



Kneaded Relief Day Spa Newsletter

Spring, Trees Budding & Luck of the Irish

March 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

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Start Preparing for Summer Now

The time is now to start your journey to silky smooth legs for summer. As a customer you might ask, "Why do I need to start waxing my legs now? Nobody sees them. When it is summer, then I'll start." Well, let us explain why that might not be the best way to achieve silky smooth legs for your summertime clothes.

Hair growth is a cyclical process. This means hair growth comes in three phases: growth, transitional and resting. The amount of time the hair spends in each phase is based on hormones, genetics and the area of the body. Because of this, waxing needs to be treated as a process. It may take several treatments for the growth cycles to regulate and for you to notice a softer texture to the hair and more sparcity.

If you begin the waxing process now, your hair removal treatments by summer could be minimized to once every 4-6 weeks. Hair will also be softer, finer and less noticeable. To top it all off, starting your waxing process now will make it easier, faster and less sensitive in the summertime. So start now and get ready to show off those smooth legs this summer!

Spring Seasonal Services

Available March 1st - May 31st, 2010

"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 Oil 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)

Kneaded Relief is celebrating 12 years in business!

And to celebrate our 12th year in business, we are offering
12% off gift certificate purchases of services only on the
12th day of each month! Call or stop in to receive this great deal!

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:

Whole-Wheat Penne with Turkey & Asparagus

Ingredients

1 1/2 pounds turkey breast cutlets	Coarse salt and freshly ground black pepper
garlic-flavored olive oil	12 ounces whole-wheat, whole-grain penne
white balsamic vinegar	1 pound asparagus, cut into 1-inch pieces

Preparation

Put the turkey cutlets in a glass bowl and add 1/4 cup of garlic-flavored olive oil and 1/4 cup of white balsamic vinegar and season with salt and pepper, to taste. Toss to coat, and let stand for 10 minutes.

Preheat a grill pan over medium-high heat. Bring a large pot of water to a boil, over medium heat, and add a generous amount of salt.

Remove the turkey from the marinade, and transfer to a grill pan. Drizzle with oil to keep it from sticking and season well with salt and pepper. Grill the cutlets, turning once, until the turkey is cooked through, about 1 1/2 minutes per side. Transfer to a cutting board and chop into bite-sized pieces.

Cook the pasta in boiling water according to the package instructions. Add the asparagus in the last 2 minutes of cooking time. Carefully remove about 1/2 cup of the cooking water and reserve. Drain the pasta in a colander, add some garlic oil to the bottom of the pot and return the pasta to the pot, off the heat. Add the turkey and any juices released to the cooked pasta and toss to combine.

Season the pasta with salt and pepper, to taste and drizzle with additional olive oil and vinegar, if desired. Add the pasta cooking water, a tablespoon at a time and toss until the pasta is evenly moistened. Transfer to a serving platter or bowl and serve warm, room temperature, or cold right out of the refrigerator.

OPTIONS: Make another portion of marinade to pour over entire dish at end.
 Can add minced, fresh garlic to marinade.

Sauté (in a non-stick spray or extra virgin olive oil) or steam fresh mushrooms to add to dish. Add fresh chopped tomatoes upon serving. Add shredded parmesan or feta cheese to top it off. (If you do not have white balsamic vinegar, you can use white wine vinegar with a very small amount of sugar added.)

Makes approximately 4 servings. Per serving 360 Cal, 5 g Fat, 25 g Protein, 50 g Carbs, 12 g Fiber

March Specials

Product of the Month: Trillium Trinity Organic Body Polish Packets 10% off

Choose three of your favorite body polish packets to receive 10% off. Each packet contains a one step full body glow inside. The salt crystals exfoliate the skin by removing the dead skin cells, while the oil penetrates deep into the layers moisturizing every inch! It will leave you feeling silky smooth!

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.

My T.R.E.A.T.'s still available for just \$50!

the relief everyone appreciates & treasures

~As a member of this one-year program you will receive 10% back in Relief Points on every dollar that you spend (in cash, check, or credit card). Purchases include both services and products.

~You will receive a coupon book valued at over \$100 in discounted and free services which can be used during the first six months that you are a member!

~And...take home a Bioelements Skin Care gift set and a Kneaded Relief water bottle, which will save you \$1 off any service when you bring it in with you!



Staff Profile

Mary Ametani

Massage Therapist

Time at Kneaded Relief: 11 1/2 years

About the services I provide: I perform both relaxation and therapeutic massage customized to the desires and needs of our guests. I always incorporate techniques of multiple massage modalities.

Something interesting about me: I love to play tennis and I have a spoiled rotten Siamese cat.

My favorite Kneaded Relief product is: The Wharton Stretch book. This book shows you the right stretches for any area you need to focus on.

My favorite Kneaded Relief service is: Of course I think massages are awesome but my favorite service is the Spa Pedicure. Pedicures really keep your feet happy and when they're happy your whole body smiles.