

# DAY SPA

## Friday, June 1

Type of content: Link

Content: The June e-zine is here! We know you want it ... **[Insert e-zine link]**

Image:



## Saturday, June 2

Type of content: Promotion/Image

Content: Father's Day promotions are here! Swing in and pick a few up for those dads who deserve some relaxation.

Image:



## Sunday, June 3

Type of content: Link/Engagement

Content: Here's a quick, three-day summer detox to boost energy and rid yourself of bad eating habits. Tell us if you try this! <https://goop.com/wellness/detox/a-quick-three-day-summer-detox/>

Image: Link will populate image

## Monday, June 4

Type of Content: Post/Image

Content: The Gentlemen's Facial is designed specifically for men to cleanse, exfoliate and soothe skin from environmental stress and irritation. Guys, stop by the spa for your treatment.

Image: 499542103



## Tuesday, June 5

Type of content: Post/Image

Content: Looking for a unique gift for that upcoming bridal shower or as a hostess gift? Shop the spa's amazing product selection!

Image: 604980218



### **Wednesday, June 6**

Type of content: Post/Image

Content: Need an excuse to get out with the ladies? We've got you covered! We have custom group packages, so gather up a few friends and reserve your appointment!

Image:

551148928



### **Thursday, June 7**

Type of content: Post/Image/Promotion

Content: If you're tired of skin irregularities, uneven skin tone, large pores, etc., come in and see us for a specialty facial treatment. Welcome fresh new skin with no downtime and immediate results. Reserve a consultation. We are here to help!

Image: 323888861



### **Friday, June 8**

Type of content: Post/Image

Content: Just a friendly reminder to use sunscreen this weekend! Stop in and pick up a couple of bottles of sunscreen before you head out in the sun. #wearsunscreen #everyday #wefeellikeyourmom #onlybecausewecare

Image: 673771618



### **Saturday, June 9**

Type of content: Promotion

Content: Tired of shaving? Allow us to help you with a professional waxing! Bikini, legs, underarms, chest, back. We can wax it all! Stop spending time shaving every day and enjoy weeks of hair-free, smooth, summer-ready skin!

Image: 326073434



### **Sunday, June 10**

Type of content: Gif

Content: Stay cool like these cuties when you see us for an invigorating hydration facial!

Image:



### **Monday, June 11**

Type of content: Post/Image

Content: #monday #happyday #motivation

Image:



### **Tuesday, June 12**

Type of content: Image/Engagement

Content: Need a refreshing summer breakfast idea? Try blending veggies, fruit and coconut milk for a healthy and delicious morning breakfast! You can use any combination, but we personally love to add spinach and kale. Share yours below if you have a recipe you love!

Image: 569546809



### **Wednesday, June 13**

Type of content: Image/Post

Content: Feeling stressed? Tension settles into your face first, so it's important to relieve that stress. Reserve a massage. It will make you feel better!

Image: 259668071



### **Thursday, June 14**

Type of content: Meme/Post

Content: Still need a gift for dad? Give the dads in your life the best gift: A trip to the spa! We have several promotions for you to take advantage of!

Image: 642355231



### Friday, June 15

Type of content: Image Poll/Engagement

Content: What is your favorite treatment?

Nails OR professional waxing

Share it with a friend!

Image: 210716788. 444438916



### Saturday, June 16

Type of content: Meme/Image

Content: Rest your mind but move your body. #motivation

Image:



### Sunday, June 17

Type of content: Post/Image/Engagement

Content: Happy Father's Day! Keep on keeping on, dads! You are so important. Share some love! Post a pic of you and your dad!

Image: 643869016

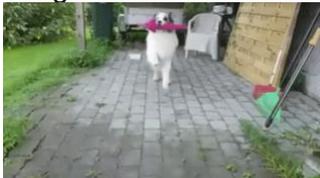


### Monday, June 18

Type of content: Gif

Content: Get in a good mood like this guy! #skiptomylou

Image:



### Tuesday, June 19

Type of content: Image/Promotion

Content: It's wedding season! Look your best! Choose from exclusive bridal packages. Message us here or call for more details. Mention you're the bride or groom and get a complimentary gift from us!

Image: 284165645



### Wednesday, June 20

Type of Content: Post/Image

Content: Is your furry friend joining you Friday? #bestholidayever #wewantpics

Image:



### Thursday, June 21

Type of content: Promotion

Content: Skin feeling dehydrated this summer? Refresh and rehydrate with a re-energizing summer facial!

Image: 324723335



### Friday, June 22

Type of content: Post/Image

Content: Learn to say no (And be okay with it!)

Image:



### Saturday, June 23

Type of content: Post/Image

Content: Fourth of July is the perfect time to customize those nails! If you're ready for festive fingernails, you can message or call us to reserve an appointment.

Image: 417204688



## Sunday, June 24

Type of content: Post/Image

Content: This week we're sharing tips for beautiful summer skin. For more fun tips like this, sign up to receive the monthly e-zine!

**Drink Water.** This is obvious, we know. But you would be amazed at the number of people that aren't drinking enough water for their body. Your skin needs hydration. While other fluids do help, the absolute best thing you can drink is plain, filtered water. This is especially true during the summer when you're losing fluid through sweat. A good rule of thumb we use is to drink half of your body weight in ounces of water. If it's hard for you to keep track, keep tally in your phone or at your desk at work.

Image: 403780948



## Monday, June 25

Type of content: Post/Image

Content: Tips for beautiful summer skin, continued!

**Avoid Mid-Day Sun Exposure.** The strongest sun rays are out from 12:30 p.m. to 3:30 p.m. Your skin is at its highest risk of skin cancer when it is exposed during these hours. The best time to be in the sun is in the early morning from 7 a.m. to 9 a.m. or in the evening when the sun is setting. Fun fact! Only the early morning and evening sunlight produces UVA light, which helps your skin create Vitamin D. Once you get closer to mid-day, you no longer have the Vitamin D benefits. Nothing beats being outside on a beautiful sunny day. However, it's important to minimize your exposure and protect your skin.

Image: 97745612



## Tuesday, June 26

Type of content: Post/Image

Content: Tips for beautiful summer skin, continued!

**Apply Sunscreen. Repeat. All. Day. Long.** This is the most important skin tip we can give you. Stock up on sunscreen and always carry one in your purse/vehicle. We recommend you purchase at least 50 SPF. Apply and reapply every 4 hours or potentially more if you have been sweating or are in the water. No matter what you might be doing out in the sun, we can't stress the importance of sunscreen enough. If you need a good, quality sunscreen, visit us. We carry everything you need.

Image: 404370250



### **Wednesday, June 27**

Type of content: Link/Image

Content: It's the season for a road trip! Where are you headed? Here are a few tips for a successful road trip: <http://www.travelandleisure.com/trip-ideas/road-trips/how-to-have-best-road-trip-ever>

Image: Image will populate with link.

### **Thursday, June 28**

Type of content: Post/Image

Content: Reserve a spa day to relax and refresh after you return from a weekend of Fourth of July debauchery. Go have fun! We will be here for you when you get back!

Image: 754946356



### **Friday, June 29**

Type of content: Engagement/Link

Content: Have you used dry shampoo? It's the perfect product for summer when you need a quick refresh. We can recommend the best one for you.

Image: 459775861



### **Saturday, June 30**

Type of content: Promotion/Image

Content: Struggling with acne? Do you have a teen frustrated with their skin? Experience an acne support facial! It will balance the skin, cleanse impurities and hydrate. Plus, we can recommend the best steps and treatments to get rid of acne.

Image: 260043224



### **Extras**

Content: Say hello to bright, hydrated, soft skin! Reserve a deep exfoliating facial and welcome summer with a fresh face!

Image: 794935534



Content: When I'm feeling stressed, I love to use my go-to oils for relief. What are your favorite oils?

Image: 549749782

