



Kneaded Relief Day Spa Newsletter

Resolutions, Skiing & Icicles

January 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@kneadedreliefdayspa.com

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 2010!

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

Can be purchased January 1 - January 31, 2010

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 nutritional guidance and the following is one of our favorite healthy recipes:

Nic's Easy Chicken Curry

Ingredients

2 1/2 c. red lentils (sort & rinse until H2O runs clear)	1 medium yellow squash (cut into 1/2 inch chunks) or substitute squash for a vegetable of your choice
4 c. chicken broth (or chicken bullion boiled in H2O)	1 zucchini (cut into 1/2 inch chunks)
2 medium to large chicken breasts (cut into 1 inch chunks, and season with black pepper, chili pepper, crushed red pepper and lemon)	4 tbsp olive oil
1 14.5oz can diced tomatoes (drained)	2-4 tbsp store bought curry paste (yellow or red - your choice)
1 medium onion (diced)	1-2 c. of cooked brown rice

Preparation

Start with the red lentils. Put them into a 2 quart sauce pan and cover with enough chicken broth to cover lentils (don't discard unused). Bring to boil over medium high heat, cover and simmer for 20 to 30 minutes. When done, lentils will absorb broth and be very tender. Begin rice.

In a pan over medium to medium high heat add oil and cook chicken stirring occasionally. When chicken is about 75% done (still see a little pink) add onion and stir. Continue to cook over medium heat until chicken is done (white all the way through) and add curry paste. Raise temperature to high and stir for 1-3 minutes. Now add diced tomatoes and 3/4 cup chicken broth stir and lower heat to medium. Add the yellow squash or other vegetable and zucchini cover and simmer until squash and zucchini are tender but not mushy.

Add the cooked lentils to the chicken mixture and stir. Serve immediately over cooked brown rice.

Makes 4 servings

Per serving: cal 350, fat 8.2g (sat 1.6g, mono 3.1g, poly 2.4g), protein 35g, carbs 31g, fiber 7g, iron 6mg, calcium 50mg

Give yourself an eye makeover!

Ralph Waldo Emerson was the one who said, "The eyes indicate the antiquity of the soul." While our eyes are meant to portray such things as understanding & warmth, many of us work to ensure the term "antique" stays applied only to our soul, as Emerson put it, & not the appearance of our eyes! Our eyes will be one of the first areas of the body to physically express our age & the aging process. Due to exhaustion, sun exposure, bad diets, stress & harsh eye make-up & make-up removers, the signs of aging appear at a younger age & with more visibility. Thankfully, there are ways to combat the lines, dark circles, water retention, etc.

One of the most basic things to remember is that the area around the eyes must be treated differently than the rest of the face because the area around the eyes is very sensitive. It's important to invest in a specialized eye creme that can address the concerns of the sensitivity of the eyes while working to minimize dehydration, aging & even puffiness. An Esthetician can give you their professional recommendation based on the issues you are looking to address as well as your current skin care regiment and age.

Another very simple thing you can do to improve the appearance of your eyes is to use the right mascara & perform a quick eyelash curl. By curling your eyelashes then applying mascara, you can open up your eyes & add some contrast and fun drama to your now well cared for eyes while making you appear more awake & alert. Blinc mascara is a leader in the beauty industry, having found a way to eliminate smudging & the dreaded raccoon eyes! Their formula requires both pressure & water to remove so it takes more than the typical daily routine to phase it, but once it needs to be removed it doesn't require harsh scrubbing or specialized make up removers.

Our eyes are an important feature so the simple steps it takes to care for them should be a crucial part of any woman's beauty routine.

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

Essential Facial (45 min. \$65.00)

This facial would be perfect for the person with a busy schedule! 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!

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.

Staff Profile

Vicki Haase

Massage Therapist

Time at Kneaded Relief: 2 years

About the services I provide: I can perform a combination of relaxation and therapeutic massage therapy. Essential oils are a great addition to the massage to achieve a certain result/outcome. The aromassage is a nice example of that.

Something interesting about me: I love to travel, cook, shop, and spend time with my daughter. I used for work for Kneaded Relief back in 2003, but then I moved to Alaska for a few years. When I moved back to Wisconsin I came back to Kneaded Relief and have been here for the last two years.

My favorite Kneaded Relief product is: Trillium Body Polish. It's super easy to use, smells great, and keeps your skin looking and feeling healthy.

My favorite Kneaded Relief service is: The relief massage is great because it combines massage with heat and aromatherapy. It's a good combination for maximum relaxation.