

Day Spa

Welcome to May



May is the leading lady of anticipation and excitement, which celebrates moms and the long-awaited beginning of pool season. Before you jump into these sweet, sunny months, remember to take care of yourself and have fun this spring! This month, we also remember America's fallen heroes and invite anyone in the armed forces to enjoy 10% off all services. See you soon!

Treatments Featured This Month

Make Mom's Day

Mother's Day Gift Cards Are Here

Spoil your mom by giving her the perfect gift!

Choose one of the following:

1. Annual Massage Membership (receive the 12th month for FREE!). Mom will enjoy coming to the spa for her favorite monthly massage.
2. A \$500 gift card – receive \$50 for FREE!
3. A \$250 gift card – receive \$25 for FREE!
4. Or pick your own gift card amount.



Spring Body Treatments Are Here

Aromatic Salt Scrubs

Nothing says fresh like a salt scrub treatment with your favorite aromatic scents. We use the highest quality, all-natural ingredients. Pamper yourself with sweet-smelling scrubs!

Reserve a salt scrub and a massage and receive a \$15 gift card!



Spring Is Here!

Time For Hair-Free Skin

Before you bring out your spring threads, get your skin wardrobe-ready with a wax. Choose from body waxing, Brazilian or bikini wax.

Purchase a series of six and receive a FREE gift (a value of \$20)!



The Best Bachelorette Party

Custom Experiences For The Bride's Tribe

It's the perfect way to celebrate with a relaxing and rejuvenating day at the spa.

Contact us about special bachelorette promotions!



It's Sunscreen Season

Protect and Hydrate Your Skin

May is Melanoma Awareness Month! This is a reminder that sunscreen is a must if you're heading outside! We have the best brands that not only protect your skin from those bright rays but moisturize and hydrate too.

Purchase a full-size sunscreen and receive a complimentary travel size!



4 Skin Care Products You Should Be Using!

Spring is the beginning of many hours spent outside in the sun. If you're looking to up your skin care game, we've outlined four favorite products below:

1. **Sunscreen**

Protect the skin on your face and your body with a quality sunscreen. If you prefer to stay natural, reach for a mineral sunscreen that avoids chemical ingredients.

2. **Eye Cream**

Eye cream is essential for dark circles, wrinkles and fine lines. Plus, you will see results almost immediately! Eye cream is the ticket for radiant, bright eyes and healthy-looking skin.

3. **Lightweight Moisturizer**

Choose lightweight moisturizers. Spring and summer activities can dry out skin as well (especially swimming and chlorine). Apply a moisturizer to your face every morning to keep skin hydrated.

4. **Blotting Paper**

Throw this in your purse or car and use it daily. A much better alternative to reapplying makeup throughout the day, blotting paper will absorb oil and refresh foundation for a fresh-looking afternoon face.

Stop by and get these essentials - we have all the best products in the spa. We can provide expert recommendations for you, too!



Top 3 Reasons To Reserve A Massage

We are big proponents of regular, year-round massage and we could talk your ear off about the benefits. We'll spare you from it this time (you're welcome!), but we have listed the top 3 reasons why a massage may be just what you need to energize and get your health back into tip-top shape!

1. **Reduce Stress**

Managing stress is a year-round challenge because it builds up in your body and can cause tension, pain and disease. Massage is the perfect way to release stress, reduce anxiety and boost energy levels. It is believed that almost 90% of disease is caused by stress, so it is imperative to consider massage as a preventative measure instead of a luxury.

2. **Improve Your Sleep**

Massage helps people spend more time in deep sleep. In this restorative stage, the body barely moves and the neurotransmitter associated with pain is reduced. Massage also helps people overcome insomnia in a smart, healthy and drug-free way.

3. **Just Because It Feels Great!**

Take a break from the stresses of life. Release those feel-good endorphins to give you a natural high and boost your mood. Decrease inflammation and bolster immunity, too!

Massage is the perfect pick-me-up for spring, especially if you suffer from seasonal allergies, pain, injury and stress. If you aren't sure what type of massage is best for your needs, we are happy to recommend the right treatment. Don't ignore your body - take care of yourself and your health!



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

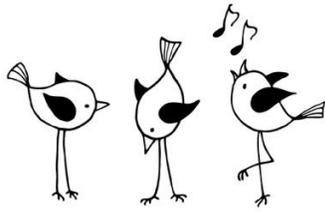
Product We Love: Night Cream



This might make you want to go to bed early! Night creams are specially formulated to work while you sleep - Yaaas! You will want one that can rejuvenate skin from environmental damage while boosting collagen and supplying moisture. Supporting your skin during rest is one of the best things you can do.

We have several that we love, so stop in for a look!

Music Playing While We Work: “Three Little Birds,” Bob Marley



“Every little thing is gonna be alright.”

What We’re Crushing On This Month: Books, Books And Books



If you’re prepping for days by the pool or at the beach with a book in hand (and hopefully a margarita in the other?!), then a book subscription service is for you. Or maybe you’re just in need of some good book recommendations. Either way, we love this idea. So, get that Kindle or tablet subscription going!

May Self-Care Tip: Create a Fresh, Clean Space



The obligatory spring cleaning is helpful, but we’re talking about clearing out the clutter. Donate the clothing you don’t wear, the toys your kids don’t play with and the kitchen appliances that haven’t been touched in years. Make a space that is filled with only the items you love and utilize and you’ll be surprised at the joy it brings. We also love the idea of avoiding cleaning chemicals, so a green, eco-friendly and natural product will do the trick, and smell amazing!

May Recipe:



Roasted Brussels Sprouts with Bacon and Tabasco Glaze

Ingredients

4 pieces bacon, diced

2 pounds Brussels sprouts, stems trimmed and cut in half (larger ones quartered)

olive oil

salt and pepper

1 tablespoon honey

2 teaspoons Tabasco sauce

Directions

Preheat oven to 425 degrees.

Cook bacon in a pan until almost half-way done.

Toss bacon and any grease in the pan with Brussels sprouts.

Drizzle about 1-2 tablespoons olive oil on Brussels sprouts and season to taste with salt and pepper.

Place in oven and roast for 25 to 30 minutes.

In a small bowl, whisk together honey and Tabasco sauce. Drizzle on Brussels sprouts.

* Recipe courtesy of SpicySouthernKitchen.com