a blend of aromatic therapeutic herbs and oils.



Take a meditative walk in the labyrinth, where Nature meets Nurture. Contemplate a treatment or a ritual to honor your body, mind and spirit. Indaba's Western treatments and African rituals represent the best of both worlds.

Let us customize a treatment or ritual combination just for you.

treatments

of distinction

rituals

of kindness



massage treatments

INDABA SIGNATURE CITRUS MASSAGE, 50/80 min

Our signature citrus massage lotion and oils will help enhance your mood and awaken your senses. Scalp massage is integrated with massage techniques to deliver an unforgettable experience. Our therapist will refresh your tired feet with a complimentary foot scrub and hot towel heat therapy. *Light to medium pressure.*

SPORTS MASSAGE, 50/80 min

For those who may be feeling “in the rough” after an active day of aggressive play. This invigorating full-body massage utilizes light stretching and various massage techniques to help improve range of motion, circulation and flexibility. *Firm Pressure.*

DEEP TISSUE MASSAGE, 50/80 min

A more therapeutic technique of bodywork incorporating slower strokes to work deeper layers of muscle fibers. Release chronic patterns of tension that create painful conditions and structural misalignment.

HOT STONE MASSAGE, 80 min

This treatment utilizes heated basalt stones with Swedish massage techniques to loosen tight muscles promote a deep sense of well being.

PRE-NATAL, 50/80 min

Massage techniques and pregnancy support pillows will help you relax and care for both you and your baby. *Not offered during the 1st trimester.*

INDABA'S ADVENTURE SIGNATURE TREATMENT, 50/80 min

A celebration of rich indigenous culture, your treatment begins with a soothing scalp massage using Moroccan Argan oils followed by a relaxing massage with rich Tamanu Shea butter. Sit back and enjoy your Ootanga foot scrub and heated towel treatment, which will leave you at peace with the world.

massage treatments

SWEDISH MASSAGE, 50/80 min

Considered to be the most universal of all massages, this session will help reduce tension, increase circulation and induce relaxation. Your therapist will utilize smooth long strokes, with light pressure.

CORE REFLEXOLOGY, 25/50 min

Center yourself with an ancient Chinese technique that stimulates pressure point massage on the head, hands and feet to relieve tension and restore a smooth energy flow throughout the body. *Subject to availability.*

COUPLES MASSAGE, 50/80 min

Enjoy a therapeutic massage with a loved one or friend. You may choose from any of our massage selections.

SUNSET SCALP MASSAGE, 25 min

Clear the mind and nourish the hair as you experience the perfect complement to any facial or body treatment. Our treatment oils are gently warmed and applied to the scalp, neck and shoulders to stimulate circulation, reduce tension and leave you transformed.

IN-ROOM MASSAGE, 50/80 min

Enjoy a relaxing massage in the comfort and privacy of your own room. *Subject to availability.*



Glow with radiance after these exfoliating treatments!

Our body scrubs will stimulate circulation, add natural minerals to the skin and create a fresh, relaxed feeling for both mind and body.

ORGANIC SUGAR GLOW, 25 min

Perfect by itself or as an addition to any massage. The skin is polished with your choice of naturally fragrant sugar, leaving it glowing.

For the ultimate hand-picked experience, choose among:

- Pear & Green Apple,
- Cucumber Mint,
- Apricot,
- Coco-Coconut.

COCO-LUSCIOUS BODY TREATMENT, 50 min

This exfoliating body melt will enhance your senses and infuse your skin with ultra healing coconut, vitamin-rich mango and refining pineapple enzymes to address dryness, sun damage and pigmentation.

CITRUS-C BODY TREATMENT, 50 min

Buff and scrub from head to toe with fresh cucumber and peppermint to remove dryness, then wrap up in a hydrating dream of citrus, cucumber and peppermint. Infuse your skin with Vitamin-C rich grapefruit and mandarin to leave your skin soft and supple while smelling refreshingly sweet.

GENTLEMAN'S HIGHLANDS FACIAL, 50 min

This men's facial carefully addresses the unique needs of men's skin and includes a scalp, neck and shoulder massage to enhance relaxation. Receive a customized facial, including deep cleansing, gentle extractions, exfoliation and hydration to treat razor burn, fine lines, wrinkles, acne and ingrown hairs.

Please do not shave 2 hours prior to this facial.

FAIRWAYS FOOT TREATMENT, 25 min

After playing the course, your feet may be in need of some special attention. This treatment starts with a warm foot soak followed by an invigorating peppermint scrub which is then removed with chilled towels. After this we use powerful hot stones to massage the feet and calf muscles to relieve tension and reduce swelling.

HIGH-SHINE BUFF MANICURE & PEDICURE,

Manicure 30 min / Pedicure 50 min

Our detailed treatment begins with a refreshing soak followed by a focused hand or foot massage with Mimosa Champagne Lotion and detailed clipping, shaping and high-shine buff. Perfect for men.

THE VALA RITUAL, 80 min

This nurturing ritual brings you closer to nature, beginning with a cocoon wrap with indigenous plants healing essences to balance the body. While you relax in the cocoon, experience a divine scalp and pressure point massage using Shea butter and essential oil to hydrate the scalp and alleviate stress. A full body massage using varied massage techniques using Argan & Acacia rich body cream completes this African retreat.





ORGANIC FACIALS

INDABA SIGNATURE FACIAL, 80 min

Treat yourself to an organic facial using harvest fruits, herbs, flowers, and exotic spices from Hungary. Bring balance to your skin naturally with exfoliating fruit acids, stimulating and oxygenating spices, and a nourishing and healing harvest masque. This treatment also includes a revitalizing lip and eye treatment. It is the ultimate indulgence for your skin. Perfect for all ages and skin types.

PURE RESULTS FACIAL, 50 min

A holistic deep cleansing treatment featuring pineapple or yam and pumpkin fruit enzymes to clear and renew the skin of cellular build-up. Ideal for reversing signs of aging and sun damage, resulting in a smooth and glowing, plumped complexion.

BAOBAB AWAKENING FACIAL, 50/80 min

Created from the seed of Africa's most famous baobab tree, often called the Tree of Life. Luscious Baobab oil has been part of African skin care for centuries. Used in this ultimate facial, it improves elasticity and encourages regeneration of skin cells.

This ritual naturally smoothes wrinkles and refines, tones and preserves a youthful glow.

MEDICAL GRADE FACIALS

Pioneered by renowned dermatologist, Dr. Dennis Gross, and initially only available at his practice in New York City.

ALPHA BETA® FACIAL + HOMECARE PRODUCT, 25/50 mins

Experience the secret to diminishing fine lines and wrinkles, visibly reducing pore size, preventing future breakouts and perfecting skin tone. This gentle, highly effective peel will immediately improve the texture and tone of your skin with a synergistic blend of alpha hydroxy and beta hydroxy acids, leading to a clear, glowing and purely radiant complexion without peeling, flaking or redness. Results are cumulative – we recommend a series of six treatments. *Perfect for all ages and skin types.*

CUSTOM BOOSTER FACIAL, 50 min

This luxurious facial is customized to meet your individual needs to immediately improve your complexion. Choose a Dr. Gross Booster to target your concerns. Skin is then infused with a self-heating, antioxidant hydration mask to soothe and diminish fine lines and wrinkles. *Perfect for all ages and skin types.*

Antioxidant Firming Booster - Reverses the signs of aging and revitalizes skin while repairing scars or other flaws.

Vitamin C Booster - Repairs sun damage, improves radiance and builds collagen.

Brightening Booster - Decreases hyper-pigmentation and evens skin tone.

Anti-Redness Booster - Visibly calms and soothes sensitive and irritated skin.

DEEP CLEANSING ACNE FACIAL + HOME CARE PRODUCT, 50 min

Receive a soothing, deep-cleansing facial that will dissolve oil to prevent breakouts and blackheads. This treatment is designed to immediately improve skin texture and tone, giving you a clear, glowing and purely radiant complexion.

The Home Care product will help continue to fight blemishes, reduce irritation and help kill the bacteria responsible for acne.

INSTANT BEAUTY FOR LIPS & EYES

HOT STONE

AROMATHERAPY

WAXING: Brow, Lip or Chin, Bikini Line, Brazilian, Back, Ears, Neck, Underarm, Arms, Legs

FINAL TOUCHES

MAKEUP ARTISTRY

Whether you are preparing for a special occasion or just a change in seasons, let our trained professionals show you the color palette that will bring out your the best. Our featured mineral skin care makeup combines the most up-to-date colors with skin-care benefits.

Makeup Application

Makeup Lesson

Bridal Makeup Package

Lash Application

HAIRCUTS & STYLES

Shampoo, Haircuts & Simple Style

Child's Haircut

Up-Do & Specialty Style

Men's Simple Haircut

Men's Spa Haircut - Includes hot towel treatment, brow, nose & ear detail.

HAIR COLORING & HIGHLIGHTING

Includes shampoo & conditioner

Final pricing will be quoted during service consultation.

Services include Simple style.

All our nail services include nail and cuticle care, and nail polish application.

CLASSIC MANICURE AND PEDICURE*

Manicure 30 min / Pedicure 50 min

COCO-LUSCIOUS MANICURE AND PEDICURE

Manicure 40 min / Pedicure 50 min

Soak away your cares in a warm coconut milk bath followed by a refining coconut scrub to remove all traces of roughness. Massage your toes to sandal perfection with a rich tropical butter that takes your senses to a blissful island paradise!

ICE CREAM SOCIAL MANICURE-PEDICURE

Manicure 40 min / Pedicure 50 min

Indulge in a creamy hydrating soak with the ME Bath Ice crème of your choice; an exfoliating, creamy shower scrub; a delectable wrap in flavors such as Chocolate, Caramel and Marshmallow. Finally, relax while we finish with a soothing massage with decadent body icing. To top it off, enjoy an ice-cream cone during the service.

**Ask for special pricing for kids under 10 years*

ADD-ONS:

French Polish upgrade - hands & feet

Paraffin Wax Treatment, 15 min

AFRICAN JUJU'S MANI/PEDI

Juju's are medicines the benevolent West African witchdoctors use to heal mind and body. This innovative treatment, in the Juju tradition, uses a multitude of exotic African oils, butters and extracts designed to smooth, nourish and protect. We start with a Baobab & Red Tea soak, followed by an Avocado and Ootanga scrub. Next, we condition with a watermelon-banana masque and finish with a Tamanu Whipped Butter massage on the arms or feet.



IndabaSM Spa is complemented by the adjacent Indaba Fitness Center where guests can enjoy the latest in cardiovascular and weight-training equipment and a wide range of daily classes.

Personal instruction and coaching are available for many activities including personal training, yoga and Pilates[®].

physical fitness

transform your body to reflect your mind



BODY SCULPTING – A strength training workout that combines flexibility and cardiovascular conditioning using light weights and resistance bands without building bulk. *Class length: 50 min. 8am M-W-F*

TOTAL BODY TONING – Using resistance bands and light hand weights, this class works multiple major muscle groups with each move, saving time and delivering more bang for your buck. *Class length: 50 min. 9am M-W-F*

YOGA – A 5,000 year-old exercise, employs breathing, gentle stretching, smooth flowing moves that improve balance and core strength. You will receive a mind, body and spirit experience. *“Namaste” class length: 45 min. 5:30pm M-W*

PILATES® REFORMER – Pilates targets deep postural muscles through a series of exercises aimed at building muscle strength and rebalancing the body. *Class length: 55 min. 7pm T&TH. Please call for reservation.*

PILATES® REFORMER FUSION – A total body conditioning designed to add cardio benefits by moving faster through the moves. *Class length: 45 min. 8am T&TH. Please call for reservations.*

AQUA AEROBICS – Aqua aerobics is the most effective and safe way to get in shape. Start with a warm-up, then slowly incorporate cardio at your own pace. We train the entire body with upper and lower body work outs and a nice stretch at the end. *Class length: 45 min. 9:30am T&TH*

CIRCUIT TRAINING – A series of exercises done in one-minute segments, working the entire body. This class is a real challenge. *Class length: 55 min. 6pm W*

FITNESS CENTER HOURS

Monday – Friday, 6am – 8pm
Saturday, 7am – 7pm / Sunday, 7am – 6pm

**We offer special classes for groups and special events.*

EXCEED FOUNDATIONS PROGRAM

An introduction to your personal fitness program & includes:

- 2 sessions with a certified personal trainer
- A full fitness assessment
- An introduction to proper form and use of the equipment
- A ½ hour training session
- A results-based training consultation

PRIVATE ONE-ON-ONE (1 HOUR)

A full hour of individualized, personal training during each session. (1/5/10/20 sessions packages available)

EXPRESS ONE-ON-ONE (1/2 HOUR)

These sessions are designed for individuals looking for a shorter, intense workout. A perfect fit for anyone with a tight schedule.

PARTNER TRAINING (1 HOUR – 2 PEOPLE)

Looking for the opportunity to train with a friend? Partner training has proven to increase commitment to a fitness regimen. (1/5/10/20 sessions; packages available)

Please Note:

Packages are non-transferable & non-refundable.
Packages expire 3 months after date of purchase.
Sessions are priced from the time the appointment was to begin.
Scheduled appointments must be cancelled 24 hours in advance.

Please call for reservations:

727.942.2000 ext. 5272 or 5551

MISSION STATEMENT

The mission of the Exceed Personal Training Program is to educate and motivate individuals to achieve their fitness goals through personalized instruction and guidance designed to enhance results and provide improved quality of life.

spa packages

THE INDABASM EXPERIENCE – 4 hrs

Facial/massage/manicure/pedicure/lunch
Experience the best of Indaba spa with our signature package. Begin your journey with our 80-minute Signature Organic facial followed by a 50-minute Signature aromatherapy full body massage. Then choose between our Citrus-C Blast or Coco-Luscious manicure and pedicure. You will leave feeling soft, youthful and purified within.

RELAX & RENEW – 1.5 hours

Enjoy a 50-minute Swedish massage followed by a revitalizing Express Facial. Perfect for a quick pick-me-up!

“TAKE 5” – 2 hrs

Foot treatment/scalp massage/exfoliation/
massage/spa lunch

Sometimes you just need a refresher. It's important to take time to breathe and enjoy life's simple pleasures.

This break includes a foot treatment, a deep-conditioning scalp massage, 25-minute exfoliating body polish and a soothing 25-minute Aromatic massage.

You will also enjoy lunch in our Spa Garden.

BRIDAL RADIANCE

Bridal Hair & Makeup (includes trial), French Manicure and Pedicure, Complimentary Spa Gift

BRIDESMAID BEAUTY

Event Hairstyle, Makeup Application,
Classic Manicure and Pedicure

resort & spa packages

Where the Boys Aren't Girls Escape . . . from \$318*

Let's Get Away Couples Retreat from \$289*

Innisbrook® Your Way Golf & Spa . . . from \$309*

And Then Comes Baby from \$249*

For additional info, or to book your reservations,
please call 800.492.6899.

**Rates are per room, per night. Packages are available year-round, subject to availability at time of reservation.*

your indaba spa experience

RESERVATIONS

Appointments may be scheduled any time during operational hours at 800.492.6899. We suggest scheduling several weeks in advance. A credit card is necessary to hold a reservation.

ARRIVAL

Please arrive at least 30 minutes prior to your appointment time. Our locker rooms, steam room and lounge may be enjoyed before and after your treatment. If you are delayed, please note that your service will end at its original time to avoid inconveniencing other guests. We ask that you turn off cell phones and pagers while at the spa.

CLOTHING

We provide you with a robe, sandals and towels at check-in. Special attention to draping is practiced during all treatments for your comfort and privacy. Bathing suits are required in the Jacuzzi.

WE SUGGEST

Shower or steam to prepare your body for treatment; no coffee or alcohol be consumed prior to your treatment. Drink plenty of water after your treatment.

MEDICAL CONDITIONS

A brief medical questionnaire will be given to you at check-in. Please indicate any medical conditions or disabilities that may be affected by your treatment, such as high blood pressure, allergies, heart ailments or pregnancy.

TEEN SPA SERVICES

Young adults between the ages of 12–17 may enjoy make-up, pedicures, manicures and hair services without the supervision of parent or guardian.

They must be supervised by parent or guardian while participating in massage, facials or any one-on-one services; and use of Fitness Center, including fitness classes, personal training and one-on-one Fitness Sessions.

VALUABLES

Please do not bring jewelry or other valuables to the Spa. The Indaba Spa does not assume any liability for the loss of personal items.

GRATUITIES

Treatment prices do not include gratuities. For your convenience, we will add a 20% discretionary gratuity for all services.

CANCELLATIONS

We ask that you give us 24 hours notice for appointment changes or cancellations. Cancellations not made 24 hours before your treatment time will be charged 50% of the treatment rate. No shows are charged 100%.

GIFTS

A spa Gift Card is a wonderful way to extend gratitude. Gift Cards are beautifully packaged and are available in any denomination. Corporate gift packages are also available.



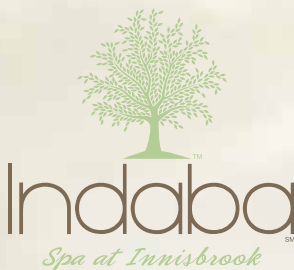
complementing
western treatments
with african rituals

SPA HOURS:

Monday – Thursday, 10am – 6pm

Friday & Saturday, 10am – 7pm

Sunday, 10am – 5pm



SpaAtInnisbrook.com

Spa direct phone: 727.942.5258

Resort toll free: 800.492.6899



Innisbrook

A SALAMANDER® GOLF & SPA RESORT

36750 U.S. Highway 19 N, Innisbrook, FL 34684

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