



# Kneaded Relief Day Spa Newsletter

Spring, Trees Budding & Luck of the Irish

March 2011

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Did you know...



### Spa Hours

Monday 9am-8pm  
Tuesday 9am-8pm  
Wednesday 9am-9pm  
Thursday 9am-9pm  
Friday 9am-8pm  
Saturday 9am-7pm  
Sunday 11am-4pm

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## Is your skin giving you attitude?

Does it get angry, irritated and intolerant? If you're like 40% of the population, this is the sensitive skin you face everyday - and it's why Bioelements introduced Calmitude Sensitive Skin Moisturizer and Calmitude Hydrating Solution. There are different signs to tell if your skin is sensitive:

1. ordinary skin care products may cause stinging, itching or a burning sensation
2. your skin easily flushes and reddens
3. you experience flakiness and dryness
4. you get random red blotches on your neck and/or face.

Everyone is susceptible to sensitive skin. Causes of sensitivity include diet, environmental assaults (like pollution, and UV exposure), smoking, hormone fluctuations and a lack of humidity. These aggressors can weaken your skin, causing redness, irritation and dryness. All types of skin will experience some degree of sensitivity - you don't need to be pale and blonde with freckles to experience sensitivity. When sensitive skin is irritated, invisible inflammation sets in, encouraging the production of free radicals that cause wrinkles and skin-aging.

Cleansing tips for sensitive skin:

Apply Sensitive Skin Cleanser with your finger tips, and use gentle circular massaging strokes. Rinse with warm (not hot) water.

Gently blot dry with a clean towel. No rubbing!

Article and information provided by Bioelements [www.bioelements.com](http://www.bioelements.com)

Sensitive Skin Cleanser, Calmitude Sensitive Skin Moisturizer and Calmitude Hydrating Solution are all available at Kneaded Relief Day Spa & Wellness

## Healthy Recipes

At Kneaded Relief we offer Personal Training paired with nutritional guidance and the following is one of our favorite healthy recipes: Kneaded Relief wants to help you achieve Wellness inside and out!

### Mediterranean Salmon

#### Ingredients

- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 (6-ounce) skinless salmon fillets (about 1 inch thick)
- Cooking spray
- 2 cups cherry tomatoes, halved
- 1/2 cup finely chopped zucchini
- 2 tablespoons capers, undrained
- 1 tablespoon olive oil
- 1 (2 1/4-ounce) can sliced ripe olives, drained

#### Directions

1. Preheat oven to 425°.
2. Sprinkle salt and pepper over both sides of fish. Place fish in a single layer in an 11- x 7-inch baking dish coated with cooking spray. Combine tomatoes and remaining ingredients in a bowl; spoon mixture over fish. Bake at 425° for 22 minutes.

#### Nutritional Info

CALORIES 339, FAT 18g (sat 4g, mono 9g, poly 4g), PROTEIN 37g, CARBOHYDRATE 5g, FIBER 2g, CHOLESTEROL 87mg, IRON 2mg, SODIUM 424mg, CALCIUM 43mg

## Spring Seasonal Services

Available March 1st - May 31st, 2011

### "Feel Alive" Massage \$99.00

After a long winter of hibernation it is time to feel alive again. Let Kneaded Relief help you detox and revive your mind, body and spirit with our "Feel Alive" Massage. During this seventy-five minute service

an organic, detoxifying oil will be placed along your spine, neck, shoulders, abdomen and feet, while warm towels are applied to help the oils absorb deep into the body. This full body massage will include a soothing abdomen massage and a combination of therapeutic and relaxing techniques to reengage your muscles and prepare you for the spring time.

(75 min)

### Pumice Peel Facial \$95.00

This manual microdermabrasion treatment contains refined white pumice crystals and works by removing dead cell layers and accelerating the turnover of fresh new cells to stimulate collagen. This treatment also includes a skin analysis, deep pore cleansing, enzyme exfoliation, steam and extractions. A soothing face, neck and shoulder massage is followed by a customized mask and moisture treatment.

(75 min)

### Herbology and Essential Scalp Treatment For Your Hair \$80.00

The Herbology is an excellent way to soften skin and relax the body all at once. Oils are first applied to the body, then a mixture of herbs are sprinkled on the body and rubbed in to remove dead skin cells. You are then wrapped in a thermal blanket allowing your body heat to melt and absorb the herbs. Next, you will receive an aroma scalp massage followed by a warm oil treatment to infuse moisture into your hair. Once you are unwrapped, a rich moisturizer is applied to the body to dissolve the remaining herbs.

(75 min)

### Milk & Honey Pedicure \$55.00

The Cuccio Milk and Honey Pedicure is an intense hydrating treatment leaving you with silky, smooth skin. The honey extract moisturizes and adds vital nutrients to your feet while the milk soothes tired feet after the long winter. Let your feet feel rejuvenated for the spring sandal weather

(45 min)

## March Specials

### Service of the Month 10% off: Seaweed Mineral Wrap

A warm silken mud comprised of vitamin and mineral enriched algae is designed to detoxify and remineralize your skin. The mud is applied to the body after a mild exfoliation process. You are then cocooned in hot herbal linens as the mud relaxes your muscles and assists in the elimination of impurities from the skin. An aromatherapy steam shower is included to rinse away the mud (90 minutes)

### Product of the Month: 10% off Trillium Body Polish

Trillium Body Polish is your two in one shower necessity. Trillium Body Polish is an organic salt and oil combination that will exfoliate your entire body and then leave your skin feeling softer than silk. Trillium comes in multiple scents and will replace your exfoliation and moisturizing body products.

### Oil of the Month: Aroma Siez

a relaxing blend that is excellent for massaging away life's little discomforts. Well suited for use after exercise or at the end of a trying day, it also provides soothing comfort for the head, neck and tired feet.

(add to any massage for just \$7)

## Did you know... Benefits of Monthly Facials

- Regular Facials guarantee a deep cleansing, deeper than what is done with at-home care. Estheticians have access to stronger and more active ingredients. While home-care is great and very important, going for a deep down exfoliation and hydration treatment can make a difference you would not see with home-care alone.
- They help increase circulation and stimulate the skin which helps premature aging.
- It will help you understand the products that are specific to your skin type. A good esthetician will educate you and make you a better consumer. You'll learn your actual skin type and what to look for in products.
- Monthly facials rid your face of dead skin cells and promote growth of healthy new cells. Ideally you will be staying up with the natural cell turnover of your skin.
- Regular facials can lessen your stress level by allowing you time to relax each month.

Skin is dynamic and changes constantly. Weather, medication, age, pollution, hormones, stress: these can all cause quick and intense changes. Most people cannot use the same cleanser and moisturizer the whole year, much less their entire life. Going for regular facials allows you and your esthetician to work together and support your skin as it goes through the changes