



Kneaded Relief Day Spa Newsletter

Labor Day, Cool Breezes & Fall Arrives

September 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
- 8th Melissa Hoefling
11 yrs- Esthetician
 - 17th Mary Ametani
13 yrs- Massage Therapist
 - 20th Lisa Schultz
13 yrs- Guest Services
- September Birthdays
- 3rd Kelly Johnson
Front Desk
Representative

**Celebrate 13 years
in business with us!**
On the 13th save
13% on any 1 gift
card purchase of an
à la carte service.
Mark your calendar!

5500 East Cheryl Parkway
Fitchburg, WI

Seasonal Services!

cosmopolitan pedicure \$55.00

a variation of our already great pedicure service. With this special you will receive in addition to everything offered in our pedicure service already, a cranberry exfoliation treatment to help rid your feet of dry, callused skin. This is followed by a pampering foot and leg massage with Cosmo massage lotion. Enjoy a Kneaded Relief Cosmo while you receive your pedicure. (45 min)

scrumptious autumn body treatment \$105.00

this service begins with a rejuvenating, pressure point therapy scalp massage. Essential oils selected for their healing, moisturizing and detoxifying benefits are massaged into your scalp followed by a warming, cinnamon body polish, which will exfoliate and soften your skin. The treatment is followed by a soothing bubble massage bath which will rinse away the salts, melt away your tension & leave you feeling refreshed! (90 min)

hot cinnabun massage \$99.00

comfort and warm your body with our seventy-five minute Hot CinnaBun massage. While the scents of fresh cinnamon buns swirl around the room, your therapist will use Swedish massage techniques to relax your entire body. Hot stones will be used on the upper back and neck to relieve tension and help you forget all your stress. (75 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:

Cider-Glazed Chicken with Browned Butter-Pecan Rice

Ingredients

- 1 (3.5-ounce) bag boil-in-bag brown rice (such as Uncle Ben's)
- 2 tablespoons butter, divided
- 1 pound chicken breast cutlets (about 4 cutlets)
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup refrigerated apple cider
- 1 teaspoon Dijon mustard
- 1/4 cup chopped pecans
- 2 tablespoons chopped fresh flat-leaf parsley

Directions

1. Cook rice according to package directions in a small saucepan, omitting salt and fat; drain.
2. While rice cooks, melt 1 teaspoon butter in a large heavy skillet over medium-high heat. Sprinkle chicken with 1/4 teaspoon salt and pepper. Add chicken to pan; cook 3 minutes on each side or until done. Remove from pan. Add cider and mustard to pan, scraping pan to loosen browned bits; cook 2 to 3 minutes or until syrupy. Add chicken to pan, turning to coat. Remove from heat; set aside.
3. Melt remaining 5 teaspoons butter in saucepan over medium-high heat; cook for 2 minutes or until browned and fragrant. Lower heat to medium; add pecans, and cook for 1 minute or until toasted, stirring frequently. Add rice and the remaining 1/2 teaspoon salt; toss well to coat. Serve rice with chicken. Sprinkle with parsley.

Nutritional Info: Amount per serving

Calories: 333, Fat: 13g, Saturated fat: 4.4g, Protein: 29.1g, Carbohydrate: 24.2g, Fiber: 1.9g, Cholesterol: 81mg, Iron: 1.5mg, Sodium: 601mg, Calcium: 23mg

Back Safety

An improper lifting technique can lead to back, leg and arm pain in children and adults. Poor technique can cause both acute injury, and serious chronic effects. Learning the right way to lift will help you and your children avoid these problems. And knowing what you're doing and where you're going will prevent you from making awkward movements while holding something heavy.

When it is time to lift something, clear a path, and if lifting something with another person, make sure both of you agree on the plan. Hold the object close to your body rather than at the end of your reach. This will make you stronger and more stable with the object. A solid base of support is very important while lifting.

One of the most important tips to remember when lifting is to bend your knees and keep your back straight. Lift using your legs not using your back. Focus on keeping your spine straight-raise and lower to the ground by bending your knees. Remember never to bend your back to pick something up and to make sure you don't twist or bend.

Make sure to share these techniques with your children and encourage them to lift objects properly. Lifting backpacks can easily harm a child's back so use this acronym to help them remember the technique: BACK. Back Straight. Avoid Twisting. Close-to-Body. Keep Smooth.

The damage caused by improper lifting can be prevented by utilizing these few techniques. Your back is very important when it comes to everyday functioning, so make sure to take good care of it.

September Specials

Product of the Month: Masada Bath Salts 10% off

Masada Dead Sea Mineral Salts are like a medicine for what ails you. They are 100% natural, imported in unprocessed form from the southernmost part of the Dead Sea, where mineral concentration is richest. The combination of these essential minerals- Calcium, Magnesium, and Potassium- does amazing things for both mind and body.

Oil of the Month: Eucalyptus

Eucalyptus has a fresh, penetrating scent. It contains a high percentage of the constituent eucalyptol, a key ingredient in many mouth rinses. Applied topically, it is often used to support the respiratory system and to soothe muscles after exercise.

(add to any massage for \$7)

September is **Ovarian Cancer Awareness Month**. Help spread awareness of this silent killer by painting your toenails teal at your next pedicure, the ovarian cancer awareness color. When people ask you about it, spread the word!

For more information, see www.TealToes.org.

My T.R.E.A.T.'s 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

Name: Carolyn Elliott

Position: Esthetician

How long have you worked at Kneaded Relief: 6 months

About the Services you provide: I have a great passion for everything skin care! Whether it's waxing, body treatments or facials, I promise you will leave feeling rejuvenated and refreshed.

Something interesting about you: I love to travel and have traveled to many places. I am Norwegian and fluent in the language as well!

Favorite Kneaded Relief product: My favorite product would have to be the Vitamineral C Complex. It gives the skin a brightened, well rested look that really lasts!

Favorite Kneaded Relief service: Of course I always love getting facials but getting a massage really helps me relax and take care of my body so I can continue to do the best for my clients.