



Kneaded Relief Day Spa Newsletter

Apple Harvest, Turkeys & Hayrides

November 2009

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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@kneadedrelief.com
kneadedreliefdayspa.com

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New Fitness Classes!

Make Kneaded Relief your new place to work out! We offer a wide variety of classes with the ability to give attention to each participant. We also provide an environment that is focused on Total Wellness...

Monday: 5:30pm Rhythmic Fitness (1 hr)	Tuesday: 9:00am Upper Body Blast (30 min) 11:00am Core Fuel (1 hr)	Wednesday: 12:00pm Booty Camp (30 min) 5:30pm Get Lean (1 hr)
Thursday: 9:00am Upper Body Blast (30 min) 12:00pm Get Lean (1 hr)	Friday: 7:00am Young At Heart (For Adults 55+) (45 min) 9:00am Core Fuel (1 hr) 12:00pm Booty Camp (30 min)	

Rhythmic Fitness: A high energy dance cardio class! Learn hip hop and Latin dance moves and basic choreography while getting a dynamic fitness session. No dance experience required.

Core Fuel: This total core workout targets all the muscles of the torso including the abs, back and pelvis. If you want to see those 3-D Abs and slim your entire midsection this is the class for you.

Get Lean: A total body workout designed to increase lean muscle & metabolism. This workout will incorporate a variety of exercises so there will be no boredom here. Tone, strengthen & trim your entire body!

Booty Camp: A 30 minute rear-view rescue! Sculpt, tone and shrink your backside in just 30 minutes.

Upper Body Blast: An intense 30 minute upper body strength & toning class.

Young at Heart Fitness Class (For adults 55+): A 45 minute workout designed to increase balance, strength and flexibility. This class will include a variety of core and aerobic exercises.

*All classes can be modified for all fitness levels. Please bring your own mat.

Win a Rejuvenator Package!

Kneaded Relief is having a referral contest! The client who refers the most new clients to Kneaded Relief through November will receive the Rejuvenator Package for FREE. That's a full facial, sixty minute relaxation massage, and aromatherapy bubble massage whirlpool! Valued at \$185.00

The new referrals need to have an appointment at the spa in November and all they have to do is let us know that you referred them. The winner will be notified on December 1st. Good luck!

Healthy Recipe

Kneaded Relief wants to help you achieve Wellness inside and out
At Kneaded Relief we offer personal training paired with nutrition guidance and the following is one of our favorite healthy recipes:

Invigorate Shake

Ingredients:

¾ c., sliced Mangos (raw)

2 tbsp. Flaxseed

2 tbsp. Wheat Bran

¾ c. Orange Juice

¾ c. Soy Milk

2 tbsp. Wheat Germ

7 Carrots (baby, raw)

¾ c., cut in ½" cubes Tofu (soft)

In a blender, combine soy milk and orange juice. Turn on blender and add the bran, germ, and flaxseed. Stop the blender, and then add tofu, carrots, and mangos. Cover and blend on high until smooth. If shake is too thick, thin with more milk, juice, or even water.

TIP: Increase fiber content gradually, starting with a teaspoon each of the bran, germ, and flax. Take a few weeks to work up to 2 tablespoons. Also, you can replace mangos with any fruit of your choice.

Makes 1 serving: Approximately 183 calories

(7 grams of fat (1 gram of saturated fat), 24 grams of carbohydrates, 10 grams of protein, 6 grams of fiber)

My T.R.E.A.T.

(the relief everyone appreciates & treasures)

Introducing Kneaded Relief's newest incentive program!

Just \$50.00 gets you all of this...

~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!



Try an Autumn Specialty Service!

delectable fall manicure or pedicure (45 min. \$45.00/\$55.00)

A delectable treat for your hands or feet! A warming, cinnamon body polish will help you shed away the effects of a busy summer and leave you feeling soft and smooth. This luxurious treatment will continue with the use of a pumpkin-spice mask followed by a butter cream lotion, full of anti-oxidants to give your hands and feet a radiant appearance.

scrumptious autumn body treatment (90 min. \$105.00)

This service begins with a warming, cinnamon body polish, which will exfoliate and soften your skin. A pumpkin-spice mask will then be applied before you are wrapped in thermal blanket, all the while receiving a relaxing scalp massage that will help you release any tension. The wrap is followed by a detoxifying steam shower which will rinse away the mask and leave you feeling refreshed!

delicious fall facial (75 min. \$95.00)

A delicious anti-aging facial that will reverse the summer's sun damage and eliminate fine lines, while lifting and toning your skin, leaving it vibrant and younger looking! Starts with the use of an exfoliation which helps smooth texture and perk up skin tone, and finishes with a pumpkin-spice mask, which increases the amount of nutrients and oxygen in the skin cells. An amazing fall treat!

harvest massage (75 min. \$99.00) add on a thieves young living steam shower for \$20

Reap in the scents of cinnamon and clove during this full body seventy-five minute massage. This service begins with Thieves oil being delicately dropped along the spine, followed by hot steam towels applied to the back while you receive a foot & leg massage. Swedish massage & pressure point work will complete this service. Let this amazing oil support your immune system & balance your energy.

Starting December 1st: New Winter Services!

Visit our website (www.KneadedReliefDaySpa.com) to learn about some great new services...

Hot CinnaBun Massage * Kneaded Relief's Signature Pedicure * Chocolate Manicure * Chocolate Body Scrub * Holiday Essential Facial

November Oil of the Month

Peace & Calming

Promotes relaxation and a deep sense of peace, helping to dampen tensions and lift spirits. When massaged on the bottom of the feet, it can be a wonderful prelude to a peaceful night's rest. Used to help reduce depression, anxiety, stress and insomnia.

* do not use if allergic to nuts

* can be used as a perfume- apply on bottom of the feet, on wrists, and outside of ears

Add to any massage for just \$7 during the month of November.

Staff Profile

Jasmine Clark

Esthetician

Time at Kneaded Relief: 2 ½ years

About the services I provide: I perform all facials, body treatments, and all facial and body waxing. One of the things I love about my job is that everyday is different and there are so many different things that I do in one day. Waxing is usually the dominant service in my day because that is my specialty. Did you know that waxing can lead to permanent hair loss? The hair will grow back finer and more sporadic every time. Some results are highly visible in as little as 2-3 visits. Start now during pants weather so you won't have to be embarrassed by the outgrowth. By the time you have to wear shorts again, you will have a huge head start!

Something interesting about me: that I have a 4 year old daughter named Shay. We love playing spa at home. I also enjoy gardening, fishing and I love decorating for the holidays!

My favorite Kneaded Relief product is: the quick refiner. It's an easy and effective way to get a deep exfoliation on a daily basis.

My favorite Kneaded Relief service is: the hot stone massage. It is such a nice, warm, relaxing way to ease out all those knots and get your muscles moving freely again.