

Day Spa

Happy August



We know, it's already back-to-school time. But there's still time to play. The arrival of August marks the halfway point of summer. Your weekend getaway, road trip or vacation can still happen. Don't miss those last moments of freedom, with the reality of what's on the horizon ahead.

Of course, the spa is always here for YOU. Enjoy every moment with the perfect specials to recharge your productivity, boost confidence and calm nerves. Visit us soon!

Treatments Featured This Month

Wind Down Summer At The Spa

The Last Hurrah!

Make these last days of summer even sweeter with a visit to the spa! Recharge and renew your skin with specialty treatments!

Choose from hydration, renewal and revive skin care treatments!



**Help Your Teen With Their Acne!
Go Back To School With Clear Skin**

Remember when you had acne as a teen? Acne is horrible. It causes low self-esteem and depression. But if it's under control, or better yet not even visible, your teen's confidence is really soaring. Help them be extra ready for a great school year.

Let us create a customized and effective acne program for your teen!



**Clear Away Imperfections
Treatments To Welcome The School Year**

Let's clear up those skin imperfections as another year of school begins! We offer several treatments that will have you glowing and confident!

Reserve this month and receive a special back-to-school gift!



**Calm Your Mind And Body
Massage For The Win**

New beginnings and change can be tiresome and unnerving. Massage will alleviate stress and tension associated with a new school year.

Choose any massage and receive an enhancement!



**Take A Day Off
Share The Experience!**

A day at the spa is the perfect bonding experience! Invite a friend for a spa day. Choose from a friend's massage, facial or any other treatment from the menu.

Reserve three treatments and receive special refreshments and enhancements.



Treatments That Will Have You Glowing For Back-to-School

Back-to-school can be a stressful time of year, so soothe your skin, calm your nerves and reserve a day at the spa! Here are some popular back-to-school favorites:

1. Deep Down Cleansing Facial

Summer days at the beach are the best, but those layers upon layers of sunscreen, sand and grime tend to sit on skin and dull natural glow. A deep down cleansing facial will clear your pores and have you glowing for the school year.

2. Microdermabrasion For Acne-Prone Skin

It's not fair, but acne tends to pop up at the least opportune times; enter the start of school. Put your best face forward and get rid of those pesky pimples by renewing those top layers of your skin. Microdermabrasion improves skin tone and texture through gentle exfoliation. It's the perfect treatment to start the year!

3. Mani And Pedi Perfection

Give attention to your hands and feet with a manicure/pedicure combo. Choose a bright, bold color to start the school year, or go more neutral to complement your fantastic new wardrobe!

4. Calming Massage

Massage is the perfect precursor to the first few weeks of school. Calm your nerves and release anxiety with a relaxing massage. Tension tends to sit in the head and shoulders; let us work out those nerves and worries!

These treatments will give you extra confidence and a peaceful feeling for the challenges of a new school year. Plus, if you have skin concerns to address, now is the time! We can't wait to see you!



How To Create Healthy Lifestyle Habits That You Can Stick With

August is National Wellness Month, and while we strive to celebrate wellness and self-care all year round, this is the perfect time to highlight the importance of taking care of yourself. Healthy sometimes takes a backseat to summer fun, so now is a great time to reinvigorate your lifestyle habits! We've listed a few tips to creating habits you can stick with all year long.

1. Make A Plan

It's easy to believe we want to make changes, but if we do it without a plan in place, unfortunately we are likely to stumble. Making a plan ahead of time is one of the most important steps. For example, if healthy eating is a new habit you are trying to create, plan your meals ahead of time, and plan what to do when you're out with friends and faced with unhealthy choices. This is key, because if you haven't thought about it in advance, you are more likely to make a rash decision you will later regret.

2. Identify Patterns

To identify negative patterns, you have to know what they are and what causes them. If it helps, write down your negative patterns and what new habits you will replace them with. Forming new habits takes repetition and focus so don't be discouraged when it takes time.

3. Take Small Steps

There is something to be said for small victories. Brains enjoy success, and celebrating small victories will help train your brain. Over time, these baby steps will help pave the way for changes in the way you think and act. Amazing how brains work, isn't it?

4. Find New Rewards

Reinforcing what you're doing with rewards is still a great way to help encourage lasting changes. However, sometimes the rewards we use work against us (i.e., food, drinks, etc). Consider changing your reward! Instead of celebrating with a piece of cake, try listening to music or taking an extra break in your favorite spot on the deck.

Creating healthy habits requires patience and self-control. However, once you've created a new pattern to follow in your brain, you will wonder how you ever did things differently. The long-term results are worth it!



August Inspiration. A highlight of products and things we love this month.

(These can be personalized or use suggestions)

Product We Love: Pore Cleanser



Summer has a way of entering hearts with love and leaving faces dirty! Clean those pores and clean them good! Do we sound like a broken record? August is the perfect time of year to do a deep cleanse of your skin and start fall with a fresh, clean face. If you need product suggestions for a great pore cleanser, we have several favorites in the spa!

Music Playing While We Work: “Be True To Your School,” The Beach Boys



“Be True To Your School” is the perfect school pride anthem for the start of another school year.

What We’re Crushing On This Month: Fresh Herbs



Yes, you read that right. You would have been hard pressed to hear us gushing about fresh herbs at any point in our lifetime, but that’s because we have been seriously deprived. The flavor that fresh herbs bring to a meal is incredible! And they are so easy to plant, even now, at the end of summer! Start with a few small indoor pots. We promise you don’t need a green thumb; you need to water them though. Our favorites right now are dill, parsley, basil and chives.

August Self-Care Tip: Embrace Your Uniqueness



Be brave and be you. We spend so much time worrying about the opinions of others. It happens so subconsciously, many of us probably don't even realize it. Don't let those opinions dictate your confidence. Embrace yourself and embrace your uniqueness. Invest in you!

The Monthly Make You Smile



Even this pup is getting his school wardrobe ready!

August Recipe:



Antioxidant Berry Smoothie

Ingredients

2 cups Red berries (strawberry, raspberry, cherry, red currant)

1 cup Almond milk, cold

½ cup Greek light vanilla yogurt (or vegan alternative)

2 tbsp Honey

2 tbsp Peeled almonds

Directions

1. Put all fruits into a blender.
2. Add in yogurt, almond milk, almonds and honey.
3. Blend until completely smooth, and serve. Enjoy!