



# Kneaded Relief Day Spa Newsletter

Holidays, Snowflakes & Sleigh Rides

December 2009

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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 9am-6pm

Sign up to  
Receive our  
Email Specials  
or our Monthly  
Newsletter by  
email!  
Just email us at  
info@kneadedrelief  
dayspa.com

5500 East Cheryl Parkway  
Fitchburg, WI  
608.255.0070  
kneadedreliefdayspa.com

## December Massage Special

Purchase Two (2) Sixty Minute Massages (for two different people)  
&  
Two (2) Private Aromatherapy Steam Showers  
All for only \$160!  
(A \$200 Value!)

Massage can be done in our couple's suite with attached dual steam shower!

Available December 1, 2009—December 31, 2009

## Beat the Holiday Slump!

It is known that the average person gains 8lbs over the holiday season.

Kneaded Relief is here to help you beat this holiday slump.

For just \$200.00 you will receive 4 weeks of fitness and nutritional training.

Each week you will have...

1 - 30 minute Cardio Session with a Personal Trainer  
2 - Fitness Classes of your choice

1 - 30 minute Personal Training Session  
Nutritional Recommendations

Don't let the holidays weigh you down.  
Purchase now through January 31, 2010

## Healthy Recipe

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

### Chicken Tortilla Soup

#### Ingredients

4 tsp peanut oil (or olive oil)  
3 (4-oz) skinless, boneless chicken breast  
1 medium onion, chopped  
1/2 cup chopped celery  
1 garlic clove, chopped  
2 cups water 2 (14.5-oz) cans fat-free,  
less-sodium chicken broth  
1 cup frozen whole-kernel corn

2 tbsp chili powder  
1 tbsp ground cumin  
1 (28-oz) can tomatoes, drained  
and chopped OR 2 fresh tomatoes  
2 (5.25-oz) cans chopped green chilies  
1 finely chopped seeded jalapeño pepper  
Corn tortilla chips (optional)  
Low-fat sour cream (optional)

#### Preparation

Heat 1 tbsp oil in a large pot over medium-high heat. Add chicken; cook 2 1/2 minutes on each side or until browned. Remove from pan. Cool slightly; coarsely chop. Add 1 tsp oil, onion, & celery to pan; sauté 5 minutes or until tender. Add garlic; sauté 2 minutes. Stir in water & broth, scraping pan to loosen browned bits. Stir in chicken, corn, & next 5 ingredients (chili powder through jalapeño pepper). Bring to a boil; reduce heat & simmer 45 minutes. \*You can also make this by throwing in all ingredients into a crock pot for approximately 3-6 hrs.\* Top with crushed tortilla chips & sour cream. Garnish with cilantro sprigs, if desired.

Makes 4-6 servings

Per serving: CAL 394 (24% from fat), PROTEIN 32.1g, CARB 44g, FAT 10.5g (sat 2.6g, mono 3.2g, poly 2.9g), FIBER 8.7g

## My T.R.E.A.T.

(the relief everyone appreciates & treasures)

Introducing Kneaded Relief's newest incentive program!

Just \$50.00 gets you all of this...

~As a member of this one-year program you will receive 10% back in Relief Points on every dollar that you spend (in cash, check, or credit card). Purchases include both services and products.

~You will receive a coupon book valued at over \$100 in discounted and free services which can be used during the first six months that you are a member!

~And...take home a Bioelements Skin Care gift set and a Kneaded Relief water bottle, which will save you \$1 off any service when you bring it in with you!



## Winter Seasonal Services

Available December 1st, 2009 - February 28th, 2010

### Hot CinnaBun Massage (75 min. \$99.00)

Comfort and warm your body with our seventy-five minute Hot CinnaBun massage. While the scents of fresh cinnamon buns swirl around the room, your therapist will use Swedish massage techniques to relax your entire body. Hot stones will be used on the upper back and neck to relieve tension and help you forget all your holiday stress.

### Kneaded Relief's Signature Pedicure (60 min. \$65.00)

The most luxurious pedicure ever created. You will begin with a soothing foot soak then an enriching foot mask. Hot stones are then used on the feet and during a leg massage to ease any remaining tension. A full pedicure service experience like no other.

### Chocolate Manicure (45 min. \$45.00)

Treat your hands to a decadent chocolate hand soak, scrub and mask. Next you will receive a relaxing hand massage with a yummy cocoa butter crème that will have you running to the nearest chocolate shoppe. (We take no responsibility for the effect this manicure has on your waistline!)

### Chocolate Mint Scrub (60 min. \$70.00) add a 15 minute peppermint scalp massage for \$20

Indulge yourself with a chocolate mint intoxicating full body scrub that will leave you with soft, supple skin and a destressed body and mind! This service includes a peppermint steam shower to rinse off the chocolate scrub and a chocolate lotion to apply when you are finished.

### Holiday Essential Facial (45 min. \$65.00)

Are you short on time this holiday season? This facial would be perfect for you! An upgrade on the Express Facial, this essential treatment includes cleansing, toning, exfoliation and extractions followed by a personalized mask and moisture treatment to increase the circulation of your skin for that holiday glow!

## December Specials

Product of the Month: Hempz Scented Lotions (10% off)

Pumpkin Pecan Cheesecake, Cranberry Vanilla Cake, Gingerbread Cookie and Coconut Cream Frosting

Oil of the Month: Peppermint

A distinctive sweet, menthol aroma that will stimulate your senses! Peppermint is both energizing and soothing. These seemingly contradictory effects are achieved through the cooling sensation felt when the skin comes in contact with the peppermint, followed by the warming sensation as blood flow increases in the area as the body works to warm itself.

## Staff Profile

Meaghan Henry

Front Desk Manager

Time at Kneaded Relief: 3 years

What do you enjoy most about working at Kneaded Relief Day Spa? From the day I walked in the door it was the employees here, now my co-workers, that have been the best part about Kneaded Relief. Not only are they great people to work with, but they are truly committed to providing the best experience for each and every one of our guests, and that's something you can't find easily! I am so proud to be a part of such a hard-working team.

Something interesting about me: I love stories- whether it's reading or going to the theater (movie or performance). I just love the chance to escape for a few hours.

My favorite Kneaded Relief product is: By far my favorite product is the Trillium Body Polish! I am a low-maintenance girl and having the Body Polish in my shower means I can exfoliate and not need to apply lotion because the oil works its way deep into the skin making it smooth and vibrant. Plus it has a great scent! You have to love an all-in-one product!

My favorite Kneaded Relief service is: It's so hard to choose! I love the way I feel after a hard workout with Kisha, but before too long I'm in need of a massage. And the facials & nail services can be both relaxing & rejuvenating. I guess it just depends on my mood!