



Kneaded Relief Day Spa Newsletter

Hot Days, Cool Nights & Relaxation

August 2011

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Spa Hours

- Monday 9am-8pm
- Tuesday 9am-8pm
- Wednesday 9am-9pm
- Thursday 9am-9pm
- Friday 9am-8pm
- Saturday 9am-7pm
- Sunday 11am-4pm

Staff Anniversaries

- 5th Katy Johnson
1 year
- 6th Carly Vanko
2 years

August Birthdays

- 11th Anthony Berg
Massage Therapist

Come in on the
13th of the month
and save **13% off**
Gift Certificate
purchases!

5500 East Cheryl Parkway
Fitchburg, WI
608.255.0070
kneadedreliefdayspa.com

National Kidney Foundation - DIVA NIGHT Fundraiser

Friday, August 12th from 5:30pm - 7:30pm at...
Lillian's of Madison - 2138 Atwood Ave. Madison, WI 53704
Shoppe phone: 608.241.4410 Email:
madison@lilliansshoppe.com

Kneaded Relief invites you to stop by Lillian's of Madison and enjoy some hors d'oeuvres and refreshments while shopping over a 1,000 designer-inspired handbags, stylish sunglasses, trendy jewelry and fabulously hip clothing with the Moon Goon line of apparel. The prices are ridiculously affordable and the product is extraordinary. A portion of the proceeds will then be donated to the National Kidney Foundation! Kneaded Relief will also be holding drawings throughout the evening for some fabulous Kneaded Relief Swag! For more information please contact Dana at Kneaded Relief 608-255-0070

Healthy Recipe

Kneaded Relief wants to help you achieve Wellness inside and out - we offer Personal Training paired with nutritional guidance and the following is one of our favorite healthy recipes:

Greek-Style Burgers with Feta Aioli

Ingredients

Burgers:

- 5 (1/2-inch-thick) slices red onion
- Cooking spray
- 1 pound lean ground round
- 2/3 cup fresh breadcrumbs
- 1/3 cup chopped bottled roasted red bell peppers
- 1/4 cup chopped fresh parsley
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 1 (10-ounce) pkg. frozen chopped spinach, thawed, drained, and squeezed dry
- 1 large egg, lightly beaten
- 2 garlic cloves, crushed
- 5 (1 1/2-ounce) sourdough sandwich buns

Aioli:

- 1/2 cup (2 ounces) crumbled feta cheese
- 2 tablespoons light mayonnaise
- 2 tablespoons plain fat-free yogurt
- 1/4 teaspoon coarsely ground black pepper
- 1 garlic clove, minced

Directions

To prepare aioli, combine first 5 ingredients in a food processor; pulse 1 minute or until smooth. Cover and chill. Prepare grill or broiler.

To prepare the burgers, place onion slices on a grill rack or broiler pan coated with cooking spray, and cook 2 minutes on each side. Set aside. Combine the beef and the next 9 ingredients (beef through crushed garlic) in a large bowl. Divide the beef mixture into 5 equal portions, shaping each portion into a 1/2-inch-thick patty. Place patties on grill rack or broiler pan coated with cooking spray, and cook for 6 minutes on each side or until burgers are done. Spread 1 1/2 tablespoons aioli over top half of each bun. Place patties on bottom halves of buns, and top each with 1 onion slice and top half of bun.

Nutritional Info: Amount per serving

Calories: 385, Calories from fat: 28%, Fat: 12.1g, Saturated fat: 4.4g, Monounsaturated fat: 4.4g, Polyunsaturated fat: 1.8g, Protein: 30.5g, Carbohydrate: 38g, Fiber: 4.3g, Cholesterol: 110mg, Iron: 5.7mg, Sodium: 712mg, Calcium: 225mg

Last Month of Summer Seasonal Services

Ends August 31

Raindrop Therapy Massage (\$114.00)

this therapy uses massage and Young Living organic essential oils applied to various locations on the body to bring it into structural and electrical alignment. RDT is a simple application of dropping oils like drops of rain about 6 inches above the body. The oils are then worked into the spine using light strokes, which stimulate energy pulses and dispense the oils along the nervous system throughout the entire body. Hot packs are then applied to the spine to help drive the oils further into the central nervous system of the body. The oils will continue to work in the body for about 5 to 7 days after the treatment. (90 min)

Lactic Plus Peel Facial (\$99.00)

this advanced strength peel contains organic lactic acid, enhanced by pumpkin fruit enzymes and stimulating pomegranate to provide a powerful peeling of dull surface skin cells. This peel will dramatically improve dull, lifeless and rough textured skin. It can be customized to meet the level of exfoliation that your skin needs with amazing results and no "down time". Your skin will feel smooth and retexturized, with a brighter, more even all over tone. (75 min)

Trissage Firmology Body Wrap (\$105.00)

this unique spa treatment was designed to help tone-up tissue as it exfoliates rough body skin. It starts with a neck-to-toes Kerafole exfoliation to remove dead, dry skin cells. Your body is then sprinkled with healing Chinese herbs and comfortably wrapped in blankets for 10 minutes. The mask is removed with steam towels. A treatment creme is then applied to the body to nourish, promote firmness, and hydrate. A luxurious spa experience! (90 min)

Cucumber Pedicure (\$55.00)

cucumber products are an aromatic blend of cool, crisp cucumber with a twist of tantalizing pineapple. Has an AHA skin scrub with natural sugar crystals and coconut and citrus extracts formulated to reduce calluses and banish dry, rough skin. Also included is a leg and foot massage with a moisturizing lotion that is a blend of botanical extracts, soothing cucumber and antioxidant pineapple extracts. (45 min)

August Specials

Oil of the Month: Thieves

Thieves oil is a greatly effective oil with an interesting history. It was created based on research about four thieves in France who covered themselves with cloves, rosemary, and other aromatics to protect themselves while robbing plague victims. It has been tested and proven today to be highly effective in supporting the immune system and good health.

(add to any massage for only \$7)

Let's Stomp Out Kidney Disease!

Throughout the month of August stop in to Kneaded Relief and purchase a foot print for just \$1.00!

Your foot print will then be hung up at Kneaded Relief and all money will be donated to the

National Kidney Foundation in memory of Janelle Waterman.

Janelle was Kneaded Relief's Spa Coordinator for 5 years until she passed away from a rare kidney disease (FSGS) at the young age of 27.

Let's help the National Kidney Foundation Stomp Out Kidney Disease!

Staff Profile

Jo Ann Egan
Esthetician

How long have you worked at Kneaded Relief: 3 weeks

About the Services you provide: I perform facials (which I love), waxing and body treatments.

Something interesting about you: I've been a cosmetologist and esthetician for 35 years. I have two sisters and two daughters in the business.

Favorite Kneaded Relief product: Since I have been here such a short time, I have not developed a favorite product yet. At this point, they are all new and wonderful.

Favorite Kneaded Relief service: My favorite service is pedicures but I still have a lot of services to explore.

Other: I love the professionalism of my co-workers and the positive atmosphere. Everyone is friendly and willing to help with anything!

**To help welcome Jo Ann to Kneaded Relief we are offering 20% off all services with her throughout August 2011. Please mention on the phone when scheduling the appointment that you would like to be scheduled with Jo Ann for the 20% off price. At the end of the service you will receive a survey that we will ask you to complete before you leave.