



# Kneaded Relief Day Spa Newsletter

Chocolates, Presidents Day & a Shadow?

February 2010

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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

## February Specials

### Couple's Suite

In order for you to experience Kneaded Relief with a loved one, we have created our Waterman Suite. This suite will allow two guests to receive services at the same time in the same room. Overlooking the restored prairie and waterfall ponds, this will create a truly relaxing experience. Choose any massage or facial, all services must be the same length of time. Priced as listed. Adjoining dual steam available before or after treatment at an additional cost. Let us give you a truly amazing experience with your loved one.

Buy 2 (60) minute Relaxation Massages and Aromatherapy Steam Showers for just \$160 (\$190 value)

### Champagne and Roses Whirlpool

Allow the natural exfoliation action of the sugar in the champagne to soften your skin as you soak in a jet bath filled with rose petals. Smell the sweet aromas of the champagne and roses as you slip into a tranquil state of relaxation. (20 minutes) \$50.00

### Champagne and Roses Package

You will first receive a thirty minute relaxation massage to relax the muscles in your back, neck and shoulders. Next, your body will be exfoliated with an organic body polish comprised of Sea Salts and essential oils. This blend will enhance circulation and bring a deep warmth to the body. Finally, you will experience the Champagne and Roses Whirlpool where you will float away into a state of deep relaxation. (1 hour 30 minutes) \$145.00

### Fitness Class Deal!

Pay just \$75.00 and receive four weeks of unlimited fitness classes! (including our new Tai Chi classes!)

### Product of the Month: Resistance Bands (10% off)

No need for machines! These bands are ideal for all exercise toning resistance programs and are perfect for traveling. They come with a fully illustrated instructional sheet.

### Oil of the Month: Joy

Joy is a luxuriously exotic blend with uplifting overtones that creates magnetic energy and brings joy to the heart. When worn as cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting. Add to any massage for \$7 more!

## 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:

### Maple-glazed Apples with Spice Yogurt & Granola

#### Ingredients

- |  |                           |
|--|---------------------------|
| 4 Golden Delicious apples, cored & cut into slices | 5 tbsp of ground cinnamon |
| 5 tbsp pure maple sugar                            | Pinch of ground cloves    |
| 3 tbsp unsalted butter, melted                     | Pinch of nutmeg           |
| 12 c. plain nonfat yogurt                          | 12 c. low fat granola     |

#### Preparation

Preheat oven to 400 degrees F.

Place apples, 3 tablespoons of syrup and melted butter in a 13x9x2 baking dish & toss until well coated. Roast apples - stirring occasionally - until apples are crisp-tender & thickly coated with syrup, about 20 minutes.

Meanwhile, whisk yogurt, spices & remaining syrup in a small bowl to blend. Spoon roasted apples in shallow wide bowls. Sprinkle with granola and drizzled with spiced yogurt.

Makes 4 servings

Per serving: Calories 222, Fat 3g (sat 1g), protein 3g, fiber 5g

## Fighting the effects of winter stress!

It is no surprise that winter in Wisconsin brings multiple stressful situations. Bone chilling weather conditions create slippery roads, school/daycare closings, car troubles and decreased immune systems. Stress seems almost inevitable during these times; however there are ways to fight the winter stress battle.

First step in battling the winter anxiety is to plan ahead. Take 10 minutes each evening or when you first wake up to plan out your day. By planning your activities out you are more likely to stay focused and easily handle curve balls that are thrown at you.

Second, you need to take some valuable time for yourself. Whether you spend a brief moment breathing deeply or a full day at a pampering spa (may we suggest Kneaded Relief), it is important to take the time to indulge in activities that make you feel good.

Third on your list of to-do's is to exercise. Working out is proven to help improve your immune system and send mood enhancing endorphins throughout your body. Winter gloom will be no battle for you after an invigorating walk or a Personal Training session with your Personal Trainer.

Lastly, make sure to get outside on those few sunny days that are available. SAD (Seasonal Affective Disorder), also known as winter depression, is a mood disorder in which people with otherwise normal mental health throughout most of the year experience depression in the winter. To help combat this disorder or combat the path to this disorder, light therapy is recommended. Because light therapy is not a possibility for everyone, our suggestion is to soak up nature's own light therapy whenever possible. If that still isn't enough, stop in to Kneaded Relief where it is always 70 degrees and sunny.

## Kneaded Relief is celebrating 12 years in business!

And to celebrate our 12th year in business, we are offering  
*12% off gift certificate purchases of services only on the  
12th day of each month! Call or stop in to receive this great deal!*

## Winter Seasonal Services

Only available until February 28th, 2010!

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

Chocolate Manicure (45 min. \$45.00)

Hot CinnaBun Massage (75 min. \$99.00)

Essential Facial (45 min. \$65.00)

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

## Tai Chi comes to Kneaded Relief

Our new Tai Chi for Beginners Class (see description below) starts February 4th.

Tai Chi for Beginners\*:

(1 hour - Thursdays 5:30p & 7:00p and Saturdays 2:00p & 3:30p)

Tai Chi in 37 postures is a simplified Yang form of Tai Chi. This ancient art relieves stress and strengthens the body through proper posture, breathing techniques, and graceful movements that are both calming and invigorating. Also known as "moving meditation", Tai Chi cultivates mental focus and coordination which is essential to maintaining optimum health. This class provides a good low impact workout, increases meditative capability, and improves overall health. Experience the tranquility and strength in only a few sessions!

\*All Fitness classes must be scheduled 24hrs in advance and are subject to availability

## My T.R.E.A.T.'s still available for just \$50!

the relief everyone appreciates & treasures

~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!



## Staff Profile

Ashley Ahlborn

Massage Therapist

Time at Kneaded Relief: 8 months

About the services I provide: I perform many different types of massage including deep tissue, sports & trigger point. My favorite part of massage is being able to help people take better care of themselves and become more aware of their own bodies and habits.

Something interesting about me: I have lots of siblings that live all over the country and they all have different amazing talents.

My favorite Kneaded Relief product is: Tei fu lotion. It's a great tool for services during and between massages.

My favorite Kneaded Relief service is: All kinds. I love getting body work and becoming more aware of my own body.