



63 South Main Street | Essex, CT 06426
Tel 860.767.7796 | Fax 860.767.2959
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

Beginning Monday October 13, 2008
We will be open on Mondays & closed on Tuesdays

Presorted
Standard
US Postage Paid
Permit # 2322
Hartford, CT

Product OF THE MONTH

— SPRAYOLOGY —

10% off
the entire
Sprayology Line



www.thespaofessex.com

Specials

OCTOBER NOVEMBER

Happy Halloween

Service of The Month
The Decadent Massage**
\$135 Reg. \$150**

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

Package of the Month
Massage Package Series
**Purchase a package of 5 massages,
get the 6th one free**
*(Package is one type of massage, client's
choice, and must be purchased at one time.)*

Product of the Month
Sprayology **10% off**

Closing 5pm on Halloween

Happy Thanksgiving

Service of The Month
Sonya Dakar Signature Facial**
Complimentary add on Green Tea Peel
\$95 Reg. \$135**

Pedicure of the Month
Cranberry Spa Pedicure
\$55 Reg. \$70

Package of the Month
Facial Package Series
Purchase 5 Facials, get the 6th one free
*(Package is one type of facial, client's
choice, and must be purchased at one time.)*

Product of the Month
Sonya Dakar Skin Care

****Available Tuesday through Fridays only****

2008 october/november edition



Tips from Juliet...

Did you know we have a lost and found department? (Well actually it's a box!) As this newsletter goes to print the lost & found has shoes (a gentleman left bare foot?), reading glasses, sunglasses, keys (how did people drive or get in their homes?), lots of jewelry, make-up, inhalers, you name it! Anytime we find things we try to put a note on the item listing where and when found. So, if after a visit to us something seems to be missing, give us a call...we might have it!

A word from Dr. Schmidt...

Dr. Schmidt has added a new service to his menu. Now available - *Perlance*. *Perlance* is a cosmetic dermal filler that replaces lost volume and restores youthful contours to the skin to smooth away moderate to severe facial wrinkles and folds, such as the lines from your nose to the corners of your mouth. *Perlance* is composed of larger molecules than Restylane and is intended for deeper injection to add volume for structural support and lift. *Perlance* also lasts anywhere from 9 to 12 months! In all cases, the procedure is non-surgical, and the results are virtually instantaneous. *Perlance* can be used to help you reach your goal of a more youthful appearance. Dr. Schmidt will now be available for services and consultations on Thursday evenings from 5pm to 7pm.

New to the menu "For our Brides"-
Botox Bridal Parties-All the rage!

Sonya Dakar Open House Launch Event

On Thursday, October 16, 2008, The Spa of Essex will be officially launching our newest product line - *Sonya Dakar* with an Open House Launch Event. Join us from 4pm-7pm to learn about *Sonya Dakar Skin Care*, receive a complimentary mini-skin analysis and experience the line with a *Sonya Dakar* Micro-Fitness Facial. (Mini-skin analysis & Micro-Facials are by appointment only; you must call to reserve a time.) All those who attend will receive a sample bag of *Sonya Dakar* products and will be entered to win a *Sonya Dakar* gift basket valued at \$500.

Dates to Remember

October 13th - Columbus Day
*We're open from 9am - 5pm
Spend your day off with us!!!*

October 16th -
Sonya Dakar Launch Event
National Bosses Day
*A Spa of Essex gift Card
makes a perfect gift!*

October 25th - October 31st -
National Massage Therapy Week

October 31st - Halloween – BOO!
Closing at 5pm.

November 2nd - Daylight Savings

November 4th - Election Day

November 20th - Thursday Night Bits

November 27th - Happy Thanksgiving!
*The Spa is Closed. We will be adding
additional staff Thanksgiving week &
weekend to meet demand*



October is National Breast Cancer Awareness Month

*A portion of October's proceeds will be
donated to the Susan G. Komen Fund*

Director's Corner

**This issue of our newsletter is dedicated to the
Launch of our new skincare line – Sonya Dakar.**

Big things are happening at The Spa of Essex! We are launching a new skincare line! *Sonya Dakar*! Never heard of *Sonya Dakar*? Perhaps not...The Spa of Essex is proud to be the first in Connecticut to carry this exclusive line. We have spent months investigating, interviewing and testing several products lines and *Sonya Dakar* has met all of our very stringent criteria. We were looking for a line that is both luxurious and results oriented, one that is designed to address a variety of skin issues, offers both face and body care, a company with a strong support system, impeccable customer service and a commitment to being as natural and kind to mother nature as possible! *Sonya Dakar* provides all of that and more! *Sonya Dakar* Products are paraben free, sulfate free, cruelty free, contain no animal by products, artificial dyes or fragrances, and use recyclable packaging. Obviously with a new product line comes new facials, body treatments, spa manicures and pedicures. (Don't worry...we will continue to offer our popular Pedicure of the Month!) For those of you who love massage we now have "The Decadent" a very special 90 minute massage designed by Lisa Novak... read all about it and more in "What's News". Hope to see you on Thursday, October 16, 2008 for our *Sonya Dakar* Open House Launch Event!

Joyce



ABOUT *Sonya* DAKAR

Sonya Dakar started her skin care journey in 1971 as a clinical esthetician determined to find a new approach for improving people's skin. Since then, her mission has been to help men and women achieve healthy skin by offering solutions for all types of skin concerns. Sonya Dakar products provide comprehensive regimens for all skin concerns including acne, irritation, scarring, anti-aging, discoloration and maintenance. The Sonya Dakar line incorporates a fusion of the purest grades of essential oils, botanical extracts and the latest scientific breakthroughs.

The Hollywood elite have for years professed their love for Sonya Dakar and her products. Some of her celebrity clients include: *Gwyneth Paltrow, Drew Barrymore, Cameron Diaz, Debra Messing, Eric McCormack, Luke Wilson and LeAnn Rimes.*

See what they are saying about Sonya Dakar Products by visiting: www.sonyadakar.com

IN *Our* BOUTIQUE New lines in our Spa Boutique

SONYA DAKAR SKIN CARE...

Skin care products designed to address a variety of skin issues, including Acne (Clear), Irritation, Discoloration, Scarring (Refine), Anti-Aging, Maintenance and the crème de la crème, UltraLuxe!



BODY BY SONYA DAKAR...

Revitalize, condition and nourish your entire body with a daily dose of pure botanical extracts, youth-enhancing anti-oxidants, and Organic Omega-3 Complex, available in exotic Cara Cara and refreshing Verbena Cypress fragrances.

NEW BODY TREATMENTS

Total Skin Fitness Treatment
(w/out peel – Taking the place of our Sea-weed Wrap)

Total Skin Fitness w/Advanced Anti-Aging Peel Therapy
(formerly our Enzymatic Body Peel)

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves. A unique blend of Organic Omega 3 Complex, lactic acid and anti-aging protein peptides act as maximum exfoliators, rejuvenators, and firming agents while stimulating blood circulation to promote healthier skin.

Body Vita-Foliation Therapy
(taking the place of our Sea Polish)

Give your body the customized exfoliation it needs coupled with the warming sensation it craves! A gentle bamboo, walnut, and flax powder blend activates with lactic and salicylic acids to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and hyper-pigmentation.

Mineral Body Polish
(formerly our Sea Salt Glow)

Completely customized to either rejuvenate or detoxify, this therapy polishes skin to a soft glow while providing critical hydration and nourishment skin needs.

Firming & Slimming Body Wrap
(similar to our Thermal Fat Burner & Cellulite Body Treatment – only better!)

Performed in our signature wet room, this treatment is both luxurious and therapeutic. A crème based mud with rich concentrations of algae, minerals and vitamins will firm, smooth and re-mineralize skin as it detoxifies your body.

Back Glow Treatment
(Our Back Facial and Anti-stress Back Pack all in one!)

De-stress and detoxify your back and deep cleanse the skin of impurities with this purifying and relaxing back treatment. A deeply-cleansing Vita-Foliant scrub sloughs off dead skin cells, readying skin for the removal of toxins.

What's NEWS

New Operating Hours:

Effective Monday, Oct 13, 2008 we will be open on Mondays and closed on Tuesdays.

Our new hours are as follows:

Sunday – 10:00 am to 4:00 pm

Monday – 9:00 am to 5:00 pm

Tuesday – Closed

Wednesday – 9:00 am to 5:00 pm

Thursday – 9:00 am to 7:00 pm

Friday – 9:00 am to 7:00 pm

Saturday – 9:00 am to 5:00 pm

Additional staff will be added on Thursday and Friday evenings to meet the demand for early evening appointments.

NEW SERVICE MENU

As the days, months and years pass we learn. We learn about our client's wants and needs. We learn about our most popular services. We learn what's new and cutting edge in the industry. This information allows us to make the necessary changes to best serve our clients. With this being said, you will see some changes to our service menu. As always we continue to strive to exceed your expectations!!

NEW MASSAGE SERVICES

THE "DECADENT" MASSAGE

Oh so relaxing. Ninety minutes of Swedish Massage, some strategically placed hot stones, an exfoliating hand and foot scrub, some soothing hot towels, aromatherapy...So much of what makes our massages special all rolled into one decadent experience. Created just for you by our very own Lisa Novak!

October's Special \$135 Reg. \$150 ***

NEW FACIAL SERVICES

CUSTOM GREEN TEA PEEL

This Peel maximizes the benefits of the Signature Fitness Facial by combining pure green tea and wheatgrass extracts with lactic acid to gently refine, smooth, and brighten the skin. The peel strength is customized to fit your skin condition and is followed with a cooling Blue Mask rich in azulene and chamomile and soothing post-peel serums. No downtime involved. Leaves your skin silky smooth and radiant.

SIGNATURE FITNESS FACIAL

(taking the place of our Avance' Signature Facial)

This high-performance treatment utilizes botanical and aromatherapy based Sonya Dakar products. Each facial is meticulously customized to your skin's needs; whether it is a luxurious pampering treatment, or a results-oriented resurfacing treatment, this facial will be tailored to your specific skin.

SIGNATURE FITNESS FACIAL with Green Tea Peel

The Signature facial with the added benefit of the Green Tea Peel.

ULTRALUXE FACIAL

(taking the place of our Age-defying Facial and then some!!)

The Ultraluxe Facial is an advanced facial treatment that delivers superior results by combining cutting-edge technology and professional massage techniques that work to gently reverse the signs of aging. This unique, no-steam facial uses Nonaplex technology—a powerful special blend of nine anti-aging ingredients that form one of the most potent age-control systems available today.

SKIN BRIGHTENING FACIAL *(taking the place of our Lightplex Facial)*

This top of the line treatment includes a patented fusion of green tea, wheatgrass, eucalyptus, citrus and lactic acid. Combined, these ingredients provide triple level exfoliation to fade discoloration from sun damage, hormones, genetics or age. Face and chest are exfoliated using pumpkin enzymes then masked and drenched with deep hydration, revealing a long-lasting brilliance. No downtime, just fresh, new, younger looking skin. *Recommended for all skin types.*

CRYSTAL CLEAR COMPLEXION *(taking the place of our Acne Facial)*

This treatment is designed to effectively target breakouts on all skin types. Whether you suffer from hormonal acne, small breakouts every so often, or considerable breakouts, THIS IS THE FACIAL FOR YOU! It utilizes an extraction method guaranteed to purify to the bottom of every pore and effectively regulate the development of persistent acne. You and your therapist will work together on understanding and learning how to control breakouts in any form.

SKIN FITNESS FOR THE DÉCOLLETÉ

Don't stop at the neckline! Improve the health and appearance of your décolleté with this treatment that's great for prematurely-aging, sun damaged or slackening skin. Help repair damage brought on by long-term or recent exposure to the elements with intensely hydrating and nourishing ingredients.

ENHANCEMENTS

HAND & ARM FACIAL

As an add-on to any facial or as a stand alone treatment, this customized option is designed to cleanse, exfoliate, hydrate and condition the hands and arms so they are smoother, brighter, healthier and refreshed. It is fantastic for those suffering with age spots, pigmentation, or even "chicken" skin on their arms (keratosis pilaris). This is also fantastic for increasing circulation in the upper arm area, specifically the dreaded triceps area leaving the skin smoother and firmer.