



Kneaded Relief Day Spa Newsletter

Summer, Sandals & Gardening

June 2011

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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 11am-4pm

Staff Anniversaries
29th Ashley Ringelstetter
4 years

June Birthdays
15th Heather Durkin
Massage Therapist

26th Brittany Graber
Guest Services

Come in on the
13th of the month
and save **13% off**
Gift Certificate
purchases!

5500 East Cheryl Parkway
Fitchburg, WI
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kneadedreliefdayspa.com

Say Hello to Shellac!

Shellac is a breakthrough UV3 technology that combines the ease of polish with the permanence of gels. A true innovation in chip-free, extended-wear color. Shellac applies like a polish but it lasts for weeks! It has no dry time because it is UV cured so your able to reach in your purse for your keys without having to fix a nail!

Kneaded Relief is now offering a Shellac Manicure for \$50!

First your cuticles will be nipped and nails filed to perfection. This will be followed by application of the Shellac polish. Once the Shellac is finished, you will receive a relaxing hand and arm massage to ease tense, tired hands.

Also come back to Kneaded Relief and get a Shellac Re-application Manicure and the removal of the old Shellac is FREE! Removal without another Shellac Manicure is \$15.

June Specials

Product of the Month: Bioelements Sun Protectors 10% off

This moisturizing sunscreen line combines broad spectrum UVA/ UVB protection to absorb and deflect the sun's skin-damaging rays. Leaves your skin feeling smooth and moisturized.

Sun Diffusing Protector (SPF 15) and SPF 50 Facescreen

Oil of the Month: Lemon

Lemon (Citrus limon) has a strong, purifying, citrus scent that is revitalizing and uplifting. Lemon consists of 68 percent dlimonene, a powerful antioxidant. It is delightfully refreshing in water and may be beneficial for the skin. Lemon may also be used to enhance the flavor of foods. Lemon essential oil is cold-pressed from the rinds of lemons. (add to any massage for only \$7)

Service of the Month: Back Facials 10% off

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)

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:

Ingredients

1 small spaghetti squash	2 garlic cloves, minced
Extra-virgin olive oil	2 teaspoons minced fresh rosemary
Salt and freshly ground black pepper to taste	1/2 cup part-skim ricotta cheese
1 pound thin asparagus, steamed tender	1 tablespoon toasted pine nuts

Directions

Halve squash. Microwave on high 20 to 30 minutes, until fork-tender. Discard seeds. Scrape out squash strands with a fork; place in a bowl. Drizzle with oil, and season with salt and freshly ground black pepper; keep warm. Heat 1 tablespoon oil in large nonstick skillet over medium heat. Slice asparagus into 1-inch pieces; sauté with garlic and rosemary for 1 minute. Stir in ricotta and squash. Season with salt and pepper. Sauté until hot and creamy. Top with pine nuts.

Nutritional Info: Calories 183, Fat 8g (sat 2g, mono 4g, poly 1g), Protein 8g, Carbs 23g, Fiber 6g, Cholesterol 10mg, Iron 2mg, Sodium 83mg, Calcium 166mg

Fathers Day Specials

give Dad what he deserves...

Dad's Kneaded Relief \$232

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 \$137

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

The Mini Escape \$61

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

Specials available for purchase June 1, 2011—June 25, 2011. Cannot combine with other specials or discounts

Summer Seasonal Services

June 1 - August 31.

Cucumber Pedicure \$55.00

This pedicure has an AHA skin scrub with natural sugar crystals and coconut and citrus extracts formulated to reduce calluses and banish dry, rough skin. Also included is a leg and foot massage with a moisturizing lotion that is a blend of botanical extracts, soothing cucumber and antioxidant pineapple extracts. Cucumber products are an aromatic blend of cool, crisp cucumber with a twist of tantalizing pineapple. (45 min)

Raindrop Therapy \$114.00

This therapy uses massage and Young Living organic essential oils applied to various locations on the body to bring it into structural and electrical alignment. RDT is a simple application of dropping oils like drops of rain about 6 inches above the body. The oils are then worked into the spine using light strokes, which stimulate energy pulses and dispense the oils along the nervous system throughout the entire body. Hot packs are then applied to the spine to help drive the oils further into the central nervous system of the body. The oils will continue to work in the body for about 5-7 days after the treatment. (90 min)

Lactic Plus Peel Facial \$99.00

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 re-texturized, with a brighter, more even all over tone. (75 min)

Trissage Firmology Body Wrap \$105.00

This unique spa treatment was designed to help tone-up tissue as it exfoliates rough body skin. It starts with a neck-to-toes Kerafole exfoliation to remove dead, dry skin cells. Your body is then sprinkled with healing Chinese herbs and comfortably wrapped in blankets for 10 minutes. The mask is removed with steam towels. A treatment creme is then applied to the body to nourish, promote firmness, and hydrate. A luxurious spa experience! (90 min)

Staff Profile

John Kissinger

Massage Therapist

Time at Kneaded Relief: 3 months

About the Services you provide: I have been a licensed massage therapist for over seven years. Deep tissue and trigger point massages are my specialties. I also love to incorporate essential oils and energy work into my sessions. I am currently studying Cranio Sacral Therapy.

Something interesting about you: I volunteer at the Dane County Human Society. I feed and socialize stray cats in need of a loving home. If you are looking for a terrific family pet, stop in to DCHS in Madison.

Favorite Kneaded Relief product: Young Living and Aura Cacia Essential oils are my favorite! Scent is the fastest way to change how you feel. If you are feeling stressed, grab the lavender oil.

Favorite Kneaded Relief service: Massage of course! Being in the profession I need to get in as many sessions as possible to stay at optimum performance. Also, massage feels just plain amazing.

Other: My first few months at Kneaded Relief have been wonderful. We have such a great team here. Everyone makes me feel relaxed and welcome.