

Day Spa

Welcome to December



December is an extra special time of the year. It easily puts everyone in a cheerful disposition. It's a month of personal faith, joy, holiday shopping and celebration. We are grateful for this magical season of sparkling lights, warm cups of cocoa and the excitement of Saint Nick, even as adults.

December promotions bring amazing offers for gift cards, treatments, gift sets and more. We have the best holiday gifts to finish your shopping but don't forget to splurge on yourself, too!

December is one huge holiday extravaganza and we should celebrate accordingly! Stop in to see us soon. Cheers!

Treatments Featured this Month

Last-Minute Gifts That Make Them Gush

Facials, Gift Cards, Massages Make You Merry & Bright

Santa isn't the only one delivering magic this holiday season. Leave your loved ones in awe with gifts from the spa! Choose from holiday specials including massage, seasonal facials, full body treatments and gift cards.

We make gift giving fun! Finish your list in one easy trip to the spa and receive a FREE gift when you spend over \$100!



Pair Your Faves ... Make Go-To Gift Sets

Choose From Gorgeous Goodies And Top-Notch Treatments

Looking for the ultimate gift of relaxation? Pair your favorite treatment with a sweet spa gift set. Surprise your loved ones by clearing your calendar and reserving a special day just for them.

We are happy to customize a spa gift set for you!

Purchase any gift set and receive a complimentary gift for yourself!



Ready To Look Stunning This Holiday Season?

Give Yourself A Beauty Boost With A Customized Makeup Makeover!

Sparkle, glow and steal the show with an inspiring, new color palette, expert beauty tricks and easy-to-follow guidance to recreate your look any day of the week!

Purchase a makeover consultation and receive two FREE beauty samples!



Get Ready For New Year's Eve!

It's A New You For The New Year!

Look your best this New Year's Eve! Facials, massages, manicures and pedicures, and more!

We have it all!

Reserve ANY treatment today!

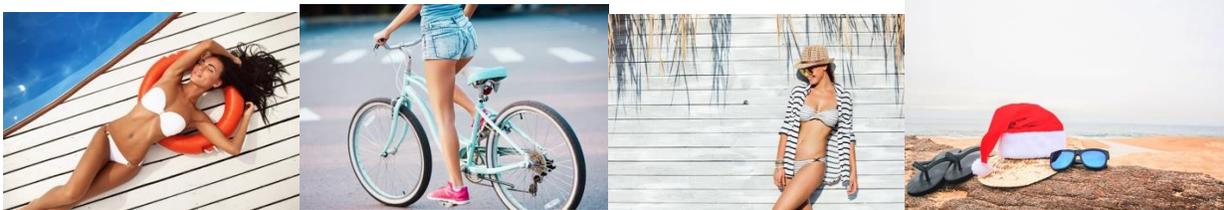


Filled With Wanderlust This Winter?

Get Velvety Vacation Skin With A Pre-Vacay Wax

It's easy to get a little lax over winter when we aren't showing off skin quite as often. But if you're jet-setting to a warm, sunny destination where your bikini line and legs will make an appearance, it's the perfect time to stop in for a wax!

Purchase a waxing treatment and receive triple loyalty points.



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



THINGS WE LOVE

DECEMBER



(These can be personalized or use suggestions)

Product We Love: Exfoliation



Out with the old and in with the new! Remove dead skin cells from the outer layer of your skin with exfoliation. Your skin will look flawless, brighter and more vibrant! Follow up with a moisturizer, and you've got a glow no one can ignore!

Music Playing While We Work: "All I Want For Christmas Is You"



Mariah Carey released this song in 1994, but it remains one of the most popular Christmas songs on iTunes. The prancing beat, jangling sleigh bells and sugar-sweet harmonies will put you in and/or keep you in the holiday spirit.

What We're Crushing On This Month: Elderberry Syrup



The benefits of elderberry syrup sound as though they will make you a superhero. While we have yet to don a cape, we can attest to better health. It's immune-boosting properties are about the best there are, and with sickness and flu season in full swing, we aren't taking any chances. Plus, it tastes amazing!

December Self-Care Tip: Forgive Yourself, Forgive Others

This time of the year is the ideal time to forgive yourself and forgive others. Doing so is the ultimate act of self-care!



The Monthly Make You Smile

This guy knows how to chill.



Easy Ways To Give Back This Holiday Season

It's tempting to fall into a routine around the holidays and focus on your own family and friends - which is wonderful! But remember that not everyone experiences such joy and contentment during the holidays. Fill your heart and those you're giving to by donating.

One of the best parts of life is the little, nameless, unremembered acts of kindness and love that affect others in ways the giver may never know. Here's a list of pay-it-forwards we like to share with others this time of year.

1. Serve A Holiday Meal

Many shelters serve holiday meals to hundreds and thousands of people in many communities across the country. Volunteer a few hours to help serve. In return, you'll meet some amazing people. We sure have over the years!

2. Donate Your Change

The coins you've been collecting in the bottom of your purse, in the cupholder of your car and in your change jar can go to a good cause! Cash the coins at the bank and donate the proceeds to a local shelter or food bank.

3. Share The Furry Love

Share your sweet, loving fur baby with a local senior living community or senior center. This is sure to bring smiles to all their faces, including yours!

4. Give Back To Those Closest to You

It's wonderful to give back to strangers in need, but think of your own family and friends. Is anyone struggling? Could someone you know use a night off? A hot meal? Or an ear for venting? Sometimes the small gestures matter the most.

5. Make Care Packages For The Homeless

These can be simple with just a few essentials and a lot of love. The homeless need basic needs met, so consider including a pair of socks, a couple of snacks, a water bottle, wet wipes and a handwritten note. You can always include more if you choose!

6. Adopt A Family

This is such a fun way to give back during the holidays and it's the perfect option if you have kids who want to get involved. Shop for and wrap gifts for a family in need this holiday season. You usually can get connected to families through local organizations.

7. Pay It Forward

Done throughout the year in big and small capacities, paying it forward is taking care of the people in your community through unexpected kindnesses. Have you been the lucky one in the coffee shop drive-thru? Have you paid for someone's meal at a restaurant? Or an unsuspecting driver at the pump? Give a stressed-out stranger a spa gift card. This is a blast to play out with the kids, too!

We hope you'll try a few of these this holiday season, or share with us what you do to give back during the holidays!



Here Come The Holidays!

Look Your Best For The Holiday Social Scene

The holidays are here and with them come the parties, dances, family gatherings, and charitable events. Are you ready for all the excitement? We all want to look fabulous for these festive occasions. Don't wait until the last minute to prepare. Plan your look ahead of time for you and your significant other! Check out these great ideas to help you celebrate in style!

Ladies, obtaining the perfect outfit is your first priority. First, make a mental note of all the events you will attend. Are you celebrating with co-workers, friends or both? Keep in mind, your dress at an office party should definitely be more conservative than that of a party with friends and family.

The popular little black or red dress are always a safe bet. You can accessorize to fit the occasion! Dress it up with sexy heels, earrings, a necklace, etc., or add a pop of color with a silky, red scarf, red lips and red nails. Or, downplay it a bit for that business party with modest heels and jewelry, and neutral makeup and nail tones. It depends on the statement you want to make.

And don't forget about the special man in your life. Make sure you select the perfect tie for him that matches your dress. A traditional black suit and tie are always in style!

Don't forget the most important part of your pre-party plan. Schedule your spa visits and hair appointments in advance so you can arrive to your social events looking refreshed and vibrant. Reserve your chemical facial peel to eliminate dry, rough skin and top it off with a hydrating mask for soft, supple skin. You won't believe how beautiful your makeup will look once applied after these treatments!

Once you have found the dress, you can plan your makeup. Stop by the spa for holiday makeup tips and check out the latest colors. Remember, don't overdo it. We want a healthy look ... not a fake one.

You've got the dress, accessories and makeup in place. All that's left is the perfect hair design to complete your look. Start thinking about your hairstyle a few weeks ahead of time so you don't have to stress about it the day of the event. Make your appointment with your hairstylist way in advance!

Want to lose a few inches before you slip into that dress? A body wrap is the perfect solution. Reduce cellulite and lose inches quickly and safely with a signature body wrap. You'll feel so confident when you head out to spend time with friends, family and co-workers!

Remember, less is more. Keep it simple, yet classy. That's a guaranteed winner every time.



December Recipe:

Santa is guaranteed to make a stop at your house with these Christmas cookies.



Prep: 20 minutes

Cook: 12 minutes

Ready in: 4 hours

Ingredients: 6 cups all-purpose flour, 1 tablespoon baking powder, 1 tablespoon ground ginger, 1 teaspoon ground nutmeg, 1 teaspoon ground cloves, 1 teaspoon ground cinnamon, 1 cup shortening (melted and cooled slightly), 1 cup molasses, 1 cup packed brown sugar, ½ cup water, 1 egg, 1 teaspoon vanilla extract.

- 1. Sift together the flour, baking powder, ginger, nutmeg, cloves, and cinnamon; set aside.**
- 2. In a medium bowl, mix together the shortening, molasses, brown sugar, water, egg, and vanilla until smooth. Gradually stir in the dry ingredients, until they are completely absorbed. Divide dough into 3 pieces, pat down to 1 1/2 inch thickness, wrap in plastic wrap, and refrigerate for at least 3 hours.**
- 3. Preheat oven to 350 degrees F (175 degrees C). On a lightly floured surface, roll the dough out to 1/4 inch thickness. Cut into desired shapes with cookie cutters. Place cookies 1 inch apart onto an ungreased cookie sheet.**
- 4. Bake for 10 to 12 minutes in the preheated oven. When the cookies are done, they will look dry, but still be soft to the touch. Remove from the baking sheet to cool on wire racks. When cool, the cookies can be frosted with the icing of your choice.**

Source: allrecipes.com