

Day Spa

Welcome to October



Goblins, ghosts, ghouls, oh my! Halloween is around the corner but there is so much to be excited for in October (enter: pumpkin everything and International Coffee Day that just happens to go hand in hand with World Vegetarian Day on the first! Coffee is a bean, after all!). We welcome basketball and hockey back to the calendars, and sit not-so-patiently through nine innings of the World Series. October also marks Breast Cancer Awareness Month, so please take time to get checked (this includes men!) and remind your friends.

Historically, Germans called October Wein-mond, meaning wine month, and we fully intend to celebrate this history. Cheers! See you soon at the spa!

Treatments Featured this Month

FOR A CAUSE

It's Breast Cancer Awareness Month!

Reserve a treatment this month and purchase a retail product, and we will donate 10% of the revenue to the breast cancer foundation!

Look better and feel better! What a great combination!



Need A Rejuvenating Mask For Softer Skin?

Leave The Scary Faces To Halloween!

It isn't just dry skin that craves the love of a pumpkin facial mask and a facial. All skin types benefit from cleansing, soothing and moisturizing. No more scary faces! Instead, try a customized facial.

Purchase a customized facial this month and receive a complimentary eye treatment (a value of \$_____).



Need To Refresh And Reset Before The Holidays?

Experience Therapeutic Renewal, Body Polish And Massage!

Begin preparing for the holiday season by relaxing and renewing. Soak away stress with special aromatherapy salts. Bring brilliance back to your skin with a body polish and end with a revitalizing massage.

Receive **triple loyalty points** or receive a **body brush** when you purchase.



Have A Teen Guest To Bring With You?

Introducing Young Spa Treatments For Teens!

Enjoy the spa together, with customized treatments for the youngest guests! Instill self-care at a critical age and pamper yourselves together for a special memory. Choose from one or more of the following: pumpkin facial, acne facial or massage.

Reserve with a teen and receive a COMPLIMENTARY GIFT for both of you.

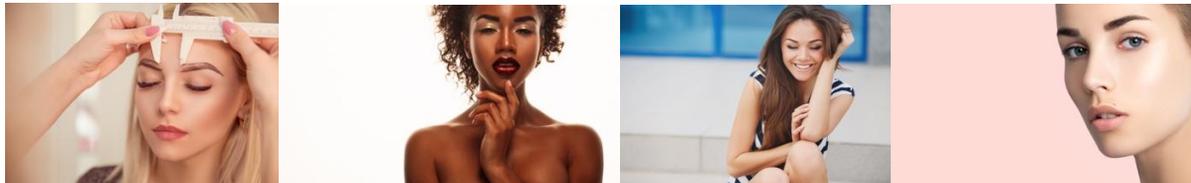


Out Of Love With Your Eyebrows?

Give Your Brows A Makeover With Microblading

This might be the best purchase you make in 2018. We aren't kidding. Microblading is a form of semi-permanent tattoo that applies pigment under your skin for picture-perfect brows that require zero maintenance. Let's just say you'll be the queen of #eyebrowgoals!

Purchase microblading and receive a \$50 GIFT CARD!



6 Ways To Help Prevent Breast Cancer

One in eight women will develop breast cancer, according to the American Cancer Society. It's a scary statistic when you think about it. Put eight of your friends in a room and statistically, one will be diagnosed. That's why, in honor of Breast Cancer Awareness month, we're sharing easy steps you can take to help prevent this awful disease from entering your life. Because, let's be honest, prevention is so much easier than treatment!

1. Exercise.

Not exercising enough is a common theme with almost every disease, it seems. And for good reason. Moving your body helps control your weight. Women with more fat in their bodies naturally have more estrogen, and estrogen can create cell overgrowth which may lead to cancer.

The takeaway? Move your body! Don't stress about how much or how little, just make time every day for some type of exercise. If you aren't much for strenuous workouts, go on a daily walk or use your stairs to fit in a 10-minute workout.

2. Know Your Family Cancer History

You might know your mother's and father's histories, but find out more about your extended family as well. Grandparents, aunts, uncles and cousins especially. Five to 10 percent of all cancers are hereditary, according to the National Cancer Institute. It's important to recognize that abnormal genes can cause multiple different cancers, so remember to look at all cancer history, not just that of breast cancer.

3. Limit Alcohol

This might be an unpopular tip for you wine lovers out there, but according to the National Institute of Health, indulging in three or more alcoholic drinks per day increases your risk 1.5 times compared to someone who doesn't drink. We aren't saying, go cold turkey! Trust us, we love vino, too. Go ahead, enjoy a cocktail with dinner, but limit the amount you drink on a regular basis.

4. Eat Good Food For Your Body

There is so much research supporting that a healthy diet can prevent so many diseases, cancer included. Your risk of cancer is lower if you follow a diet full of vegetables and fruits. The American Cancer Society suggests 2.5 cups of fruit and veggies each day. Carotenoids and cruciferous vegetables are both said to contain nutrients that curb cancer's growth. But what are they? It's a safe bet if you see a vibrantly colored fruit or veggie, it contains carotenoids because that's what creates the vivid pigment. Cruciferous veggies are a more diverse group but cauliflower, broccoli, bok choy and brussel sprouts will give you a good start! It's so easy in the current culture to eat food that negatively affects health. The power of a healthy diet can do incredible things for your body and your mind! Besides, don't forget, you're worth it!

5. Avoid Unnecessary Screening

Screening for breast cancer is recommended beginning at 50 (sometimes 40). If you don't have family history and you are doing your regular breast exams, there is no need for early screening and sometimes it's better to avoid it. The radiation used in mammograms is actually a risk factor for breast cancer. That is why it's best to follow guidelines unless your physician says otherwise!

6. Breastfeed Your Babies

Surprise, breast is best for your health, too! If you're in the child-rearing stage of life, pay attention! Women who breastfeed consistently for the first six months of their baby's life have a significantly reduced risk of breast cancer. How can this be? A woman typically doesn't menstruate while breastfeeding, which lowers the number of cycles in her lifetime and the amount of estrogen in her body, too.

Taking care of yourself starts with simple steps, but it can affect your long-term health. Follow the above tips and talk to your doctor about additional ways to prevent breast cancer. When all else fails, early detection is the key to treating and living a full life. Remember those monthly breast exams and make time for a yearly visit with your OBGYN. Please share this article with other women you care about! You just might save a life!



5 Common Skin Problems And Solutions

Flawless skin takes work. While it's true there are a few lucky people that don't need to put effort into their perfect, clear skin, the majority of us do. As we age, this becomes even truer, because we try to fight off wrinkles and a host of other skin concerns that arise with aging (and by aging, we mean anyone over 30). Below, we've rounded up some of the most common skin problems we see at the spa, and the easy solutions to combat them!

1. Acne

It doesn't just affect young people. Acne is a frustrating problem for adults as well. Humidity, stress, diet, sweating and bad hygiene can cause acne. A lot of treatments are out there but we recommend beginning with a healthy diet, good hygiene habits (wash your face daily), and coming in for regular facials to deep clean your pores as you remove the impurities from your skin. If you're lost when it comes to the best products for your face, we will recommend what will work for your skin type. Just ask! The spa team is well-versed on the products we offer!

2. Eczema

It's estimated that over 30 million Americans have eczema, and it's often much more than just a frustrating patch of skin. It can be itchy, and scratching can cause more problems like swelling, redness, cracking, oozing and overall unsightly skin. It is so important to keep skin moisturized with the right products and also to try to address the cause of eczema. Unfortunately, many doctors simply treat the symptoms, opting for prescription treatments instead of looking into the root cause. We can help you combat these irritations and find your way to soothing, silky skin.

3. Rosacea

Rosacea's trademark is redness. Red cheeks, red nose and red chin. This inflammatory skin disease is frustrating and worsens if left untreated. It's important to address factors that might trigger flares such as the sun, certain foods, and products with skin-disagreeable ingredients.

4. Sunburn

Ah, we've all had that moment where we've looked in the mirror to confront bright, angry skin glaring back at us. Sunburn is no joke and it hurts like heck! It's also damaging to your skin and

can lead to future problems. The number one measure you can take, of course, is preventing potential damage with sunscreen. The next best thing for a sunburn is Vitamin E cream, which helps to repair your skin after a burn. If you've been scorched multiple times in the past and have sun-damaged skin or sun spots now, we can use several different treatments as remedies. When you're ready, let's walk through a complimentary consultation of your options!

5. Wrinkles

This is the evidence of aging that none of us will escape: wrinkles! And what's the number one cause of wrinkles? Cigarettes! Put an end to smoking today, for your skin and for innumerable other reasons. You can prevent wrinkles by using a moisturizer daily, wearing sunscreen and taking care of your skin to keep it healthy. To find out more about revitalizing skin and reducing wrinkles, let's discuss the treatments tailored specifically to wipe out your pesky wrinkles. Give yourself some love and self-care by addressing these skin concerns. Visit the spa and we will help you! Or if you want to chat about anything mentioned above, give us a call.



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



(These can be personalized or use suggestions)

Product We Love: Bold Lipstick!

The bolder the better! Get ready for transformation in its simplest form. The right lipstick can bring out a whole new you, so slick on a brighter shade this fall. If you need suggestions or aren't sure what color is right for you, just ask. We're happy to give you a few pointers.



Music Playing While We Work: "Rose In Harlem," Teyana Taylor

Taylor's moving song is about rising up against the darkness. We love her sound.



October Self-Care Tip: Take 10 Minutes Every Night To Pamper Your Skin



Make your skin a priority and you'll notice a change within a couple of short weeks. Plus, being intentional feels good. It's a relaxing and refreshing way to end your evening, scrubbing the day from your face and starting anew at night. Skincare is an act of reinvigorating self-love and we can all use more of that!

Animals Doing Human Things

Are you dressing up your pet for Halloween? This dog is ready for some treats!



October Recipe:



Squash Soup

Nothing says fall quite like soup, and we're having a love affair with squash soup. This one is so healthy and so delicious!

Ingredients

3 to 3 1/2 pounds butternut squash, approximately 2, seeded and quartered

Unsalted butter, melted, for brushing

1 tablespoon kosher salt, plus 1 teaspoon

1 teaspoon freshly ground white pepper, plus 1/2 teaspoon

3 cups chicken or vegetable broth

1/4 cup honey

1 teaspoon minced fresh ginger

1/2 cup heavy cream

1/4 teaspoon freshly grated nutmeg

Directions

* Heat the oven to 400 degrees F. Place the squash on a sheet pan, brush with butter, season with 1 tbsp salt and 1 tsp of pepper. Roast for 30 to 35 minutes, or until soft and tender. Scoop flesh from the skin into a 6-quart pot. Add broth, honey and ginger. Place over medium heat and bring to a simmer for approximately 7-8 minutes. Using a stick blender, puree mixture until smooth.

* Stir in cream and return to simmer. Season with remaining salt, pepper and nutmeg.

* When blending hot liquids: Allow to cool for at least 5 minutes. Transfer to a blender or food processor and fill no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions.

* Recipe courtesy of Foodnetwork.com (Alton Brown)