

Day Spa

Welcome to September



September is refreshing. It's also a time to refocus your energy with a well-deserved Labor Day holiday. September is the welcome month for Autumn, it's when kids are in their daily school routine (try not to look too excited when they hop on the bus!) and it's the start of a new football season.

At the spa, we are feeling giddy because we start gearing up for holidays. So keep an eye out in the coming months as we unveil some pretty amazing offers. This month, the theme is rejuvenation and we have the perfect specials and treatments to balance your busy life. We will see you soon!

Treatments Featured this Month

Need To Remove Summer Damage?

Let A Body Scrub Work Wonders!

Talk about the perfect combination — the relaxing power of a massage with the exfoliation benefits of a body scrub. Rediscover skin that is fresh, smooth, moisturized and soft. This combo will leave you smiling!

Purchase a body scrub and a massage for only \$_____ (a value of \$_____)!



Peel Away Summer Damage!

Improve The Appearance Of Your Skin!

As summer comes to an end, there will be less time for soaking in the sun. The fall is a great time to rejuvenate your skin with peels.

Reserve a series of 3 facials and receive a complimentary eye treatment (a value of \$_____)!



Clogged Pores And Acne Troubling Your Teen?

Boost Appearance And Confidence With A Teen Facial!

Teen skin can be frustrating and unpredictable. We tailor each facial to the individual based on skin concerns and needs. The teen facial is perfect for soothing skin, calming redness, reducing breakouts and cleansing impurities.

Reserve a teen facial and receive a complimentary gift for your teen!



Are You Feeling Dry And Sun-Damaged From Summer?

Feel Fabulous With A Fall Renewal Retreat!

Give your mind and body a boost with rejuvenating fall spa specials. Choose from any of the following: perfect pumpkin facial, fabulous foot scrub and foot massage, healing hand massage, eyebrow and lip waxing, and more. Send us a message to reserve your renewal!

Reserve two or more treatments and receive a complimentary gift!



Are You Still Using Your Summer Makeup?

Fall Into New Colors!

It's time to change! Bring in your summer makeup and have a consultation with us! Or reserve your makeover now and let us help you update your look!

Receive a spa credit of \$ [redacted] to be applied toward new products!



The Magic Of Mushrooms For Your Health

Somehow before the age of 10, I had a fear of the little 'shrooms growing in the backyard, thinking that if they touched my toes, I would never be the same. I realize how ridiculous that sounds now, especially as I finish off my morning mushroom supplement.

Traditional Chinese medicine would probably love to shout, "I told you so!" as the Western world boasts its brilliance in discovering the healing power of mushrooms. These fantastic fungi are packed with nutritional and medicinal value. So much so that this superfood is making its way into powder, pill and supplement forms with one broad goal: wellness. The concept of food-as-medicine couldn't be truer than with mushrooms.

So, why are mushrooms so healing? One of the most surprising facts is that as humans, we share half of genetic makeup with mushrooms. The benefit being that we can easily take

advantage of the immune-boosting benefits mushrooms provide. A few varieties you should look for are chaga, cordyceps, lion's mane, reishi and shiitake.

The numerous healing benefits are absolutely astounding. We've created a list of them below:

- Immune-boosting power
- Anti-cancer properties
- Liver protection
- Antioxidant properties
- Anti-inflammatory (improves acne, rosacea, eczema)
- Anti-viral
- Anti-microbial
- Lowers cholesterol
- Energy-boosting
- High in Vitamin D and selenium (protects skin against wrinkles, discoloration, etc.)

Eating a variety of mushrooms and even looking into supplements that include them in powder form or tea is an easy place to start if you want to benefit from these super 'shrooms!



Level Up Those Lashes With These Mascara Tips

Lash love is everywhere this year. And for good reason. There's something undeniably sexy about full black lashes accentuating your sparkling eyes.

The best part about this obsession? You can choose how to level up. The beauty market is flooded with fake eyelashes and lash growth serums. But, if you want to stick to the basics and love your lashes au naturel with a quality mascara, we've listed some tips to ensure the best application and results.

1. Mirror, Mirror

When applying mascara to the top lashes, look down at a mirror. This will ensure you don't get mascara on your skin.

2. Wiggle The Wand

Start at the root of your lashes and wiggle the wand upward toward the tips. This will ensure the mascara coats each lash, and it helps lashes appear fuller and thicker.

3. Close Up

Gently apply pressure to your eyelid to help pop out your lashes. This is the best way to get mascara to the absolute base of your lash line.

4. Give Your Lashes Wings

Instead of lifting your mascara wand straight up as you apply, try pushing gently toward your eyelid and then out toward your the corner of your eye. This will help give your lashes natural curl and will make them appear winged.

If you really want to brighten up your eyes and frame your face, come in and see us for a brow wax. The right-shaped brows will enhance your beauty even more. And as always, if you have questions about the right mascara to use, we are happy to recommend a few. Give us a call or shoot us a message on Facebook!



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

(These can be personalized or use suggestions)

Product We Love: Healing Moisturizer For Hands And Feet



With fall comes drier air and that tends to affect the skin on your hands and feet. Keep a small bottle of moisturizer in your purse or car to renew your skin when it needs some love. We have several amazing products to choose from, so come on in and pick up a bottle!

Music Playing While We Relax: “God’s Plan,” Drake



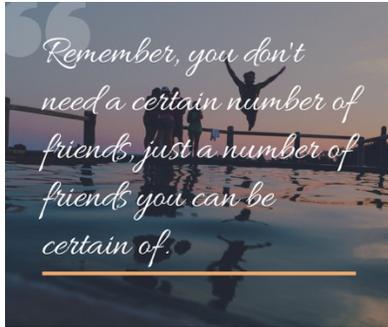
This song gives us those feel good vibes, but we love the music video, too! If you haven’t watched it, take a break from work to check it out. Drake’s video shows him surprising people with gifts, money, college tuition and more. It’s a nice switch from most music videos.

What We’re Watching This Month: *Stranger Things* (Season 2), Netflix



This is the perfect summer binge show and it has us glued to the T.V. When we’re deep in it, we forget about all the things we should be doing instead of vegging out on the couch. If you’re in need of a breather, check out this show. We promise season 2 is just as good as the first!

September Self-Care Tip: Cherish True Friends



This quote says it all! If you haven't told your friends how you feel about them, make today the day you do it. A little love can be a big day brightener and it's important to let them know.

September Recipe:



Best Ever Caramel Apple Crisp

It's September and that can only mean one thing: Apple Crisp! Need we say more?

Ingredients

Apple Filling:

5 large Granny Smith apples - peeled, cored, and thinly sliced

1/2 cup white sugar

1 tablespoon all-purpose flour

1/2 teaspoon ground cinnamon

1 tablespoon lemon juice

1/4 cup water

Crumble:

1 1/2 cups all-purpose flour

1 cup brown sugar

1 cup quick cooking oats

1 cup butter, softened

Caramel Sauce:

1 (14-ounce) package individually wrapped caramels, unwrapped

1 (5-ounce) can evaporated milk

Directions

Preheat oven to 350 F (175 degree C).

In a medium size bowl, toss apples with sugar, flour, cinnamon, lemon juice and water; spread evenly into a 8x8 inch pan. In another bowl, mix together flour, brown sugar, oats and butter; spoon mixture evenly over apples.

In a heavy saucepan over low heat, melt the caramels with the evaporated milk. Heat, stirring frequently, until mixture has a smooth consistency. Drizzle the caramel sauce over the top of the crumble.

Bake in preheated oven for about 45 minutes (apple mixture will bubble and topping will be golden brown).

* Recipe courtesy of Allrecipes.com