



Kneaded Relief Day Spa Newsletter

Summer, Gardening & Sandals

June 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@kneadedrelief.com
dayspa.com

Father's Day Specials

Dad's deserve to be "kneaded" too...

Dad's Kneaded Relief... only \$232.00

Includes an Aromatherapy Bubble Massage Whirlpool, Sixty Minute Relaxation Massage, Men's Facial, and Foot Stress Relief (3 hours 15 minutes)

The Father's Escape... only \$137.00

Includes a Sixty Minute Relaxation Massage, Express Facial and an Eucalyptus Steam Shower (2 hours)

The Mini Escape... only \$61.00

Includes a Thirty Minute Relaxation Massage and Eucalyptus Steam Shower (1 hour)

All specials valid for purchase June 1 - June 22, 2009. Not valid with any other specials or discounts.

June Specials

"Summer Skin"

*10% off all Bioelements Sun Protectors

*10% off Back Facial

this service is aimed at restoring the healthy function of the skin on the back. It is beneficial for those who suffer from breakouts due to stress or hormonal fluctuations. The back will receive a thorough cleansing and exfoliation followed by extractions and a customized treatment mask (45 min.)

*Oil of the Month: Gentle Baby

Gentle Baby is a soft, fragrant combination of essential oils designed specifically for mothers and babies. It helps calm emotions during pregnancy and is useful for quieting troubled little ones.

Not valid with any other offers or discounts. Specials available June 1st - June 30th 2009.

BOOT CAMP returns...

Push yourself beyond your expectations and live the life you want to.

In just 6 weeks transform your life, yourself and your future!

The Fitness Experts at Kneaded Relief have created a fun and creative outdoor boot camp that is like no other. Burn calories, tone muscles, and build strength. The entire body is worked in a short period of time while incorporating calisthenics, plyometrics and cardiovascular and strength training.

Exercises change each week, so you will never get bored and will continually be challenged! The 1 hour workouts easily fit into a busy schedule and can be modified to your fitness level.

Sign up for Kneaded Relief's Boot Camp-you'll be amazed by your own strength!

Session One begins June 1st!

Seasonal Services

Starting June 1st!

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)

"Interactive Partner Massage Instructional Course"

Wednesday, June 10th, 6-8pm

Free! Space is limited so call ahead.

based on simple, easy-to-learn Swedish massage techniques, and is designed to help you and your partner share the nurturing relaxing therapeutic benefits with each other. the focus will be on shoulders, neck, hands & arms. emphasis will be on the massage techniques and the communication skills that will help you use the massage skills right away.

wear loose fitting, comfortable clothing and bring a pillow.

massage oil will be provided.

Next... "At Home Foot Care Class" Thursday, July 16th, 6-8pm

Staff Profile

Erica Sain

Nail Technician/Massage Therapist

Time at Kneaded Relief: 1 year

About the services you provide: I perform massage as well as nail services & body treatments. Right now is the perfect time for a body buff ridding your body of dead skin after being exfoliated from head to toe with a dry brush, then apply body scrub and water using exfoliating gloves, after that we wipe the body with steam towels and apply an avocado body lotion to the entire body. I perform relaxation, pregnancy, hot stone and scalp massages.

I love incorporating our essential Young Living Oils into my massages customizing the session based on the clients needs. Right now its time to show off those toes nothing better right now than a callus treatment which is salicylic acid helping to eliminate those calluses or enjoying our coconut lime seasonal pedicure which leaves your feet feeling fresh than choose from our awesome Zoya Polish which is a newer line that is a vegan polish and environmentally friendly.

Something interesting about me: I have a beautiful two year old daughter named Jade Willow. I enjoy camping and live music. My favorite Kneaded Relief product is: I love the Tei Fu massage lotion. I always put some of it on my neck and shoulders. A great add on is to then heat up one of our Dreamtime neck wraps and put it on your neck and shoulders. It is so relaxing.

My favorite Kneaded Relief service is: Massage and the eucalyptus steam shower are my favorite. The steam shower is very detoxifying and all of our therapists here are wonderful and have their own unique touch..