

Day Spa

## Welcome to November



November is notorious for turkey, pie and Black Friday. Thanksgiving is always a good reminder to voice thankfulness every year. As we sit around a table filled with good food (did we mention pie?), and family and friends, please make sure those special people in your life know you're thankful for them. After all, what is life without those who mean the most to us (and a little shopping for Black Friday, Small Business Saturday and Cyber Monday)?

Black Friday savings are BIG, so you'll want to check out this month's spa promotions before you do anything else! We're excited to promote special savings, plus so much more!

Remember, these are the BEST deals you will receive all year, so put us at the top of your shopping list.

November is the gateway to the holidays, and it's a season that can be very busy and stressful. Take time to relax, give yourself much-needed grace and visit us for a respite from the holiday madness. 'Tis the season to step-up self-care. Cheers!

## Treatments Featured this Month

**GET READY FOR BLACK FRIDAY!**

**Spoil Your Family And Friends**

Purchase \$100 in gift cards and receive four \$25 gift cards FREE! Only available on Black Friday, November 23rd!

That's \$100 in gift cards FREE with the purchase of \$100! (certain restrictions apply)



**NOTE: ONLY SELECT IF YOU'RE OPEN NOVEMBER 24<sup>th</sup> (SATURDAY)**

### SMALL BUSINESS SATURDAY

**Purchase One Treatment And Receive One Treatment at 50% OFF! (certain restrictions apply)**

Stop in and snag this deal on Saturday, November 24<sup>th</sup>, as a thank you for supporting local businesses!

**Choose from any treatment in the spa! We can't wait to see you!**



**TAKE OUT LAST LINE IF CLOSED MONDAY**

### CYBER MONDAY CELEBRATION

**Purchase A \$100 Gift Card And Receive A FREE \$30 Gift Card! Online Only!**

Seasonal savings are simple on November 26<sup>th</sup>. Purchase online and pick up in the spa!

**Also, stop in Monday (Nov. 26<sup>th</sup>) for surprise specials in the spa! (certain restrictions apply)**



### Black Friday Promotions

#### Get Your Shopping Done Now!

A spa treatment is the perfect gift for that special someone. Help your family and friends discover relaxation at its finest. Don't delay! And save!

Purchase a \$500 gift card and receive a \$100 gift card.

Purchase a \$400 gift card and receive a \$75 gift card.

Purchase a \$200 gift card and receive a \$50 gift card.  
Purchase in November and redeem by the end of January!



### **Glow, Baby, Glow**

#### **Fresh Facial Treatments For You!**

Your skin will be luminous during the holidays with a specialized facial treatment designed to restore moisture, reduce fine lines and wrinkles, and reveal a beautiful radiance!

**Purchase any facial treatment and receive a complimentary enhancement!**



### **Is Dealing With The Holidays Stressing You Out?**

#### **Relax and Enjoy The Holidays Your Way At The Spa!**

We've got the secrets to making your holiday months magical. Clear your calendar and indulge in a relaxing day at the spa. Choose any treatment combination and we'll provide a healthy lunch to enjoy mid-pamper!

**Purchase any three treatments and receive a \$50 GIFT CARD!**



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**Read On To Win the Gift-Giving Game This Holiday Season**

Yes, we're biased, and yes, these glorious gifts all originate from the spa. But honestly, you won't find a more versatile, present than what we offer. So why not make it easy on yourself and surprise everyone on your list with gift-giving goodness!

### **Makeup**

It's the perfect gift for a special woman in your life! If your teen is tired of getting clothes and pajamas for the holidays, spice up her holiday with these pretties in a gorgeous gift box: luxurious lipstick, shadow palettes, flawless foundation and powder. These ultimate cosmetic tools will make you say "ahh!" so pop in to see them in person!

### **Body Scrub & Moisturizer**

If your gift is for a guy or gal who loves to spa at home, the scrub and moisturizer set is spot on. You can even choose the combo you love best to personalize your present. Select from several different products to browse (and sample!). As we usher in drier air, you can help your friends and family banish their winter blues beautifully.

### **Massage**

We all know that one person who spends time on everyone else except themselves. (Hint: moms and dads!) Offer the ultimate gift of relaxation and comfort with a signature massage. Presenting a spa certificate is personal and thoughtful. We have yet to hear of a recipient who wasn't absolutely thrilled at the prospect of a little extra "me" time.

### **Facial**

Select from several limited-time, seasonal facials that make the perfect refresher for your busy, on-the-go friend or relative. Facials are also a super gift for teens (especially those with problem skin). What's better than the promise of silky pores?

### **Hands And Feet For the Win**

If you have a practical man in your life, consider gifting a hand and foot treatment. This is especially great for someone who works on their feet or for that nurse in your life whose hands are always dry and chapped. The fabulous foot scrub and hand treatments are meant to return your skin to balance with smooth, softening results.

### **Gift Card & Gift Combination**

Gift cards are the best selection for those friends and family who are difficult to shop for. A gift card gives your recipient the treatment option that best fits their lifestyle. This is exactly why we stocked up on elegant, wrapped gift card boxes. And don't forget to follow us on Facebook

because we'll be sharing irresistible specials on gift cards within the next few weeks. Didn't we tell you we have the holidays all wrapped up for you?

Pride yourself on custom touches? We'll help you put together a signature treatment experience for that special person on your list. You can never go wrong gifting self-care and self-love with a trip to the spa. But then again, did we mention we're a tad biased?

Reserve any one of these treatments or purchase a gift card for the holiday season.



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## Bringing Harmony To Your Home: How to Create A Space You Love

Your home is a retreat to recharge your body and mind. Take a moment to assess how you feel when you're there. Does it reflect the energy you desire? If not, that's okay, these easy tips will turn your ho-hum home into a place with pizzazz!

### 1. Know which rooms matter to you

Where do you spend your time? Put your energy and resources into making your haven a heaven. Maybe you need a few more plush pillows or a cozy throw for your designated spot on the couch. Small touches can make big differences in how you regard your residence.

### 2. Let your home bring you joy

Make a list of what you enjoy doing in your home. This should be easy to do. If not, then it's time to make your home (and existence!) more joyful. Your list should be full of easy and relaxing activities like reading books, finding inspiring quotes to stencil in your bedroom, taking baths, baking in your sunny kitchen, etc. We got you started ... keep going!

### 3. Clean and organize

It may seem like a no-brainer, but the routine of organization is paramount to a peaceful pad. Cluttered or disorganized digs add to your daily stress. It's not always easy to stay on top of it when you have a family, but take a few minutes each day to pick up and you'll be amazed what it does for your psyche. Suddenly, you're invincible and ready to tackle the rest of your to-dos. Seriously, the 10-minute tidy is a habit everyone in the family can practice.

#### **4. Invite friends and family**

Sharing your home with others for dinner parties, book clubs or even just to chat over coffee livens up your home's energy. It's one of the simplest and most enjoyable ways to pep your place up. Give it a go by hosting a holiday get-together.

#### **5. Treat Yourself**

Have you been eyeing a new, kitten-soft sweater, or a sassy pair of kicks at the store or online? Purchasing something special for yourself is a great motivator to tune up your closet ... especially if you have been avoiding it for months. Sound like anyone you know? Set a goal, finish it, then treat yourself as a reward! Yes, adults can use incentives as motivation, too!

#### **6. Change is Okay**

Have you made your home a happy place only to decide you'd really adore a different coffee table, or you'd like to switch up the colors in your bedroom? That's uber-cool! Don't waste time on guilt when the fact is the design and style of a home is fluid and *should* change over time based on your likes and dislikes. Don't be married to what's in your home if you don't like it anymore. Just as we evolve, homes should, too!



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



(These can be personalized or use suggestions)

Product We Love: **(Put Yours Here)**



Music Playing While We Work: "Girls Like You," Maroon 5 featuring Cardi B



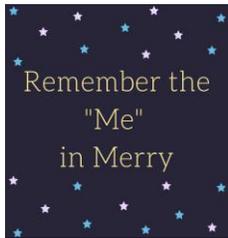
We could play this on repeat. And Adam Levine isn't bad on the eyes, right?!

What We're Crushing On This Month: Rain Showerhead



We're convinced there's not one person on this earth who doesn't love a long, hot shower to relax and unwind. A rain showerhead is one of the best investments you can make for your self-care. What makes it so different? Larger, softer droplets of water drench you in a luxurious, spa-like shower EVENT. Yep, we're swooning over a showerhead over here!

### **November Self-Care Tip: Remember the "Me" in Merry this Holiday Season**



This time of year can bring out stress in all of us, but it's important to remember that celebrating the holidays should be joyful and fit YOUR ideal of celebration -- not anyone else's. If that means saying no to hosting, or any or all the extra activities, then do it! Stick to what makes you and your family happy.

### **November Recipe:**



### **Leftover Turkey and Swiss Panini**

Use this with your leftover turkey, or try deli slices, too. It's delish both ways!

#### **Ingredients**

1-1/2 cup Leftover Turkey, Shredded

1/2 cup Leftover Cranberry Sauce

1/4 cup Chopped Pecans

2 Tablespoons Fig Or Apricot Jam

4 Tablespoons Dijon Mustard

8 slices (thick) Swiss Cheese

8 slices Sourdough or Other Bread

8 Tablespoons Butter

**Directions**

Spread all bread slices on one side with fig jam and Dijon. Top four slices with turkey.

Mix together cranberry sauce and pecans, and spread over the turkey. Top with slices of Swiss cheese. Top with the other four slices of bread with the jam/Dijon side down. Spread both sides generously with softened butter and toast in the panini press (or in a heavy skillet, pressing with a spatula as they cook). Slice in half and serve.

\* Recipe courtesy of The Pioneer Woman