



Kneaded Relief Day Spa Newsletter

Sunshine, Lemonade & School

August 2009

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Spa Hours

Monday 9am-8pm
Tuesday 9am-8pm
Wednesday 9am-9pm
Thursday 9am-9pm
Friday 9am-8pm
Saturday 9pm-7pm
Sunday 9am-6pm

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Fitchburg, WI
608.255.0070
KneadedReliefDaySpa.com

5th Annual Janelle Day Celebration

Monday, August 10th - Thursday, August 13th

Join us for an extraordinary week of events to help raise money for the National Kidney Foundation of Wisconsin in memory of Janelle Waterman. Janelle Waterman was Kneaded Relief's Spa Coordinator for nearly three years, and touched many lives with her gentle spirit, infectious smile, and compassion for others. For 9 years Janelle courageously battled FSGS, a rare Kidney Disease. Her treatment included enduring three hours of dialysis three times per week, while never complaining or missing a day of work.

On April 25, 2005, Janelle passed away at the young age of 27.

Kneaded Relief Day Spa is proud to honor Janelle Waterman with our 5th Annual Janelle Day Celebration with all proceeds benefiting the National Kidney Foundation of Wisconsin. We wish to celebrate Janelle's life as well as raise money to support kidney disease research.

Monday August 10, 2009

"Interactive Couples Massage" Class

6:00pm - 8:00pm, \$20.00 per couple

Presented by: Pam Rosecky; Massage Therapist

~based on simple, easy-to-learn Swedish Massage Techniques and is designed to help you and your partner share the nurturing, relaxing & therapeutic benefits with each other. the focus will be on shoulders, neck, hands & arms. emphasis will be on the massage techniques and the communication skills that will help you use the massage skills right away. wear loose fitting, comfortable clothing & bring a pillow. massage oil will be provided

Tuesday, August 11, 2009

Janelle's Birthday

Aloha Bay Candles will be available for purchase to take home to light and reflect upon memories of our loved ones. Kneaded Relief will be honoring Janelle by having candles lit throughout the spa.

&

Learn how Feng Shui can affect your health by attending our..

"Feng Shui & Your Health" Class

6:00pm - 8:00pm, \$15.00 per person

Presented by: Michelle Hess; Feng Shui Master Consultant

~Create an environment that enhances your well-being. Let Michelle give you some hints and tips to start you on the path for a new "feeling" in your home.

&

"Latin Inspired Dance/Fitness Class"

7:15pm - 8:15pm, \$15.00 per person

Presented by: Kisha Mahone; Personal Trainer & former Chicago Bulls "Luvabull"

~Latin inspired dance-fitness class. A cardio based work-out that tones the entire body. Dance movements are easy to follow and for all fitness levels. Wear comfortable clothes.

Wednesday August 12, 2009
" Partner Stretching Class "
6:00pm - 8:00pm, \$20.00 per partnership
Presented by: LaCuir Yancey

~In this partner stretching class learn to elongate & activate over stretched muscles. The goal is to create balance. This is a great way to find basic imbalances in yourself & your partner.

Thursday, August 13, 2009
" Janelle Day Celebration "
5:00pm - 8:00pm

Join the Kneaded Relief Staff on their outdoor patio to help raise additional money for the National Kidney Foundation of Wisconsin.

Smoothies from Smoothie King along with Subs and Pizza will be available for a donation. You may also receive Chair Massages, Scalp Massages & Trillium Hand Polish Demos provided by the Kneaded Relief Staff all for just a donation to the National Kidney Foundation. Music throughout the evening will be provided by Neal Ryan Reed.

And don't miss out on our amazing raffle items! Submit raffle tickets to win different packages of great prizes such as:
A Night for Your Wife: \$25 gift certificate to Choles Floral, 1 private lesson and 1 party lesson at Fred Astaire dance studio & a basket from A Woman's Touch

Milwaukee Ballet package: 2 tickets to a ballet along with backstage passes to meet with the dancers

Dinner & a Show: \$25 gift certificate to Benvenutos & 2 tickets to the Overture Center

Stamping Extravaganza: A variety of stamps & other tools for all your card making needs

Pizza & Bowling: \$15 gift certificate to Glass Nickel Pizza & 3 sets of free games of bowling at Badger Bowl

A Night Downtown: \$25 gift certificate to Genna's Cocktail Lounge & 4 tickets to the Comedy Club

For the Kids I: Family fun pack to Bogey's family fun park (4 passes) & a pint of ice cream from Michael's Frozen Custard

For the Kids II: 1 bucket of water balloons, 5 free climbs on the rock at Vitense Golfland, a pint of ice cream from Michael's Frozen Custard & 4 admissions to the Madison Children's Museum

Madison Food & Wine: 4 tickets to the Madison Food & Wine show, October 23rd-25th, 2009

Raffle tickets are just \$5 a piece or 6 tickets for \$20.00; what a deal when you learn about what you could win!
To see a full listing of raffle items available please check out our website www.kneadedreliefdayspa.com

Staff Profile

Dana Neal

Assistant Spa Manager

Time at Kneaded Relief: 6.5 years

What do you enjoy most about working at Kneaded Relief Day Spa? I enjoy the people I come in contact with. Be it my co-workers or the clients who come in, each person is unique & has a new story to tell. I love to learn new things each day.

What would you want the clients to know about KR and the services that we offer? Everyone at KR is 100% invested in your well-being. No matter what brought you to KR I know we will give you what you are looking for plus much more. We like to educate & we like results & we like to pamper.

Something interesting about you: I have been married for two years to my awesome husband Dan and we have our English Bulldog "Louis" to keep us busy. I love to go to sporting events, especially soccer & baseball. In my free time I like to coach soccer or just be out in the sun.

My favorite KR product (and what you love about it): Blinc Mascara: it forms tiny water resistant "tubes" around my lashes instead of regular mascara which paints your eyelashes. After applying Blinc, it won't run, smudge, clump or flake. I can wear it all day without re-applying. Then when I am ready to take it off, I just use some warm water, gentle pressure & the tubes slide right off into my hand. It is so fabulous!

Favorite KR service (and what you love about it): Spa Pedicure: No matter what I do at home my feet and toes never look as good as they do after a Spa Pedicure. Plus I love the foot & lower leg massage!

Other? Each year I have the honor to plan our annual Janelle Celebration Fundraiser. We raise money for the National Kidney Foundation in memory of Janelle Waterman, our Spa Coordinator who passed away from a rare kidney disease. She was an amazing woman that I had the privilege to work with & I am so happy to be able to remember her & give to an amazing foundation.