

## JANUARY DAY SPA FACEBOOK

### Monday, Jan. 1

Happy New Year! May this year bring you happiness, good health and prosperity! Make sure you include spa visits in your 2018 plans!



### Tuesday, Jan. 2

We have lots going on at **(enter name)**. Take a moment and read about all the excitement in this month's e-zine! Enjoy!



### Wednesday, Jan. 3

Hopefully, you've recovered from the party. It's time to detox. We're your SPArty spot for all your treatments and products! And, if you have a gift card to use, what are you waiting for?



### Thursday, Jan. 4

OK, you've had a few days to think it over. What is your unique New Year Spa Resolution? And remember to buckle down and stick with it. If you can get past "ditch day" on January 17<sup>th</sup>, it's clear sailing! We believe in you!



### Friday, Jan. 5

Overwhelmed by added stress in your life? Start your year off right by getting stress under control so you can live a happy, carefree life! Get a massage today!



**Saturday, Jan. 6**

Need a manicure after taking down all the holiday decorations? Give us a call!



**Sunday, Jan. 7**

A diamond anniversary doesn't happen every year. But tonight, the Golden Globes turn 75. Let us know your choices for best motion picture, actress and actor. We can't wait to see the extravagant dresses, hairdos, glowing skin and makeup!



**Monday, Jan. 8**

Today is Bubble Bath Day. Stop by the spa for some fresh-scented bath bombs so you can relax and enjoy some quiet time. You deserve it!



**Tuesday, Jan. 9**

It's time for the public to recognize the people and the work of popular culture with The People's Choice Awards. Do you make it a point to watch this show, or is it just another awards show?



**Wednesday, Jan. 10**

Are your spa gift cards just sitting around? Three words: Use them now!



**Thursday, Jan. 11**

What a perfect time to assess your skin and the products you are using! Reserve a consultation and bring your current skincare products to the spa so we can customize the appropriate plan for 2018! Reserve today and receive a complimentary consultation with product assessment.



**Friday, Jan. 12**

Ready for the weekend? Here's a fun challenge for the whole family! Try something new each weekend, with no repeats! Eat new foods, play a new game as a family and visit places you've never been before!



**Saturday, Jan. 13**

January is National Blood Donor Month. What a wonderful opportunity to save a life! Visit [redcross.org](http://redcross.org) to donate blood, donate funds or volunteer your time so you can make a difference in the life of someone else.



**Sunday, Jan. 14**

Looking for something to do today? It's Dress Up Your Pet Day. Why not pamper your pet as if you were getting a spa treatment? Submit your pictures and receive an enhancement on your next visit.



**Monday, Jan. 15**

Did you know? Martin Luther King Day was created in 1983 and first observed in 1986. Today, Americans are encouraged to volunteer to help others less fortunate than themselves.



**Tuesday, Jan. 16**

Don't miss out on the exciting promotions we have prepared for you at the spa this month! Take advantage of the fantastic values. Hurry!

**Wednesday, Jan. 17**

Guys, it's time to step up to the plate! Take a look at five skincare mistakes most men make!  
<https://www.themotley.com/magazine/5-skincare-mistakes-most-men-make/>

**Thursday, Jan. 18**

It's still early in the year and there's still time. Here's a reminder and interesting tidbit: The Latin name for this month, "Ianuarius," comes from the word for door, "ianua," because it is seen as the door to a new year. How appropriate!

**Friday, Jan. 19**

Every new season introduces new trends in fashion! What's your favorite style for winter? Need some chic, winter outfit, fashion tips so you can look great while staying warm? Check out Vogue: <http://www.vogue.it/en/fashion/>

**Saturday, Jan. 20**

Forget the meds! Get a massage! Did you know that massages create more relief than muscle relaxants, nonsteroidal anti-inflammatory drugs and painkillers? Reserve your treatment today!

**Sunday, Jan. 21**

Where are the top places to go skiing? Does your family go every year, or every few years? Newbies – we can help you, too! Check out this: <https://www.inthesnow.com/north-america-2018-ski-travel-guide/>



**Monday, Jan. 22**

Want stronger nails and thicker, healthier hair? You are what you eat! To learn what foods to eat for beautiful hair and nails, visit <https://www.healthyfood.co.nz>



**Tuesday, Jan. 23**

Give your skin the makeover it's been craving! Enjoy a hydrating facial & stop hiding from the season's elements!



**Wednesday, Jan. 24**

It's quite simple: "The beginning is the most important part of the work." – Plato



**Thursday, Jan. 25**

Is the cold weather getting to you? Bring a friend and warm up with us!



**Friday, Jan. 26**

Do you have dry, flaky, itchy, winter skin? Don't forget to hydrate with a great moisturizer. Reserve a treatment today and get a great moisturizer!



**Saturday, Jan. 27**

The new year is a great time to experiment with different makeup looks! What's your favorite winter makeup color?



**Sunday, Jan. 28**

During the month of January, many of us are trying to shed a few pounds. Here's a healthy tip: Eat 5-9 servings of fruits and vegetables each day. Not only do they supply you with the fiber your body needs, but they help keep you full so you don't overdo it at meal times. Nutritious and delicious!!

**Monday, Jan. 29**

Rough weekend? Reserve a massage. You know you KNEAD it!

**Tuesday, Jan. 30**

Do your eyebrows need reshaping? A waxing treatment will add shape and definition. It will make your eyes look bigger and improve your overall appearance!

**Wednesday, Jan. 31**

Backward Day is a day to do everything backwards. Use your imagination. If you usually get a massage, get a facial treatment. Exercise in your work clothes. Be creative and make it fun! Don't be a penguin (penguins cannot walk backwards)!



