

Day Spa

March Into Renewal



Oh, hey, we're just over here feeling giddy. March brings all the greatest spring celebrations:

Women's Day, March Madness, St. Patrick's Day and, of course, the first day of spring! Let's

enjoy them all! Promotions this month celebrate the new season upon us, so freshen up and

renew yourself with awakening beauty treatments and refreshers at the spa. Renew with us!

Treatments Featured This Month

Spring Renewal Treatments

Beautiful-Looking Hands & Feet

Change those chapped hands and dry feet to soft and supple! It's never too early to get those feet sandal-ready.

Purchase a mani & pedi with a spring renewal treatment and receive a FREE travel-size moisturizer!



March Into Spring

Facial Renewal

Nothing says spring quite like a fresh, dewy face! Get gorgeous skin with a renewal facial!

Purchase any facial and receive an enhancement (a value of \$25)!



Yummy Body Scrubs!

Soft And Silky Skin

This relaxing and revitalizing treatment will leave your skin exfoliated, moisturized and fresh for spring break! **These limited-time body scrubs go fast, so reserve yours today!**



Out With The Old, In With The New

It's Time For An Upgrade

Trade old products for new at the spa. Bring in your winter products and trade in for spring. Receive 10% OFF your entire purchase!

Plus, you'll receive a FREE consultation with a spa expert!



Spring Refresher

Massage For You

Refresh your body and mind with any massage in the spa and renew yourself for spring!

Reserve 3 massages and receive a Biofreeze for FREE!



Dermaplaning For Dewy Spring Skin

Spring is here. We love to feel renewed, refreshed and beautiful. Bright, clear, dewy skin will give you that spring renewal feeling, and it is in reach with this favorite treatment!

Dermaplaning is the sweetheart of estheticians for many reasons. You can expect:

Instant results for instant gratification

Isn't it true that instant gratification feels good? With dermaplaning, it looks good too!

Dermaplaning exfoliates the skin and immediately diminishes fine lines and wrinkles. It also creates a radiant, dewy appearance. Who wouldn't want that? You'll walk out of the spa feeling oh so beautiful!

Anti-aging without the chemicals

If you're looking for a natural anti-aging treatment that doesn't utilize harsh chemicals or injections, dermaplaning is the perfect treatment for you. It will diminish wrinkles, fine lines and dead skin cells to reveal younger-looking skin.

Increases skin's absorption abilities for products

This is key because many don't realize how dry the skin can get. It's important to prime your skin so that it can benefit from the products you are using. This is true with moisturizer, toner, lotion, eye cream and many more facial products. When your skin properly absorbs products, it shows!

It can be added to any facial treatment

This is the best part. Dermaplaning is the perfect complement to any facial treatment. It gently exfoliates dead skin cells and removes fine hair (aka, peach fuzz) on the face.

Call us to schedule your dermaplaning visit! You will love feeling refreshed for spring!



Spring Clean Your Beauty Cabinet

Raise your hand if you have products over one year old in your beauty cabinet! Over two years old? Over five years old? Okay, we aren't even going to ask over 10, but I bet there are a few of you who still have your hands raised.

Don't worry! We've all been there. It's so easy to hoard beauty products. However, it's important to toss products before they become an irritant, or no longer perform correctly. And that's exactly what happens when you use old products. We've created a few tips for spring cleaning your beauty cabinet.

1. For Every Season, New Products

The moisturizer and lotion you use in winter are not necessary for spring. Weather changes mean the products you put on your body and face should change as well. Spring welcomes lighter, water-based creams.

2. Products Expire

When switching from your winter to spring products, don't make the mistake of reaching for last year's product. Go buy new ones! Beauty products do expire.

3. Product Shelf Life

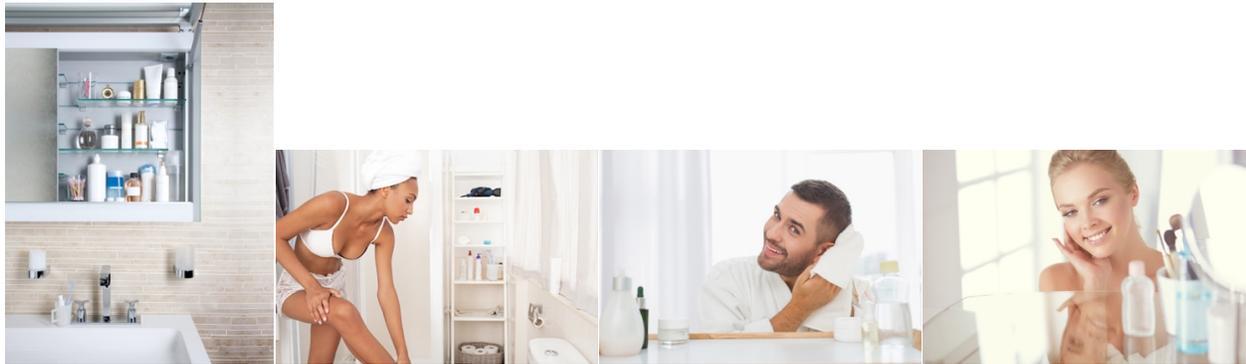
Anything you squeeze out of a tube or bottle into your hands (i.e., face wash, lotion, etc.) should be tossed after 6-12 months. If you're using your finger to take the product out of a jar (this is usually the case with eye cream), then it should be tossed after 3 months. Your fingers carry a lot of bacteria, so continually dipping into a container provides a breeding ground for bacteria. And you don't want that near your eyes!

4. Surprising Bacteria Offenders

Another product that consumers tend to use far too long is a bath loofah or scrub brush. These items can hold a lot of bacteria because they stay wet for long periods of time. These should be

replaced monthly. Same goes for your towel, hand towel and washcloths. Replace these every other day to ensure you aren't introducing bacteria to your skin.

If you want to revitalize your beauty cabinet, come in and we will recommend expert advice! You only need a few great products to replace a cabinet full of mediocre ones.



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



(These can be personalized or use suggestions)

Product We Love: Body Moisturizer



Are you applying moisturizer when you step out of the shower? You should be! It's the best time to use moisturizer, while your pores are open and able to absorb. This is a daily ritual and you will notice softer, more supple skin after a week or two.

Music Playing While We Work: "Spring is Here," Frank Sinatra



Any time is a great time to play Frank Sinatra.

What We're Crushing On This Month: Avocados



Mean, green, avocado machine. If you don't like it plain, try cutting it up in a salad, mixing in a smoothie or spreading it on your burger. We love this fruit because it's one of the most nutritious foods on the planet and because, gauc. Guacamole is the love language. Get your avocado on!

March Self-Care Tip: Go for a Walk



Simple, yet so effective. Walking helps you focus and reduce stress. It's a great way to start your day, break up your day or finish your day. Or all of the above! Walking improves mood, and helps with improved memory and concentration. If you aren't finding time to work out, try fitting in a quick walk and you'll feel refreshed!