



# Kneaded Relief Day Spa Newsletter

Resolutions, Skiing & Icicles

January 2011

## In this Issue

Ultimate "Give" "Give"  
Healthy Recipe  
New Year  
January Specials  
Did you know?



## Spa Hours

Monday 9am-8pm  
Tuesday 9am-8pm  
Wednesday 9am-9pm  
Thursday 9am-9pm  
Friday 9am-8pm  
Saturday 9am-7pm  
e/o Sunday 9am-6pm  
e/o Sunday 11am-4pm

## Staff Anniversaries

21st David Welther  
Tai Chi Instructor  
1 year  
25th Brittany Graber  
Front Desk Representative  
1 year

## January Birthdays

20th Felipe Hernandez  
21st Sara Poquette

5500 East Cheryl Parkway  
Fitchburg, WI  
608.255.0070  
kneadedreliefdayspa.com

## The Ultimate "Give" "Give" Gift Certificate Purchase

For every Gift Card you purchase of \$120 or more, we will give you the same amount back throughout the year!  
(1/12 of the total amount to be used each month)

For example, if you purchase a gift certificate worth \$120, we will give you a voucher worth \$10 to use each month in 2011!

You give so much of yourself during the holidays, let us give you a little something back!

Can be purchased January 1 - January 31, 2011

Cannot be purchased using Spa Finder Gift Certificates or be combined with any other specials or discounts

## 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:

### Spinach and Artichoke Dip

#### Ingredients

2 cups shredded part-skim mozzarella cheese, divided  
1/2 cup fat-free sour cream  
1/4 cup grated fresh parmesan cheese, divided  
1/4 teaspoon black pepper  
3 garlic cloves, crushed  
1 (14 ounce) can artichoke hearts, drained and chopped  
1 (8 ounce) block fat-free cream cheese, softened  
1/2 (10 ounce) package frozen chopped spinach, thawed, drained, and squeezed dry  
1 (13.5 ounce) package tortilla chips (about 16 cups)

#### Directions

Combine 1 and 1/2 cups mozzarella, sour cream, 2 tablespoons parmesan, 1/4 teaspoon black pepper, 3 garlic cloves, artichoke hearts, cream cheese, and spinach in large bowl; stir until well blended. Spoon mixture into a 1 and 1/2 quart baking dish. Sprinkle with remaining 1/2 cup mozzarella and remaining 2 tablespoons parmesan. Bake at 350 degrees for 30 minutes or until bubbly and golden brown. Serve with chips.

(Serving size: 1/4 cup dip and about 6 chips)

Calories 148; Fat 5 g; Iron 0.6mg; Cholesterol 17mg; Calcium 164mg; Carbs 18.3g; Sodium 318 mg; Protein 7.7g; Fiber 1.5g

## New Year's Resolution Solution

It is that time of year where it becomes common to hear the question, "What is your New Year's Resolution?" Unfortunately, it is hard to remember what last year's resolution was or if there were several, and now there needs to be a new one? Well Kneaded Relief is here to help. Here are the top 5 New Year's Resolutions and how Kneaded Relief can help you stick with them thru 2011.

### 1. Spend More Time With Family

For any occasion or no occasion Kneaded Relief is able to schedule a group of people to receive services at the same time. We can host different parties here, including wedding/baby showers, birthday parties, etc. We also have our Couple's Suite (the Waterman Suite) available for two people to receive services in the same room.

### 2. Quit Bad Habits

To help kick start your body for a healthier lifestyle, we suggest getting a body detox treatment. The Siddha Detoxification or a Eucalyptus Steam Shower are great ways to help your body feel refreshed and ready to replace those Bad Habits with new Good Habits. And might we suggest a massage once a month as a new habit?

### 3. Learn Something New

At Kneaded Relief we not only want you to receive a great service but we want you to feel educated about the services and their benefits. Try a facial and learn about how your skin works and how you can care for it in the future.

### 4. Get Fit

Kneaded Relief offers one-on-one personal training and partner personal training. Fitness classes and nutritional guidance are also available to help you reach your full potential.

### 5. Enjoy Life

Stress is a major cause for not being able to enjoy life to its fullest. Kneaded Relief provides the services to help you relieve your stress and actually allow you to relax and breath again.

Start 2011 with a bang! Stop in to Kneaded Relief to enjoy one of the major services that can keep you on track throughout the year.

Happy New Year from the Kneaded Relief Team!

## January Specials

### Product of the Month: Neti Pots & Salts (10% off)

The Neti Pot naturally cleanses, refreshes & protects the nasal passages, one of our body's first lines of defense against illness. Recommended today by doctors & pharmacists worldwide, it has been used for thousands of years to alleviate sinus & allergy problems.

### Oil of the Month: Purification Oil

Purification is a great addition to a massage for anyone looking to improve concentration, alertness or mental clarity. When diffused, it helps to purify and cleanse the air from environmental impurities including cigarette smoke and other disagreeable odors.

(add to any massage for just \$7.00)

Specials available for purchase January 1, 2011—January 31, 2011 (not valid with other specials or discounts)

## Did You Know? ... Intake Forms

- Every client at Kneaded Relief is required to fill out an intake form before they start their services.
- It is required by State Law that each client fill out an intake form before their service begins.
- All intake documentation is kept completely confidential and is kept on file for future appointments.
- Some insurance providers need written documentation for massage therapy treatments.
- In order to provide a service customized to their client, previous and current medical history, as well as specifics regarding past and current pain issues need to be addressed by the client and therapist.
- Certain medical issues require certain types of therapy or avoidance. Intake forms allow the therapist to modify the service in accordance with these issues.
- Kneaded Relief is looking to achieve our client's goal for the service so the more information provided by the client, the easier it will be to achieve this goal.