



# Kneaded Relief Day Spa Newsletter

Swimming, Fireworks & Picnics

July 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

Sign up to  
Receive our  
Email Specials  
or our Monthly  
Newsletter by  
email!  
Just email us at  
[info@kneadedreliefdayspa.com](mailto:info@kneadedreliefdayspa.com)

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Fitchburg, WI  
608.255.0070  
[KneadedReliefDaySpa.com](http://KneadedReliefDaySpa.com)

## 5th Annual Janelle Day Celebration

### Join us for our Week of Caring

Sunday, August 9th - Saturday, August 15th

Join us for an extraordinary week of events, specials and classes to help raise money for the National Kidney Foundation in memory of Janelle Waterman, our previous Spa Coordinator who lost her battle with FSGS, a rare kidney disease, April 25, 2005.

Look for more information to come on our website and in the next newsletter!

## July Specials — Get "Pedi Ready"

**10% off all Checi foot files**

the State-of-the-art nickel abrasive surface safely and gently smooths away hard, rough skin and calluses for an unsurpassable smooth pedicure

**10% off a Foot Stress Relief** (add a paraffin dip for just \$10 more)

soak your tired feet in our whirlpool foot bath and relax while your therapist scrubs with an organic body polish and massages your feet and legs with a rejuvenating lotion (30 min)

**Oil of the Month: Valor**

an empowering combination of therapeutic-grade essential oils that works with both the physical and spiritual aspects of the body to increase feelings of strength, courage, and self-esteem in the face of adversity. Renowned for its strengthening qualities, Valor enhances an individual's internal resources. It has also been found to help energy alignment in the body.

Specials available July 1st - July 31st 2009.

## At Home Foot Care Class

Thursday, July 16th, 6-8pm

FREE! Space is limited so please call ahead

Learn the importance of proper foot care and how to keep your feet smooth and hydrated between pedicures. Hands-on demonstrations of exfoliants and moisturizers as well as proper filing techniques will be shown.

## Personal Training Summer Specials!

It's the perfect time to reach your fitness goals!

Pay just \$49 for a  
one hour personal training session  
(a savings of \$21!)

Pay just \$31.50/person for a  
one hour partner training session  
(save \$21 each!)

All sessions must be used by August 31st, 2009.

## Seasonal Services

### Cucumber or Tropical Citrus Pedicure

Give your feet an island treat! Our Cucumber and Tropical Citrus Pedicure are formulated to reduce the unsightly appearance of calluses and banish dry, rough skin that appears throughout the summer months. Let your feet enjoy the soothing feeling of our Cucumber or the invigorating elements of our Tropical Citrus. All pedicures will include a leg and foot massage and give you the sandal ready appearance for days on the beach. (45 min. \$55.00)

### Active Relief Massage

Start associating massage therapy with fitness by trying out our Active Relief Massage. This massage is for anyone looking to increase their relaxation, rejuvenate stiff muscles and invigorate the mind. The massage will begin with the therapist firmly rocking up and down your back and legs loosening all the muscles. Then the therapist will proceed with using therapeutic and relaxation massage techniques over the entire body and then finishing up with an energizing shake of each limb for 30-60 seconds. This service will increase energy flow and add some rejuvenation to your daily active routine. (75 min. \$99.00)

### Lactic Plus Peel Facial

This advanced; strength peel contains organic lactic acid, enhanced by pumpkin fruit enzymes and stimulating pomegranate to provide a powerful peeling of dull surface skin cells. This peel will dramatically improve dull, lifeless and rough textured skin, and it can be customized to meet the level of exfoliation that your skin needs with amazing results, and no "down time". Your skin will feel smooth and retexturized, with a brighter, more even all over tone. (75 min. \$99.00)

### Trissage Firmology

Exfoliates rough dead cells and helps tone up tissues. This wonderful treatment starts with a neck-to-toe Kerafole exfoliation to remove dead, dry skin. The Kerafole is a deep exfoliating mask that contains arctic algae. Your body is then sprinkled with healing Chinese herbs and you will be comfortably wrapped in blankets for 10 min. The mask is then removed with steam towels. A treatment cream is then applied to the body to nourish, promote firmness, and hydrate. A luxurious spa experience. (90 min. \$105.00)

## Introducing Energy Work

New service being added to the menu: Energy Balancing \$50

If you are feeling sluggish or overwhelmed, treat yourself to the gentle touch of a therapist's hands. Facilitating a flow of subtle energy to areas of blockage, your therapist will focus on the major and minor chakras of the body, releasing blocked energy. The depleted areas are balanced, recharged, and reenergized. Balancing your body in this way will help your well-being, enable your body to function more efficiently, and bring you into a state of deep relaxation with a calm mind. (30 min) can also add to any 30 min massage or longer for just \$40

Pam's experience in energy work : "I want clients to be aware there is an energy body as well as a physical body and to listen to both, they talk to you all the time. Energy work is a gentle hands on touch to feet, ankles, knees, hips, chakras, shoulders, neck and head. Think of it like you're the cell phone, and I'm the cell phone charger. I plug into the energy. The clients that have experienced massage and energy work find it easier to listen to both when the body is talking about what it needs today. Each day your body will need something to keep it in balance. Energy work is a great addition to everyone's modalities for Health, Wealth, and Happiness! I love being part of the energy world system."

Call & book a session today. It's a great service to experience, especially if you've never had the opportunity to try it before!

## Staff Profile

Pam Rosecky

Massage Therapist

Time at Kneaded Relief: 7 months

About the services you provide: I provide relaxation massage which is a favorite. I enjoy opening the doorway of opportunity to drift off and relax or sleep. I provide energy work which is a gentle recharge of your body like recharging your cell phone. It is very peaceful.

Something interesting about me: I was on the massage team for the 2002 winter Olympics/ Paralympics in Salt Lake City, Utah. I've actually done more than 5,000 chair massages in my time as a massage therapist.

My favorite Kneaded Relief product is: the Masada Dead Sea Bath Salts. It is a miracle in a bottle and it takes out all of the aches and pains after working in the garden for a few hours.

My favorite Kneaded Relief service is: a facial. The full facial I received was amazing. I was surprised how much tension my face held!