

Day Spa
Happy September



September welcomes autumn and all the deliciousness that comes with it. It's a great time to enjoy nice temperatures and outdoor activities as we celebrate the unofficial end of summer with **Labor Day**. Reward yourself for a job well done during **Self-Improvement Month**. Don't ignore your skin, body, mental state or lifestyle. We have specials this month to embrace the season the only way we know how: with indulgent, refreshing treatments! Looking forward to seeing you!

Treatments Featured This Month

Ideal Facials For Fall

Repair And Renew

Did the sun's harmful rays make your skin dry and dull? Repair your pores with an Exfoliating Facial and/or Peel Treatment.

Reserve a Deep Cleansing Facial or a Peel Treatment and receive a FREE Eye

treatment.



Suffering From Acne?

Repair Your Skin

This much is clear: Acne drags down confidence and self-esteem. A consultation will allow you to set up an Acne Program for your teen or even yourself!

Reserve a facial this month and receive a complimentary peel.



Two For You!

Exfoliation And Massage

Leave your skin silky soft with a Body Polish that removes dead skin cells. Follow that up a relaxing massage for hydration and total renewal.

Reserve both and receive a complimentary enhancement (a value of \$25).



Fall Retreat

Feel Fabulous!

Rejuvenating fall spa specials are guaranteed to give your mind and body a boost. Refresh, relax and put a smile on your face! Choose from a facial, body treatment, manicure or pedicure, or waxing.

Reserve two or more treatments and receive a complimentary gift!



Change Up Your Makeup!

New Colors For Your Face

Let us have a look at what you're using and what you like during a consultation. We can reserve your makeover and give you the look you want!

Apply a spa credit of \$20 toward new products.



Tips To Put Yourself First And Practice Self-Care Daily

September celebrates Self-Care Awareness Month, which at first glance maybe seems like something you already know how to do. We encourage you to dig deeper and ask

yourself the following questions to see if you truly are practicing self-care on a daily basis.

1. What do I need today?

We're talking basic needs to help fulfill your heart. Do you need alone time? Meditation? A long walk? A chat with friends? Whatever it may be, go do that thing. This may be hard to acknowledge at first, but with practice, you will start recognizing your needs more quickly.

2. How is my body feeling?

Take a moment to assess your physical health. Is there pain or exhaustion? Consider what your body needs to function more fully and happily. This can include rest, stretching, massage, rest, yoga, a visit to the chiropractor and more rest. Oh, did we mention rest?! That's a big one that tends to be forgotten.

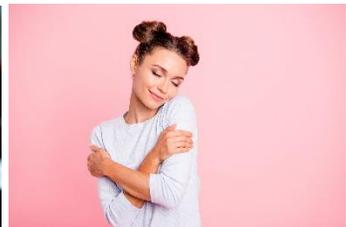
3. What is causing me stress today?

You would be surprised at the physical and mental toll that worry or stress can take on the body and mind. Sometimes, simply addressing it and determining an action plan can help relieve that constant anxiety. So much of the time, we hope worries resolve themselves. Face your stress and worries, and you will feel a weight lift off your shoulders.

4. What will make me happy today, tomorrow, a month from now?

Be honest with yourself about your wants and needs. These can change from day-to-day and they can change over time, so be willing to make changes accordingly. If something isn't fitting in your life, consider letting it go. If you are having trouble determining what makes you happy, that's okay! Start by making a list. This may take a few weeks. Add to the list every time you think of something that brings you joy. Once you've made a solid list, start narrowing down the items that you want in your life on a regular basis.

Taking care of yourself takes effort. Often times it feels selfish, but let us assure you of one thing. It is never selfish to take care of yourself and love yourself first. So many of us put the needs of others first (yes, we're looking at you moms). Start with baby steps by answering the questions above, and begin incorporating self-care into your daily life.



Favorite Spa Products To Take Home

After enjoying your professional treatment, consider continuing the benefits at home with some amazing spa products. Anyone on the guest services team can help recommend the best options for your needs, but we've made a list of a few favorites below. These are must-haves!

1. **Exfoliation**

Brighten and decongest at home. It's your key to getting rid of dead skin cells and rediscovering clearer, smoother skin. We have several options to choose from.

2. **Makeup Products**

Do you know what's in the products you apply to your face every day? You should! We love the makeup line we carry because they don't contain harmful, toxic ingredients that are far too common in cosmetic products. Bonus: If you'd like a makeup consultation, it's complimentary this month! Call us to reserve.

3. **Mighty Moisturizer**

When you're fighting off dry skin and sun damage, a powerful moisturizer after sunscreen is necessary. It's the perfect complement to many treatments we offer and will help keep your skin hydrated. Don't forget to apply toner first, it's a secret weapon!

4. **Aromatherapy Candles**

With fall fast approaching, these are on the favorites list for sure. They make the perfect addition to a relaxing bath or a day at home with a good book. They add a special ambiance to the room. We have several scents to choose from in the spa, so stop in and do a little browsing!

If you have questions about any of the products or would like recommendations based on your skin's needs, please reach out to us. Check back soon for more product picks!



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



(These can be personalized or use suggestions)

Product We Love: Polishing Face Mask



Gently remove dead skin from the surface while smoothing and firming your skin with polishing face masks packed full of antioxidants and peptides.

Music Playing While We Work: “Seasons (Waiting on You)” Future Islands



A must-listen if you haven't heard this before!

What We're Crushing On This Month: Acupressure Mat



This little magical mat can help relieve back pain in between your regular massage visits. It's the perfect wind down after a workout or a long day. Lay on the acupressure mat for 10-15 minutes, and you will feel rejuvenated and refreshed.

September Self-Care Tip: Reflect On The Best Parts Of Your Day



Spending time to reflect and feel gratitude is the perfect way to end your evening. Once you've identified the best parts of your day, reflect on what could have gone better and map out the next day's goals. These small reflections are truly life-changing. Give it a try!

The Monthly Make You Smile

Some days it takes a few cups to wake up!

