



## COLD AND FLU Season

Active lifestyles demand responsive minds and bodies. We don't have time to get sick and if we do, we need to get well quick! Sprayology is an innovative marriage of good science and time-honored homeopathy that can be your partner in fighting off winter illnesses and relieving symptoms should they strike! ImmunoBooster restores your natural defenses and supports the body's own capacity to fight infection. If the cold or flu bug does bite ya', reach for Cold + Flu Relief - a potion that temporarily relieves the common symptoms of cold and flu including sinus congestion, aches, chills, headache and fever.

So many of us have medicine cabinets full of this cold remedy or that flu fighter. But these are all chemicals, many with side effects! Why not have a few natural remedies at hand? All of us at The Spa of Essex have our favorites and we'd love to share our experiences with you! Give them a try...your body will thank you for it. *Makes a great stocking stuffer!*

## Experience ESSEX...

Did you know that olive oil is an excellent moisturizer more compatible with your skin than many natural remedies out there? Rich in essential fatty acids and loaded with Vitamin E, Olive Oil is one of Mother Nature's best ingredients for alleviating dry winter

## OLIVE OIL MASSAGE... Olive Oil, not just for salad!

skin. Upgrade your massage in December to one that will really nourish your whole body, our Olive Oil Massage, as well as nourish your soul with the extra 10 minutes we've added. A seventy minute massage for **\$85\*\*** Available Monday through Friday only\*\*

## THE ULTIMATE

### Gift Guide

The Spa of Essex makes gift giving a snap!! With a very stressful year coming to an end, a gift that is sure to be appreciated is one of relaxation, renewal, rejuvenation and results.

GREEN GIFT

#### #1 MONEY ON ACCOUNT

All of our current clients have an account. New client? No problem. We will make them an account. Place money on account for those you love. We will email a gift letter to you or the recipient announcing your thoughtfulness! This is a very "green" gift in that no plastic gift card, holder, envelope or gift bag is needed.

#### #2 GIFT CARD

Purchase a gift card in any denomination or for any service. Elegantly displayed in our signature gift bag with tissue, this gift is ready to go!



### Gift Giving MADE EASY

We want to make it easy on you too. Just call ahead to save time and gas! Placing money on account is nothing more than the call, but if it's a gift card or gift bag of goodies you want, we'll have it ready for you when you arrive! Order early and avoid the rush! Don't forget, we offer shipping at no charge for gift cards and a flat rate of \$7.00 for all other packages.

**Downtown Essex** is the place to be on *Saturday, December 6th, 2008* from 12pm to 5pm. Enjoyment for everyone! Shop, ride the trolley, say hi to Santa and Mrs. Claus, participate in the Silent Auction for holiday décor, wine & dine @ The Griswold Inn, etc. The Spa of Essex is fortunate to have a store front space for the day. A day of such fun and excitement is bound to exhaust you, so stop by our storefront to enjoy a complimentary chair massage. While you are resting in our Spa away from The Spa you can purchase gifts, gift cards or put money on account. The Essex Stroll is from noon until 5:00 pm and we hope to see you during our time downtown which will be from 1:00 until 4:00.

#### #3 SCHEDULE AND PURCHASE A SERVICE!

Choose a service you know they'll love and a date you hope will work and just like our gift cards, we'll wrap up an appointment card in our beautiful gift bag. Make this gift even more special for them and "you" by coming together.

#### #4 PURCHASE A SERIES

A most generous gift! Purchase a series of 5 of any one service (one type of service, clients choice) and the lucky recipient will enjoy a sixth service for free.

#### #5 SPEND SOME QUALITY TIME TOGETHER AT OUR THURSDAY NIGHT BITS

Thursday, December 20th is our last Thursday night bits of 2008. Be here to celebrate! Spend a few hours with us relaxing with your favorite bits, enjoy a light snack, some wine or perhaps some egg nog. What a great way to unwind during the hectic holiday season. You can also do some last minute holiday shopping.

## Quick Fix

A new feature to our Newsletter – **QUICK FIX** will offer you advice to address specific skin concerns.

SKIN CONCERN  
Dry/Itchy/Irritated

#### QUICK FIX

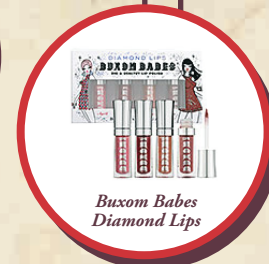
Baby its cold outside! Winter weather is brutal on our skin, both face and body. Banish winter weary skin with one of our Quick Fixes!

**FACE** – *Omega 3 Repair Complex* – to quench skin's thirst from the inside out and replace lost moisture, leaving skin glowing, not greasy. This is what is known as "Liquid Gold," or *Irritation Relief Complex* – reduces redness, hydrates and desensitizes skin.

**BODY** – *Omega Hydrator* – a luxurious, replenishing hydrator containing an organic Omega 3 Complex with nourishing apricot kernel oil, sweet almond extract, shea butter and protective antioxidants. This ultra-rich cream leaves the body supple, smooth and replenished.



OPI mini Toy Box



Buxom Babes Diamond Lips



Hand lotion



Beautifully Luminous Lashes

## SUPER Stocking STUFFERS

### Beats Coal Everytime!

**Bare Escentuals Buxom Babes Diamond Lips** – Creates the look of fuller lips with 100% pure bareMinerals. Your lips will instantly develop a faux fullness, while a deep infusion of antioxidant vitamins A and E will keep lips soft, smooth, and protected. With a sheer tint and a diamond glister, it's as good for your lips as it is gorgeous.

**Beautifully Luminous Lashes** – A limited-edition pearlized mascara for lush lashes with a high-diamond shine. 2 Colors Black Diamond & Diamond.

**OPI Tiny Toybox** – From the Holiday in Toyland collection – Big color in tiny bottles!

**Vineyard Collection Grapes** – Eco-organic antioxidant skin moisturizer perfectly sized for purse or desk.





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[www.thespaofessex.com](http://www.thespaofessex.com)

### Hours of Operation

#### \*\*New Hours\*\*

Monday & Wednesday  
 9:00 am to 5:00 pm

Thursday & Friday  
 9:00 am to 7:00 pm

Saturday  
 9:00 am to 5:00 pm

Sunday  
 10:00 am to 4:00 pm

Remember we are open  
 on Mondays and closed on Tuesdays

Presorted  
 Standard  
 US Postage Paid  
 Permit # 2322  
 Hartford, CT



2008-2009 december/january edition

## What's NEWS Coming in January...

Watch your emails for further details

### Beauty BOOT CAMP

Do you have WHAT IT TAKES?

*The Few, The Smooth, The Radiant.*  
 Forget Army Strong... Be Spa Strong!  
 Boot Camp never looked so good  
 or felt so fine! **Be all you can be.**  
 A Program of customized treatments  
 to correct most skin concerns in 6-12  
 weeks. **Enlist into our Army and earn  
 an Active Duty Enlistment Bonus!!!!**

### Our "Referral Tree Challenge"

Starting January 1st

Receive \$5 on your account for  
 every "New Client" you refer to us.  
 Be the client to bring in the most  
 referrals and receive \$500 on your  
 Spa account.

## TIPS FROM Juliet...

### Brew up a Healthier Winter

Stock up on tea to shore up your  
 immune defenses as we head into  
 the cold and flu season. You can't go  
 wrong with black, green, oolong or  
 white teas; all show proven benefits  
 for improving your body's resistance  
 to infection. Several other immune-  
 strengthening herbs can be brewed  
 into tea, including ginseng and  
 echinacea, since sipping these herbal  
 teas during a cold can shorten your  
 suffering. Elderberry during a flu

episode will get you  
 back on your feet  
 faster and mullein,  
 while bitter tasting, can  
 help break up and expel mucus  
 while soothing a sore throat and  
 quelling a nagging cough. We have  
 a wonderful selection of teas from  
 the Mighty Leaf Tea Company  
 in our boutique. These are the  
 same teas served at The Spa with  
 my personal favorite being the  
 Chamomile Citrus.



## Product OF THE MONTH

GIFT CARDS

Whether they've been  
 naughty or nice...

Gift cards to The Spa of Essex are perfect for everyone  
 on your list! And for every \$50.00 in gift cards (or  
 money on account) purchased, receive \$5.00 placed  
 on your house account as our gift to you! The more  
 you spend, the more you get! **Happy Holidays!!**



## Specials

### DECEMBER JANUARY

Happy New Year!

**Service of The Month**  
 Olive Oil Massage\*\*  
 \$85 70 min\*\*

**Pedicure of the Month**  
 Peppermint Spa Pedicure  
 \$55 Reg. \$70

**Package of the Month**  
 Olive Oil Massage & Reiki\*\*  
 \$170 140 min\*\*

**Product of the Month**  
 Gift Cards  
 (For every \$50 in gift cards purchased  
 get \$5.00 placed on your  
 house account as our thanks.)

**Service of The Month**  
 Total Skin Fitness\*\*  
 \$110 Reg. \$125\*\*

**Pedicure of the Month**  
 Champagne & Roses Spa Pedicure  
 \$55 Reg. \$70

**Package of the Month**  
 Purchase 5 Body Treatments  
 get the 6th one free

**Product of the Month**  
 Body by Sonya Dakar  
 Purchase any Sonya Dakar body product  
 and receive a Free Lip Juice  
 (a \$10 value.)

\*\*Available Monday through Friday only\*\*

[www.thespaofessex.com](http://www.thespaofessex.com)

## Director's CORNER

Happy Holidays and a heartfelt thank you to All!

We have had a wonderful and exciting 2008 here at  
 The Spa of Essex. As a sign of my gratitude, I have  
 included a coupon for you to enjoy a 10% discount  
 on any service and/or product; simply cut out the  
 coupon and present it at time of purchase (sorry, but  
 some restrictions do apply).

In an effort to help you with your holiday shopping,  
 we've created our *ULTIMATE Gift Guide* for ideas on  
 the perfect gift for that perfect someone. Remember  
 the best way for you to get the perfect gift is to tell  
 them (hubby, wife, boyfriend, girlfriend, mom,  
 dad, sister, aunt, uncle) exactly what you want.  
 Put The Spa of Essex on your wish list! Then leave  
 this brochure lying around for all to see!! Be sure  
 to visit us downtown in the heart of the village on  
 December 6, 2008 for the Essex Holiday Stroll.  
 Read all about it in the *Experience ESSEX* section.

Check out our *Quick Fix* section, a new section  
 that will be included in our bi-monthly newsletters  
 each month addressing a different skin care concern.  
 Our new line, Sonya Dakar, has been a huge hit  
 and in just one month's time our clients have seen  
 real results! Imagine...it keeps getting better with  
 time. What will your New Years resolutions include?  
 Take more time for yourself? Take care of your skin?  
 Get into shape? Be a part of our Beauty Bootcamp  
 Launch in January. Read *What's NEWS* for a little  
 teaser and look for complete details in our January  
 email blast.

Joyce

## A Holiday Gift For You

Receive a 10% Discount  
 On the service and /or product of your choice

\*Not to be combined with other offers, discounts or coupons.  
 Not valid towards gift card purchase. Not valid on prior purchases.  
 Coupon must be presented at time of service/purchase. Expires 3/30/09

