

January 2018

Day Spa



A Note From _____

Happy New Year!

Are you setting healthy goals for this year? Check out all the awesome specials we have in store for you this month!

January is a strong motivator to look good. With all the award shows such as the **75th Golden Globe Awards** and the **44th People's Choice Awards**, you too can look like a star. We can help!

On the 15th, **Martin Luther King Day** recognizes this civil rights leader's accomplishments during the 1960s that earned him a Nobel Peace Prize.

January is also **National Blood Donor Month**. The Red Cross encourages all of us to donate blood this month and throughout the rest of the year.

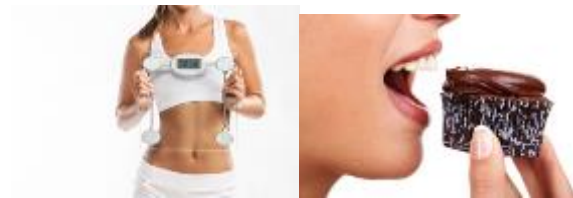
Check out all the wonderful New Year's promotions and savings we have for you in this month's e-zine!

From all of us at **(insert spa name)**, we wish you a very Happy 2018!

Promotions Day Spa

Did You Overindulge?

Don't Worry! Start The Year Off With An Effective Detox Program.



A detox program will cleanse your body to a healthier you. Reserve three treatments to cleanse and purify your body, and we will have you looking and feeling healthier this new year!

Reserve 3 detoxifying body treatments and **receive a gift with purchase!** (a value of \$_____).

Special Price \$_____

Regular Price \$_____

Take Home A Detox Kit!

Remove The Toxins!



Detoxifying Made Easy

- Detoxifying Supplements (If you have them)
- Herbal Tea
- Body Scrub
- (add something else)

\$

On The Go?

Relax, Then Resume!



Do you need a breather? Take a few minutes out of your hectic day to unwind and renew! Experience a (facial), a (massage) and receive a complimentary enhancement (\$_____)!

Special Price \$

Regular Price \$

Are You Using The Right Products?

Reserve A Product Assessment!



Now is the perfect time to assess your skin and the products you are using. Reserve a consultation and bring your current skincare products with you so we can assess and design an ideal Rejuvenation Plan for you for this winter!

Reserve a product assessment and receive a mini-makeup makeover. (Value of \$_____).

Gift Card Bonus

Did You Receive A Gift Card Over The Holidays?



Redeem It Now!

Use your Gift Card during the month of January and **receive a complimentary** [\(insert enhancement\)](#).

Day Article #1

10 Healthy Habits For January



Is living a healthier lifestyle your top New Year's Resolution? Many people have dedicated this New Year to eating right and exercising regularly to keep their bodies and minds in tip-top condition.

Research shows that the more realistic you are with your goals, the more likely you'll stick with them and succeed!

So, without further ado, here are 10 healthy habits for you to start now and continue throughout this new year:

1. Move It Or Lose It!

When you exercise, it improves your mood, reduces stress, makes your brain work better and keeps your body in great physical condition. Exercising regularly

also can prevent health problems such as obesity, diabetes, heart disease and even cancer.

2. Rise-n-Shine ... And Eat!

The first meal of the day is the most important, believe it or not! A healthy breakfast should contain an adequate amount of protein, such as scrambled eggs, yogurt or Quinoa. Ideally, you should eat within 60 minutes of waking up in the morning. Doing this will rev up your metabolism for the day and it'll also prevent you from getting too hungry (and overeating) in the afternoon.

3. Mom Was Right About Eating Your Fruits & Veggies.

Be sure to eat at least 5 servings of fruits and vegetables every day. For fruits, stick to eating berries which are low in sugar and high in antioxidants. For vegetables, focus on consuming the leafy green variety. A salad a day (with olive oil dressing) topped with strawberries can help keep the doctor away!

4. Trans Fats Are Not Your Friend.

Processed foods are notorious for containing trans fats. If the list of ingredients with any food you're about to eat includes the word "hydrogenated," stay far away, because trans fats are like plastic. When we eat them, they incorporate themselves into all the cells of your body, rendering your cells unable to communicate with each other. In turn, your hormones become disrupted and then weight gain soon follows. More troubling than that, however, is the risk for heart disease, cancer, stroke and infertility.

5. Good Fats ARE Your Friend.

Examples of good fats are Omega-3s, which are found in foods like fish (especially salmon), sardines and fish oil supplements. Other examples of good fats are foods such as almonds, walnuts and flaxseed, which have been shown to reduce the risk of heart disease, improve immunity and reduce inflammation. Coconut oil helps to stave off colds and flu because of its natural anti-microbial properties. Olive oil and avocados are more examples of good-for-you fats.

6. No Sugar Means No Sweets.

This is one of the toughest things for people to do; but, do it they must – because obesity, diabetes, heart disease and cancer can develop with regular sugar consumption. Sugars include the ones that are “hidden” in a variety of foods that we eat every day. Any foods that contain the words corn syrup, glucose, sucrose

or lactose are foods you should stay away from. By going cold turkey and eliminating foods containing sugar for the first week, you're removing the taste of sweetness from your mind and your taste buds. Eventually, it gets much easier to avoid it and then you stop craving it altogether.

7. Scrub A Dub Dub.

Exercising and eating right aren't the only habits that will keep you healthy. Did you know that the best way to avoid getting sick is by washing your hands throughout the day so that they stay clean? When washing your hands, use warm water and lather up with bar soap or liquid cleanser for a full 20 seconds. If you're a fan of using hand sanitizer, make sure it's at least 60% alcohol. Rub it into all those nooks and crannies and keep on rubbing the sanitizer all over your hands and wrists until they're completely dry.

8. Brush Those Pearly Whites.

Believe it or not, poor dental health leads to periodontal infection, which contributes to diabetes, heart disease and even premature/low birth weights in newborns. If you're unable to brush your teeth after each meal, at least brush and floss them twice a day; once in the morning and once before bedtime.

9. Yes, The Doctor Is In.

Receiving regular health screenings throughout your life is important to your overall health and longevity. The types of screenings that your doctor recommends will depend on your age and gender. Some of the most important health screenings include an annual physical, a blood pressure and cholesterol test, a colonoscopy, mammograms, pap tests and prostate/skin cancer screenings.

10. Get Your Zzz's ...

So many people overlook this very important aspect of maintaining good health. If you don't get enough beauty sleep, you'll be setting yourself up for a slew of unpleasant health issues such as weight gain, skin problems, irritability, anxiousness, depression and cognitive issues. Lack of sleep slows down your physical and mental performance because it adversely affects your brain's ability to think critically and recall important details. It also hampers fine/gross motor skills and reaction time. Getting 7 to 9 hours of sleep each night is crucial for good physical and emotional health.

No matter where you're at health-wise, now is the perfect time of year for you to start fresh and to put yourself on the path of living a healthy and active lifestyle! Reserve a consultation with **(insert name)** for more suggestions on how to make 2018 your healthiest year yet!

Day Article #2

Preventing Dry Winter Skin



It's common for most people to have dry skin during the winter months. Did you know that you can prevent dry, flaking, itchy and/or cracking skin? Yes, you can!

When the weather outside is frightful, it's very tempting to take long hot showers or baths, because it feels so good for your skin to be soaking in soothing water that makes us feel warm. However, exposing your body to hot water for too long can be extremely drying to the skin. Keeping your baths and showers short (no more than 15 minutes) and using warm water instead of hot water will ensure that your skin will retain its own moisture.

The skin around your eyes as well as other areas of the face is thin and requires gentle cleansing and regular moisturizing to keep skin soft and supple. Applying eye cream and face cream often during the winter will keep dry skin (and wrinkles) at bay.

As for itchy and irritated skin, switching to a mild cleanser also can help reduce or eliminate the itchiness associated with very dry skin. After your bath or shower, be sure to gently pat your skin dry with a clean soft towel and apply an ointment, body oil or moisturizing body lotion immediately afterwards. Take special care not to rub your skin dry with a towel as this can irritate it and exacerbate itching and flakiness.

Always check the ingredients in skin care products because deodorant soaps and cleansers, alcohol-based toners and products that contain fragrances can irritate dry, sensitive skin. Purchasing products from the spa guarantees quality.

Most people tend to wash their hands more often in the winter time to get rid of potentially harmful germs and bacteria. If you do wash your hands a lot, apply a moisturizing hand cream afterwards. If your hands are extremely dry and require more attention, dabbing petroleum jelly on them at bed time is a good way to repair dry, cracking skin overnight.

Using a humidifier to add moisture to the air in your home is another important step to preventing dry, itchy skin. You also can wear soft fabrics that breathe, such as 100% cotton. If you wear wool or other rough fabrics, you should wear a soft fabric underneath.

Keep your skin moisturized and glowing this winter by following these helpful suggestions! For more information on how you can have soft, supple skin during the winter and year-round, reserve a consultation with **(insert spa name)** and let us help your skin look and feel its very best!

Healthy Recipe

After indulging in all the delicious high calorie dishes and sugary treats this holiday season, it's time to detoxify your body from the inside out with this healthy, hot and savory Chicken Detox Soup!

Chicken Detox Soup



Prep Time: 20 min. | Cook Time: 45 min. | Servings: 4

Ingredients:

- 2 skin-on bone-in chicken breasts (about 1 1/2 pounds)
- 1 lemon, sliced
- 1 4-inch piece fresh ginger, peeled and sliced
- 2 stalks of scallions, chopped
- 1 shallot, peeled and halved
- 1 bay leaf
- 1/2 teaspoon black peppercorns
- 1 dried Thai chili
- Kosher salt

Directions:

- 1) Add chicken, ginger, shallot, bay leaf, black peppercorns, Thai chili and 1 teaspoon salt to large Dutch oven or soup pot. Add 6 cups cold water and place over medium heat.
- 2) Bring soup to a simmer and skim off any residue that may come to the top. Reduce heat to low; cover and cook 45 minutes or until chicken is cooked thoroughly. Turn off heat and allow soup to cool for about 30 minutes.
- 3) Remove chicken from soup and shred the meat, discarding bones and skin. Strain the stock, discard solids and return liquid to pot.
- 4) Add shredded chicken back into the stock along with lemon slices and scallions and bring soup to a gentle simmer over medium-high heat. Serve immediately and enjoy!