

Day Spa

Happy November



Make your holidays the happiest with the biggest savings of the year! Client favorites are back, including the best-selling gift cards special for Black Friday. We can hardly contain the excitement!

We are here to help you relax, recharge and revitalize so that you can enjoy what's most important (and we aren't judging if that is sipping a cocktail after being with family all day!). We wish you a very Happy Thanksgiving!

See you soon!

Treatments Featured This Month

Black Friday Gift Card Promotion

The Best Sale of the Year is Here!

It only happens once a year; don't miss out on these famous Black Friday gift card offers! Purchase \$100 in gift cards and receive four \$25 gift cards for FREE!

Black Friday starts on Wednesday here!

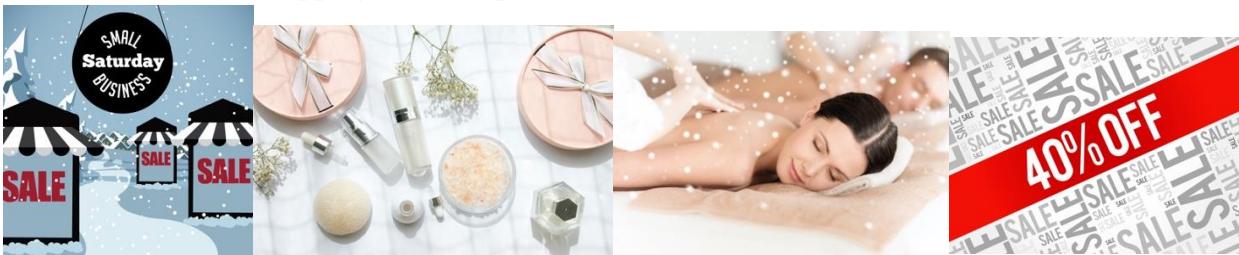


Small Business Saturday

A Steal of a Deal When You Stop in the Spa

Purchase a facial and massage and receive the second at 40% OFF!

Finish your holiday shopping in one stop!



Cyber Wow for Cyber Monday

Spend \$200 in the Spa and Receive A Free Luxurious Robe

Who said you can't treat yourself during the holidays?!

Pick up your holiday gifts and gift yourself the most luxurious robe you've ever owned.



Relax, Recharge and Revitalize This Season

Gift Yourself a Getaway to the Spa for the Day!

Let's all agree to take care of ourselves this holiday season!

Choose from any body scrub, facial, massage or seasonal treatment.



Give the Gift of Ahh this Holiday Season

Seasonal spa treatments indulge all the senses. Gift one of the following luxurious treatments to someone who deserves it or celebrate yourself this year.

1. **(Cranberry) Magic Facial**

Gift your skin a radiant boost with collagen-infused (cranberry). The combination of cooling and warmth will have you revitalized and relaxed.

2. **Signature Pedicure**

Pretty toes and nourished feet. This signature pedicure includes a relaxing foot bath, nail trim and filing, hydrating skin treatment, and massage for tension relief.

3. **Winter Mint Body Scrub**

Soothe tension and awaken inner beauty with the euphoric scent of eucalyptus. Exfoliate dryness, eliminate toxins, and fall in love with velvety smooth skin.

4. **Melt Away Massage**

A dreamy (chocolate) indulgence that begins with the hydrating, aromatic experience of cocoa bean oil and ends with a heavenly assortment of delightful chocolate truffles.

Choose your favorite or make a day out of all four; you can't go wrong. This is relaxation at its finest!



Top Skin Care Tips In Honor of National Healthy Skin Month

We love the holiday abundance that November brings, but this month we also recognize National Healthy Skin Month. We take skin care education seriously, which is why the goal at the spa is not only to pamper and indulge, but also to inform and gain results. Your skin is the largest organ; there are many ways to improve its health and appearance when we nurture and support it properly.

1. **Avoid Harsh Chemicals in Products**

Many retail products contain a large number of toxins. Don't shop without expert advice!

2. **Examine Your Skin Regularly**

Look for new or unusual spots, itching, rashes or bleeding. Your skin is a window to health, and it's important to check your skin regularly. This is especially true if you have a number of moles. Have an aesthetician look at your skin.

3. Moisturize Daily

Hydrated skin is healthy skin! Apply moisturizer to damp skin for best results. This helps lock in moisture. Dryness can wreak havoc on your skin. This causes cracking, peeling and early aging.

4. Protect Your Skin From the Sun

The sun can be very damaging over time. Sunscreen is a must during the summer, but it is important to use sunscreen and/or SPF products on your face and neck year-round.

5. Determine Your Skin Type

Choose skin care products tailored to your skin type - dry, oily, combination, normal or sensitive. Not sure what your skin type is? It's okay, many people aren't! That's what we are here for! We can help you determine skin type and the best products for your skin.

These tips are the first steps to nurturing and supporting your skin, but there is much more you can do. Visiting the spa on a regular basis will bring your skin to a new level of health and beauty. Come see us to honor your skin this month!



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



(These can be personalized or use suggestions)

Product We Love: Moisturizer



Perfect for the approaching cold weather months, ultra-soothing balm restores moisture and balance to the skin. A moisturizer is significantly more effective than lotion or cream at nourishing all layers of the skin for deep, lasting hydration you can feel and see.

Music Playing While We Work: “Bittersweet Symphony” by The Verve



Because it's "Bittersweet Symphony." We could listen to this on repeat.

What We're Crushing On This Month: All Things Plaid



There is something about plaid that gives us that cozy, curl-up-on-the-couch feeling. Start a fire, mix a hot toddy and snuggle up in a plaid throw, plaid slippers or a plaid sweater (or all three!).

November Self-Care Tip: Schedule Alone Time

November and December are full of fun activities, family get-togethers and holiday gatherings. You should soak it all in and enjoy it. But don't forget to take time alone - no kids, no spouse - just you. Schedule it into your calendar and choose to do something you really enjoy.



The Monthly Make You Smile

Ready for some Black Friday shopping?



November Recipe:



Butternut Squash Soup

Warm up with this delish soup that couldn't be easier!

Ingredients

1 large butternut squash (about 3 pounds), halved vertically and seeded

1 tablespoon olive oil, plus more for drizzling

½ cup chopped shallot (about 1 large shallot bulb)

1 teaspoon salt

4 garlic cloves, pressed or minced

1 teaspoon maple syrup

⅛ teaspoon ground nutmeg

Freshly ground black pepper, to taste

Up to 4 cups (32 ounces) vegetable broth

1 to 2 tablespoons butter, to taste (substitute olive oil for dairy free/vegan soup)

Directions

Preheat the oven to 425 degrees, line baking sheet with parchment paper. Rub oil over the inside of the squash; sprinkle it with salt and pepper. Roast squash face down for 45-50 minutes. Let cool and scoop flesh into bowl.

In skillet or soup pot, warm olive oil over medium heat until simmering. Add the chopped shallot and salt. Cook, stirring often, until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently.

If you have a high-performance blender like a Vitamix, transfer the cooked shallot and garlic to your blender. Add the reserved butternut, maple syrup, nutmeg and a few twists of freshly ground black pepper. Pour in 3 cups vegetable broth, being careful not to fill the container past the maximum fill line. Blend until creamy. Serve immediately.

* Recipe courtesy of cookieandkate.com.