

ST. PETERSBURG, FLORIDA

The Root Room

A multi-sensory botanical sanctuary unlike anything else in Tampa Bay. The Root Room combines ancient plant medicine with medical-grade wellness technology — so from the moment you step inside, the environment is already working on your behalf. Begin with a freshly prepared herbal tea, then settle into your warm botanical foot soak as the room does what it was designed to do. Your practitioner will return partway through to perform a foot ritual — exfoliating with a botanical scrub and applying a nourishing foot mask, massaging both deeply into the feet and calves.

ALL BOTANICALS BY MICHAEL FLIGHT · HERBAL ARTISTS · WILD-HARVESTED WHERE AVAILABLE · CEREMONIAL-GRADE WHERE NOTED · PREPARED FRESH FOR EACH GUEST

WHAT AWAITS YOU

The following is complimentary with every ritual



RED LIGHT THERAPY

COMPLIMENTARY

Platinum Therapy BIOMAX panels — FDA Class II medical devices emitting seven precise wavelengths of red and near-infrared light. The same clinical-grade devices used in medical research, not the consumer panels found in most spas. Penetrates deep into tissue to support cellular energy production, circulation, collagen synthesis, and full-body recovery.



LED SALT WALL & HALOTHERAPY

COMPLIMENTARY

The illuminated Himalayan salt wall gently disperses microscopic salt particles into the air — halotherapy, with centuries of documented use in Eastern European spa culture. Inhaled salt aerosols support respiratory wellness, reduce airway inflammation, and create a naturally ionized atmosphere that counters the depleting effects of screens and urban environments.



SOUND THERAPY

COMPLIMENTARY

Sound has been used in healing traditions across every continent for thousands of years. The Root Room uses carefully curated frequencies and compositions chosen to bring the nervous system down from its habitual alert state — encouraging brainwave patterns associated with deep relaxation and the kind of physical stillness in which genuine healing occurs most readily.



AROMATHERAPY

COMPLIMENTARY

Essential oils and botanical diffusion are chosen to complement the ritual being experienced, deepening the emotional and physiological effects already present in the foot soak. The olfactory nerve is the only sensory pathway with a direct connection to the limbic system — making scent one of the most immediately powerful tools in any healing environment.

ADD-ON EXPERIENCE

Foot Reflexology with Dominique

30 MINUTES · CERTIFIED REFLEXOLOGIST · AVAILABLE THURSDAY & FRIDAY

Reflexology applies precise therapeutic pressure to specific points on the feet corresponding — through the body's meridian and nervous system pathways — to organs, glands, and systems throughout the body. Dominique is a certified reflexologist with nine years of licensed massage therapy experience.

PER GUEST

\$70

SELECT YOUR RITUAL

Botanical Foot Soak & Paired Herbal Tea

Each ritual includes a freshly prepared herbal tea and a warm botanical foot soak. Choose what you are drawn to today.



0 1

Heart Bloom

SOFT · OPEN · EMOTIONALLY BALANCED

THE BOTANICAL SOAK

- Rose** — Tones and softens skin while easing held tension; rich in antioxidants and vitamin C
- Linden Flower** — The great nervine herb of European herbalism; eases anxiety, grief, and stress
- Elderflower** — Anti-inflammatory; supports gentle lymphatic movement and circulation
- Chamomile** (a touch) — A quiet calming undercurrent

PAIRED TEA

Red Lotus · Rose · Linden

Red lotus carries gently relaxing compounds long associated with emotional ease. Rose and linden deepen the calming floral experience.

FEELING Soft, open, and emotionally balanced.



0 2

Silk Veil

DEEPLY SOOTHING · SILKY · COMFORTING

THE BOTANICAL SOAK

- Marshmallow Root** — Natural mucilage creates a remarkably silky, hydrating coating; the water itself becomes a treatment
- Rose** — Gentle toning and emotional softness
- Linden Flower** — Calms the nervous system, creating the ideal atmosphere for deep skin hydration

PAIRED TEA

Marshmallow Root · Rose · Orange Peel

Marshmallow soothes from within — supporting digestion the same way it nourishes skin externally. Orange peel brightens and balances.

FEELING Deeply soothed, silky-skinned, and comforted.



0 3

Meadow Quiet

GROUNDED · PEACEFUL · CENTERED

THE BOTANICAL SOAK

- Lemon Balm** — Calms nervous tension while keeping the mind clear and gently focused
- Oatstraw** — Rich in silica and minerals; nourishes the nervous system at a cellular level
- Linden Flower** — Ties the blend into a coherent, peaceful whole
- Lavender** (a delicate touch) — The lightest aromatic finish

PAIRED TEA

Lemon Balm · Oatstraw · Lavender

A mellow, mildly citrus-herbal infusion that nourishes the nervous system from within. A tea that feels like a meadow smells.

FEELING Grounded, peaceful, and centered.



0 4

Crimson Radiance

FRESH · VIBRANT · UPLIFTING

THE BOTANICAL SOAK

- Hibiscus** — High in anthocyanins and gentle alpha-hydroxy acids; brings brilliant ruby color and brightening quality
- Rose** — Tempers the boldness of the crimson with a gentler floral note
- Elderflower** — Lightens the blend; supports lymphatic movement
- Orange Peel** — Adds clean solar warmth and supports circulation

PAIRED TEA

Hibiscus · Rose · Orange Peel

A beautifully tart, vibrant red infusion enjoyed across cultures for centuries — from Egyptian karkadé to Caribbean sorrel.

FEELING Fresh, vibrant, and uplifted.



0 5

Jasmine Serenity

ELEGANT · PEACEFUL · SOFTLY UPLIFTING

THE BOTANICAL SOAK

- Jasmine Flower** — One of the most celebrated aromatics in the world; documented mood-elevating effects
- Rose & Linden** — Paired with jasmine in perfumery for centuries; opens the senses without overwhelm
- Chamomile** (a gentle note) — Rounds and softens the blend

PAIRED TEA

Jasmine · Linden · Lemon Balm · Orange Peel

Jasmine carries the same gently euphoric character in the cup as in the soak. Lemon balm relaxes; orange peel keeps it refreshing.

FEELING Elegant, peaceful, and softly uplifted.



0 6

Lotus Reverie

DREAMY · LIGHT · QUIETLY EUPHORIC

THE BOTANICAL SOAK

- Rose & Elderflower** — Opens the heart and lightens the spirit; prepares you for the ceremonial tea
- Linden & Lemon Balm** — Quiets the nervous system while maintaining clarity — the ideal state for blue lotus

CEREMONIAL TEA — BLUE LOTUS (NYMPHAEA CAERULEA)

Blue Lotus · Lemon · Honey or Agave

The sacred flower of ancient Egypt. Alkaloids associated with gentle euphoria, dreamy relaxation, and ceremonial clarity. Our most ceremonial offering.

FEELING Dreamy, light, and quietly euphoric.

TEA ENHANCEMENTS

Lemon

Brightens the flavor and enhances aromatic extraction. Recommended with Blue Lotus.

Honey

Natural sweetness with gentle enzymatic properties. A warm, grounding complement to floral blends.

Agave or Lime

Agave for lighter sweetness. Lime for vibrant citrus brightness — beautiful with Crimson Radiance and Lotus Reverie.