

# APRIL E-ZINE

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Day Spa

## Welcome to April



It's April! How did we get here so fast? April is **Stress Awareness Month**. In this issue, you will find easy ways to manage your stress so you can lead a calmer, more beautiful and balanced life.

April also is the precursor to so many upcoming celebrations. Mother's Day, graduation and prom are all fast approaching. Not to mention April welcomes spring in full force.

We are extra excited this month because we have a new and refreshed newsletter to share with you. You will still find great promotions, but we've added some additional features. The goal is to give the spa e-zine a purpose and provide you with great value!

See you soon!

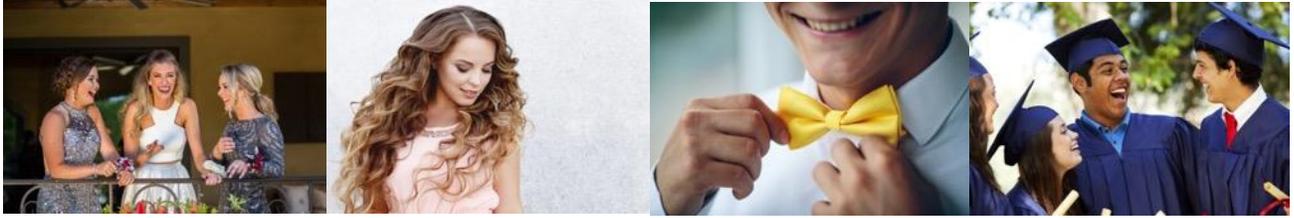
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## Treatments Featured this Month

### Celebration Time

#### Attention Graduates and Prom Goers

Look your best for these unforgettable events in your life! Moms and dads, too! Special prom and graduation packages are available. Choose from **(Mani/Pedi, Waxing, Facials, Massage, Spray Tan, Makeup and more)**. Reserve now and receive a special treat!



### Tired Of Skin Imperfections?

#### Put a Fresh Face Forward This Spring

Spring is a great time to say goodbye to your acne! Perfect timing before summer so you can show off a radiant face! Reserve your complimentary consultation now and let us help you vanish your acne! Reserve now and receive a ( ) for free.



### Product of the Month

#### The Healing Power of Essential Oils

Make yourself a priority and support better health with essential oils. We offer therapeutic, high-quality essential oils that can be used in nearly every facet of your life. Support your body, mind and spirit, incorporate for natural cleaning, diffuse for odor elimination in your home and much more.

Visit the spa to purchase and pick up your complimentary gift! (it could be a small box of salt infused with essential oils).



### Glow, Baby, Glow

#### Spray Tanning

It's the perfect time for overall glow! In and out within 15 minutes, so easy and safe. If you have weddings coming up, prom or graduation, you will want to ditch the white (skin) and go for the glow. Receive one complimentary spray tan when you reserve a series of six!



**Are You Feeling Stressed?**

**Visit Us for a Refresh**

Stress affects your body and mind, and over time that stress begins to show on the face and the body. Stop by to relax and reset for the day. Reserve a Massage, Facial, Mani/Pedi and more, and receive an **enhancement!**



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**Mother's Day is Coming up!**



This is the day you get to spoil your mom (or grandma, or sister) the way she deserves it! You should do it throughout the year, but on May 13<sup>th</sup> you're semi-obligated. After all, she changed your diapers, potty-trained you (no easy feat), and still loved you through all your teenage years. The true gift of a mother, though, is that she loves you unconditionally.

I guess what we're trying to say is, YES, mom deserves a spa day. So, act now! Oh, and if you want to take advantage of this for yourself? We won't tell anyone!

**Purchase \$125 gift card and receive a \$25 gift card free**

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## How to Reduce Household Toxins in Your Home

Wellness is such a broad topic, we often forget that the little things we encounter on a regular basis could be affecting your health and well-being. Here, at the spa, we've had several conversations about toxins recently and it got us thinking, what household toxins are we using that we don't realize might be hurting us?

News flash for EVERYONE - there are A LOT. Don't get us wrong, we're not planning to toss your makeup and handy Clorox wipes anytime soon, but we do appreciate being more aware of what we're using and what the alternatives are.

On a side note, there is something deeply satisfying about wiping down the bathroom with a disinfectant wipe (or is that just us?). It kind of makes you feel like a superhero, saving your family from those lurking germs ... ah, we digress!

We can't completely eliminate toxins from the environment, but there are some easy steps to reduce toxins, especially in your home. Here's a list of three common toxins found in your homes and some alternative suggestions.

### **Synthetic Fragrance**

Fragrance is likely the most common chemical in your home. You will find fragrance in everything. E-V-E-R-Y-T-H-I-N-G! This includes laundry detergents, cleaning supplies, fresheners, room deodorizers, etc. The list goes on and on.

Air fresheners and room deodorizers are some of the worst culprits. These products do not clean or deodorize the air. They simply put chemicals into the air we breathe. It is ideal to avoid these completely. But the products many of us use on a daily basis may not be so easy to avoid. Try using natural alternatives, or do your research on the cleanest ingredient products available.

### **Cleaning Products**

Most cleaning products on the shelves at your favorite store fit into this category. These cleaning products contaminate the air with chemicals and toxins when you spray them, achieving exactly the opposite of your goal - to clean! The ingredients are dangerous and have warnings about skin burns, danger if ingested, etc. These are all products that we are not only breathing in, but coming into contact with through food, clothing and your skin.

The tried and true alternatives are safe and cheap. And bonus, you probably already have them in your pantry! Vinegar and baking soda are two of the best natural cleaning agents you can buy. If the smell of vinegar has you dreaming of pickles, then put in a few of your favorite essential oil drops for a crisp scent.

### **Nonstick Cookware**

Convenience sells everyone on nonstick pots and pans, but there are some drawbacks to the material your dinner is cooking on. Perfluoroalkyl acid, a class of chemicals linked to many health problems including thyroid disease and high cholesterol, is an element better left undigested.

Maybe a good rule of thumb is if you can't pronounce it, it shouldn't be in your body. Nonstick should always be replaced when you start seeing peeling or chips in the surface. The best alternatives are cast iron, glass or stainless steel.

Making small changes in how you clean your home and the products you put on your body do make a big difference. Here's to feeling and looking your best and showing off your homes the natural way!

Need help in figuring out if the products you are using in your body have harmful toxins? Bring them in and we will help!

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## **The Best Facials for Your Skin Type**

A facial is an amazing treatment for glowing, healthy skin and is the perfect monthly rejuvenation. We invite you to go on a self-discovery to notice your skin!

### **Oily**

If your skin is typically shiny, greasy feeling and acne-prone, you have oily skin. We can hear your loud sigh from here! Having oily skin isn't all bad, if you know how to correctly care for it. One bonus is you are less prone to wrinkles as you age.

### **Dry**

Itchy, red and rough flaky skin? Your skin is dry and needs hydration and moisture! Usually dry skin stems from environmental causes like the wind, sun, etc. With regular facials and the right products, persistent dehydrated skin can feel dewy soft again. We offer facials that remove dead skin cells, soften the skin and increase circulation.

### **Combination**

Combination skin type can be caused by weather. Usually dry in the winter, oily in the summer. It can also mean your face has oily areas and dry areas as well. This is more common than you might think, but it's important to have a professional look at your skin. We can determine how to address both and customize your facials to meet your needs.

### **Sensitive**

You can have any of the above skin types and also have sensitive skin. A lot of products generally irritate sensitive skin. It's best to have a professional choose the ideal facial products.

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Like us on Facebook! We post special deals and fun info from the spa. [\(Facebook link here.\)](#)

Behind the Scenes. It's a beautiful relaxing day at the spa. (Include image of your business).

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



[\(These can be personalized or use suggestions\)](#)

#### **Products We Love : Essential Oils**



#### ***Best Sellers***

There are so many reasons we recommend essential oils like lavender, peppermint and lemongrass for your home.

Essential oils are best used for:

- Relaxation and sleep
- Fight illness
- Deodorize air

Purchase yours today and enhance your wellness!

**Music playing while we work : *The Greatest Showman* soundtrack**



**Soundtrack:** <http://bit.ly/2CcHVu4>

**What we're reading this month : *Still Me* by JoJo Moyes**



**Book:** <https://www.amazon.com/Still-Me-Novel-Jojo-Moyes/dp/0399562451>

**April Self-Care Tip : Positive Self Image**



This is the stuff we talked about in middle school/junior high, right? So, why is it that we still tear ourselves down? Purchasing a gift card will help you lift yourself up, think positively and let go of negative feelings.

Stop by the medi spa today!

**April Recipe:**

**Healthy Chicken Salad with Walnuts and Grapes**

This recipe hits a home run in our book. With 36 grams of protein and 365 calories per serving, it's going to keep you full all afternoon. You get the bonus omega-3s from the walnuts and antioxidants from the dried cranberries. See the recipe online: <https://www.rachelcooks.com/2017/03/06/healthy-chicken-salad-recipe/>



#### INGREDIENTS:

3 cups diced cooked chicken breast (about 3 chicken breasts or 1.25 pounds)  
1 cup diced celery (about three stalks)  
1 cup halved grapes  
3/4 cup chopped California walnuts  
1/2 cup dried cranberries  
1 cup plain Greek yogurt  
1 tablespoon apple cider vinegar  
1 tablespoon honey  
1 teaspoon celery seed (not celery salt)  
1/2 teaspoon salt  
1/2 teaspoon pepper

#### DIRECTIONS:

In a large mixing bowl, combine chicken, celery, grapes, walnuts, and cranberries.

In a small bowl or 2-cup measuring cup, whisk together yogurt, vinegar, honey, celery seed, salt and pepper. Pour over chicken mixture and stir until all ingredients are combined.

Serve on a wrap, sandwich, or on top of lettuce. Store covered in refrigerator for 2-3 days, stirring to recombine before serving.

**NUTRITION INFORMATION** Yield: 6 servings, Serving Size: 1/6th of recipe

Amount Per Serving: Calories: 365 Total Fat: 13g Saturated Fat: 2g Cholesterol: 82mg Sodium: 287mg  
Carbohydrates: 26g Fiber: 3g Sugar: 22g Protein: 36g