



Kneaded Relief Day Spa Newsletter

Labor Day, Cool Breeze & Fall Arrives

September 2009

In this Issue

My T.R.E.A.T.
Fall Seasonal Services
September Specials
Earth Friendly Effort
Healthy Recipes
September Staff Profile



Spa Hours

Monday 9am-8pm
Tuesday 9am-8pm
Wednesday 9am-9pm
Thursday 9am-9pm
Friday 9am-8pm
Saturday 9pm-7pm
Sunday 9am-6pm

Sign up to
Receive our
Email Specials
or our Monthly
Newsletter by
email!

Just email us at
info@kneadedrelief.com
dayspa.com

5500 East Cheryl Parkway
Fitchburg, WI
608.255.0070
KneadedReliefDaySpa.com

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 on every dollar that you spend at Kneaded Relief in 'Relief Points' to use on future purchases. 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 6 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!

Your My T.R.E.A.T. Points will accumulate alongside all other discounts that Kneaded Relief offers so you will never be blocked from the benefits of this program, and you can use your earned points at any time on purchases of services, products and even gift certificates!

Call or stop in to ask for more details or to purchase today!

Earth Friendly Effort

As a means to further be more environmentally conscious, starting September 1st, we will no longer be providing plastic water bottles after services. We will continue to promote increasing your water intake after massage and other services by offering our guests a glass of water as well as providing water throughout the spa. And remember, we also have our Kneaded Relief Day Spa Water Bottles available for purchase! These bottles are BPA Free and every time you bring them in, you get \$1.00 off your visit.

Healthy Recipes

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 are a couple of our favorite healthy recipes:

FRUITY PROTEIN SMOOTHIE

1 c. frozen strawberries, 1 banana, Handful of blueberries, Almond milk (can use soy or skim instead), 1-2 tbs. flax seed (optional)

Put everything in the blender. Use enough milk to almost cover the fruit. Blend until smooth. Pour in tall glass & enjoy!

Approximately 315 calories

BREAKFAST SANDWICH

2-3 egg whites (or egg beaters), 2 slices turkey bacon, Few slices of tomato (optional), 1 slice of cheddar cheese (or any type you desire), 2 slices of wheat or oat bread. 2 tbs. olive oil

Heat (low-med) 2 tbs. olive oil in frying pan. Add turkey bacon, constantly turning until tender/crispy. Take out, let cool.

In same pan (without cleaning oil out), scramble egg whites until not runny & done to your liking.

Toast bread & add cheese, turkey bacon, sliced tomato, egg, making sandwich. You could also grill entire sandwich on a George Foreman grill, making it panini-style! Enjoy!

Approximately 225 calories

Embrace the Arrival of Fall with these Great Cinnamon Pumpkin-Spice Specialty Services!

delectable fall manicure or pedicure

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. (45 min. \$45.00/\$55.00)

scrumptious autumn body treatment

This service begins with a warming, cinnamon body polish, which will exfoliate and soften your skin. A pumpkin-spice mask will then be applied over the polish before you are wrapped in thermal blankets. Not only will the rejuvenating and hydrating effects work their way deep into your skin, but you will be able to let go of all your tension as you experience a relaxing scalp massage. The wrap is followed by a detoxifying aromatherapy steam shower which will rinse away the mask and leave you feeling refreshed! (90 min. \$105.00)

delicious fall facial

A delicious anti-aging facial that will reverse the summer's sun damage, eliminate fine lines and wrinkles while lifting and toning your skin, leaving it vibrant and younger looking! Starts with the use of a fruit enzyme exfoliation which helps smooth texture and perk up skin tone, and finishes with a pumpkin-spice moisture mask, which increases the amount of nutrients and oxygen in the skin cells. An amazing fall treat! (75 min. \$95.00)

harvest massage

Reap in the harvest 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 and leg massage. The remainder of the body will then be relaxed through Swedish massage and pressure point work. Let this amazing oil support your immune system and balance your energy. (75 min. \$99.00) add on a thieves young living steam shower for \$20

September Specials

Masada Bath Salts

Masada Dead Sea Bath Salts are a great addition to any relaxing soak at home. The Masada salts are 100% natural with essential minerals that aid the mind and body in many ways. The benefits from using just a capful dissolved in your bath water include detoxification, the relieving of muscles aches and pains, including chronic and arthritic, as well as promotion of deep relaxation and restfulness. There are also benefits to the skin. Using the Masada salts will help the water to feel thicker, while it restores the moisture balance in your skin and soothes many irritations.

There are many types of Masada Dead Sea Mineral Salts to choose from. Some of the most popular varieties are Joint & Muscle, Detox M.D., and Cold & Flu. Joint & Muscle salts benefit just what you would think- your joints and muscles! It's a great salt to use if you are very athletic or if you are just dealing with very tight or tense muscles and/or joint pain. Detox M.D. salts use a three-way combination of Dead Sea Minerals, natural healing herbs and aromas to stimulate circulation and detoxify the body. Finally, Cold & Flu salts are great for treating the symptoms that come with the respiratory illness, but are also helpful in prevention.

At Kneaded Relief we use Masada Dead Sea Bath Salts in every whirlpool that our guests receive. You can also purchase a 6oz (while supplies last) or 2 lb of your favorite scent/variety. In the month of September you will save 10% off any 2 lb Bath Salt purchase so it's a great time to start benefiting from this great product!

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. It's also a powerful insect repellent, and a disinfectant for cuts and scrapes. At Kneaded Relief we use Eucalyptus in our steam showers to help ease cold and flu symptoms as well as detox the body. Eucalyptus is also a great reliever of nasal and sinus congestion.

Staff Profile

Duke Harvey
Owner

What is the best part of being able to provide relaxing services for our guests, as an owner, at Kneaded Relief?: The best part is knowing that our guests will receive the best service possible. I truly love that we have an opportunity to help you feel and look your best. Kneaded Relief is a spa that you come to and feel that you are right at home.

What would you want the clients to know about Kneaded Relief and the services we offer?: I would love to let our guests know that we truly care and respect their overall well-being. Our services are tailored to meet our guests' specific needs. Our goal is to give our guest a wellness plan so that they will be empowered to take good care of themselves. It's all about wellness!

Something interesting about me: is that I love helping people and watching them grow.

My favorite Kneaded Relief product is: the Trillium Organic Body Polish. It leaves my skin feeling soft, smooth and hydrated.

My favorite Kneaded Relief service is: actually a combination of two services. I start with a lavender scented aromatherapy bubble massage whirlpool followed with a 90 minute massage including the Peace & Calming essential oil. It's a great way to get rid of some of those aches and pains and leave feeling rejuvenated!