

AUGUST DAY FACEBOOK

Wednesday, August 1

It's a new month! The August E-Zine is here! [Insert E-Zine link]



Thursday, August 2

Anyone do this in real life? #genius #dogbaby #dogdaysofsummer



Friday, August 3

The future is bright! Fall color trends are lively and lovely #brightandbold
#thiscallsformoreshopping

<http://bit.ly/BrightFall>



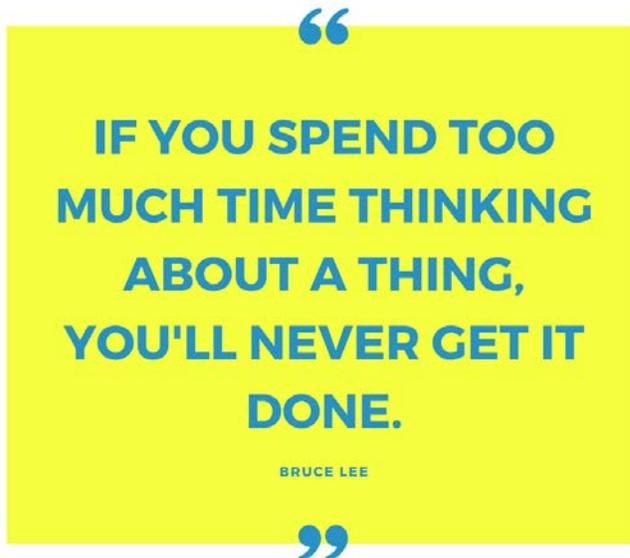
Saturday, August 4

Head back to school with cleaner, clearer skin courtesy of a hydrating facial. Get ready to eradicate acne and restore glow to your beautiful face! We can address your skin concerns with a complimentary skin care consult and recommend the best plan of action to get your skin in tip-top shape for your return to the classroom.



Sunday, August 5

Ditch overwhelming to-do lists and just do! #weloveselfcare #bruceleeknowsbest



Monday, August 6

Anti-aging benefits and rich antioxidants make the acai berry a top food trend right now. Give your skin a healthy, superfood boost! Try it with chia for a power-packed nutrient combo!

<https://bit.ly/2lIV35M>



Tuesday, August 7

Hello, back-to-school season! We have some amazing specials this month (facials, microdermabrasion and massage to name a few) to help you look your best or ease back into the school year routine. Call or message us to set up a time to get gorgeous. #backtoschool #momseverywhererejoice



Wednesday, August 8

An interesting article about how to treat those annoying facial breakouts.

“A gentle routine is often easier to maintain, and a routine is key in keeping your skin clear. It’s an odd aspect of human nature that we assume that as soon as our skin finally clears, we are done with that breakout-prone chapter of our lives. But the reality is that preventing breakouts is about (gently) removing bacteria from skin, along with dirt, oil, makeup, and dead skin cells, on a daily or even twice-daily basis.” <https://goop.com/beauty/skin/fight-breakouts-with-kindness/>



Thursday, August 9

Frustrated with unwanted facial hair? Remove strays from your chin, upper lip and brow through the magic of waxing! Hair is removed quickly at the root to ensure slower and finer re-growth. Stop struggling and call us to reserve a waxing appointment.



Friday, August 10

If you want to ease back into the school year as your best, most relaxed self, reserve a massage by calling the spa today. Plan ahead to ensure an appointment!



Saturday, August 11

Claw clips and scrunchy wearers unite! The return of the 90s is in full effect. Are you on board with this? We would love to know. #isthisagoodidea #timemachinetoth90s



Sunday, August 12

"I love brunch, you love brunch, he loves brunch, she loves brunch, EVERYONE LOVES BRUNCH." Did you know there's a scientific reason why diners dig brunch?

<http://bit.ly/DigBrunch>



Monday, August 13

Anti-aging facials bring back your radiant skin, slow the aging process and reduce wrinkles to boot! You know you want to try it!



Tuesday, August 14

One of the fave hot color trends for fall is bright yellow. If you're shopping for some new pieces, punch it up with a splash of sunshine! Shoes make styling up a snap! Try yellow heels (or flats).

We're all about practicality! Your accessory options are endless with this happy hue. Whatever you wear, just switch it out for yellow flair!



Wednesday, August 15

A comfy bed is the best thing to come home to (oops, don't tell the husbands!). Here's a list of fab sheets to inspire more sleep!

<http://bit.ly/FabSheets>

#handsdown #8hours



Thursday, August 16

Check out Betsey Johnson's colorful digs! Are you all about the flower power or is this opulence overkill? <http://bit.ly/PetalPop>



Friday, August 17

Just a friendly reminder to let go and push on so that you can enter the weekend on a positive note. #welovemotivation



Saturday, August 18

Body feeling unbalanced? Come in for a cupping treatment and increase your well-being. Cupping removes obstructions from your natural energy and healing pathways so you can go out and conquer the world again!



Sunday, August 19

Don't wake me up, it's Sunday.



Monday, August 20

Have you indulged in a foot and leg massage recently? If you're on your feet all day, this luxurious, relaxing treatment restores your tired, aching limbs. #treatyourfeet



Tuesday, August 21

Any other LaCroix lovers out there? Can you name all 21 flavors in this BuzzFeed quiz?

<https://bzfd.it/2MCR4Oz> #lacroixislife



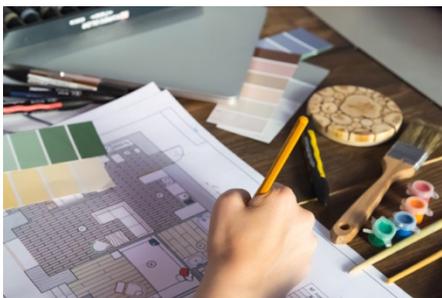
Wednesday, August 22

Mamas, is that baby bump causing pain and pressure? Massage during pregnancy makes for wonderful prenatal care and relieves discomforts including headache, backache, neck pain, leg cramps and uncomfortable swelling.



Thursday, August 23

We're crushing on these fall home decor trends, especially the jewel tones and antique with a modern twist. <http://bit.ly/FallJewel>



Friday, August 24

Traveling this fall? Dive into this what-to-see and what-to-wear guide for trekking across three different continents. <https://goop.com/travel/what-to-see-and-wear-across-three-continents/>



Saturday, August 25

Five common habits that could be aging your skin! You might be surprised to learn what they are! <http://bit.ly/2KdJwUI>



Sunday, August 26

Labor Day is almost here and that brings back memories of fall weekend getaways. We like this list. What is your top pick? <https://bit.ly/2MDHV8j>



Monday, August 27

With back-to-school in full swing, it can put everyone on edge as we get used to routines and earlier mornings. How about a family fun day at the spa? We love this idea so much, we're booking fam time!



Tuesday, August 28

Wish we had thought of this. A puppy gender reveal is about the cutest thing that ever existed. Do you agree? Of course, you do! <https://bit.ly/2lg1g2W>



Wednesday, August 29

Reserve a wax before that wedding coming up and your legs will mirror smooth perfection!



Thursday, August 30

If your plain pony has you positively bored, try these five trends from Pinterest for a sleek upgrade! <https://go.brit.co/2t5VI5b>



Friday, August 31

Actual footage of you leaving work on a Friday...(especially when you're headed to the spa).



Extras

If you're looking for some help putting together an unforgettable weekend, never fear. Now, you can make plans based on your zodiac sign. Because the universe knows best!

<https://bit.ly/2ljFllw>



The world needs more skincare products that do what they say. Lucky for you, we carry all the best brands and can recommend what will keep your skin sassy and smooth. Looking for something specific? Just ask!

