



Ambiance DAY SPA

AN AVEDA CONCEPT SALON AND SPA

Oct-Dec, 2006

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Message from the Owner:

Relax, it's good for you.
 STOP. Just stop what you are doing, go to the nearest window, and look outside.
 Breathe deeply, and enjoy the view.
 Now that summer has come to an end and the kids are back to school - we should all take time to relax, unwind and enjoy our beautiful fall before the hustle and bustle of the holiday season is upon us once again.
 Check out our new & improved website...and register online for your holiday Wish List so we can do the hinting for you... The holiday season is always a busy one - coming and going just as quickly... please remember to slow down and savor every day - and we can't wait to see you at our annual Men's Night on December 7th and our Holiday Open House November 23rd and December 13th - where you will enjoy free mini services, door prizes and our huge pre holiday sale!

Cheers...
 Jenny Scott



Our mission at Aveda is to care for the world we live in, from the products we make to the ways in which we give back to society. At Aveda, we strive to set an example for environmental leadership and responsibility, not just in the world of beauty, but around the world."

Horst Rechelbacher, Founder of Aveda

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Hours of Operation

Mon. to Fri. - 9am to 9pm
 Saturday - 9am to 7pm
 Sunday - 9am to 5pm

Holiday Hours

Oct. 8th	closed	Dec. 25th	closed
Oct. 9th	12-5	Dec. 26th	closed
Nov. 11th	12-5	Dec. 31st	9-5
Dec. 24th	9-3	Jan. 1st	closed



Breast Cancer Awareness Month

OCTOBER IS BREAST CANCER AWARENESS MONTH!

During the month of October Aveda is offering a limited edition special size hand relief with a pink cap and band reminding you to perform your monthly self breast exam, plus \$4 from each sale goes to fund breast cancer research! Purchase an Aveda Favorite plus support Breast Cancer!



Products EDITORS love

O, THE OPRAH MAGAZINE

- APRIL 2006

Editors at O, The Oprah Magazine think **Lip Color Sheer Tapa** is "easy to love with the subtle hint of shimmer."

ELLE - MAY 2006

In Elle's eco-chic "Green Issue," beauty experts talk about "pure and simple products that pack a punch," and give an Aveda standout a "Green Star": **Tourmaline Charged Protecting Lotion's anti-oxidant rich formula** "is a popular way to prevent sun damage" and is good for "acne since it's oil free."

MARIE CLAIRE - JUNE 2006

For a moisture boost for hair between salon visits, editors recommend using **Damage Remedy Intensive Restructuring Treatment** at home to "add luster to your locks."

SHOP, ETC. - JUNE 2006

"Suffering from a bad frizz day?" Editors suggest rejuvenating stripped hair with **Light Elements Reviving Mist** for "soothing, smoothing relief." They love the "efficient" bottle design, too.

ALLURE - JUNE 2006

Editors love Aveda **Air Control Hair Spray** to "tame flyaways" for summer's chic hair styles like "a loose chignon" which "provides an elegant profile."



Products WE Love

HAND RELIEF – our pink cap hand relief will remind you to perform your monthly self breast exam, plus \$4 from each sale goes to breast cancer research!

OUR HOLIDAY GIFT BASKETS, GIFT BOXES AND LIMITED EDITION HOLIDAY MAKEUP!

This is the year to come to your five senses – and these gift baskets will allow you to do just that. Each gift caters to - touch, sight, smell, sound and taste – each is given the attention it deserves. Our holiday gift set packaging saves 225 trees and helps to protect the ozone by using paper manufactured with the purchase of wind energy. This holiday excite the senses – give Aveda!

New At Ambiance...

HOT STONE MASSAGE

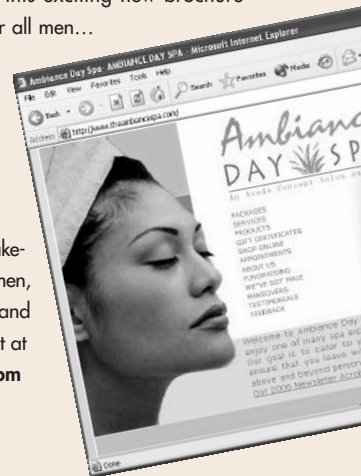
Now available for **90 minutes!**

NEW MEN'S BROCHURE - WE'VE GOT MALE!!!

Come in and check out this exciting new brochure brimmed with services for all men...

EXPANDED AMBIANCE WEBSITE

Our website has been expanded – with new sections on fundraising, make-overs, a special page for men, feedback, testimonials... and much more. Check us out at www.theambiancespa.com



CARIBBEAN BODY SCRUB

A stimulating exfoliation treatment that uses the healing touch & plant ingredients from the Caribbean to rejuvenate the skin & senses.
75 min - \$105 (includes shower)
90 min - \$115 (includes steam tent)

AUTUMN/FALL & HOLIDAY MAKEUP COLORS

Wow! New colors for a news season – the fall colors have been a hit with all of our clients and staff! Our new fall looks are trendy and classic! Coming soon - our fabulous holiday colors - they will be sure to brighten your face for the holiday season.

TOURMALINE CHARGED EXFOLIATING CLEANSER

A new edition to the tourmaline family! This cleanser incorporates gentle naturally derived jojoba beads which help to remove skin-dulling cells, uncovering smoother, more radiant skin without irritation. It is awesome!

AVEDA REUSABLE TOTE BAG

Don't Trash Life... Paper or Plastic? Neither is ideal – paper bags result in the loss of millions of trees each year, while plastic bags are a threat to birds, marine life and human health. The Aveda tote Bag solves the dilemma. Created of certified organic cotton, the stylish yet sturdy design can be used and reused. Help save trees, marine life and all life! This bag holds up to 3L of products

COLOR CONSERVE STRENGTHENING TREATMENT

Protect, preserve and strengthen color treated hair! New to the highly successful color conserve family is this intense treatment that strengthens, protects and illuminates color-treated hair.



Congratulations!

BETH BREWER won our private spa party for 4. She and 3 of her friends enjoyed a wonderful night of pampering at Ambiance!

CATHY BENT won our testimonial contest – we hope you enjoyed your 90 minute hot stone massage!

Coming Soon...

ONLINE BOOKING!

*For those of you that enjoy the convenience of online booking/shopping... Soon you will be able to book your own Spa Appointments online and shop for your favorite products and gift certificates at www.theambiancespa.com. We hope to have this ready for you soon!

**if you are an existing client - please call us for your user ID and password.*

Massage Therapy Awareness Week

OCTOBER 16-22

Massage Therapy Awareness Week aims to educate individuals of the different aspects of massage therapy. This year the focus has been placed on sports massage. Massage can be beneficial to athletes throughout their training, as well as before and after competition. Massage will help to prevent muscle and tendon injuries as well as help reduce healing time if an injury has occurred.

Athletes are not the only individuals that benefit from massage therapy. Massage provides stress reduction, pain reduction, increase in circulation and increase lymphatic flow.

At Ambiance Day Spa we now have 6 Registered Massage Therapists with specialized training in various forms of Massage – including Sports, Prenatal, Postnatal, Deep Tissue, Hot Stone, Relaxation and Hydrotherm Massage.

AWARENESS WEEK SPECIALS:

EXISTING MASSAGE CLIENTS: 15% off Deep Tissue Massage

NEW MASSAGE CLIENTS: 15% off their first massage

Fall Fashion Show

We had another Successful Breast Cancer Fashion show on September 20th! We want to thank all of our guests who supported us and hope that you all enjoyed the show. **CATHERINE MCKINNEY** was our makeover model – and she was a pleasure to spend so much time with! Below are her before and after photos...



Staff Education

Congratulations to the following staff for recently completing the following education classes

NYC Make-Up with Rudy Miles (in NYC)

- Tina Murtagh, Pam Allen, Vanessa Le Blanc and Melodie Gionet took a week off to travel to NYC to learn all the latest in Make-Up fashions!

Behind The Scenes

- Shaunna McCoy, Erin Dunlop, Julie Areseneau, Jesse Cameron, Anita Bryan, Yvette Allaby, Ashlye Reardon

Ask an Aesthetician

by Tina Murtagh

Q. What is a body Treatment?

Body Treatments use exfoliation, masque therapy and massage to help eliminate toxins and increase circulation, improving skin texture and tone, bringing balance to mind and body, reducing stress, boosting the immune system, promoting self healing, and increasing hydration.

Q. How will a body treatment benefit me? How do I know if I need a body treatment?

Everyone can benefit from a body treatment! If you have noticed dry rough skin texture a body treatment will help soften and hydrate your skin. If you have been feeling stressed lately a body treatment will help bring you back into balance. If you are pregnant, have diabetes or high blood pressure you should consult your Doctor first.

Q. What do I wear during a body treatment?

You may disrobe to your comfort level for all of your body treatments. It is recommended to have your back clear of any undergarments to allow for a full back treatment. The service provider will have you draped (covered) during the entire treatment, revealing only the area to be worked on at that time. Remember to relax and breath!

BODY TREATMENTS

Now that we are done soaking up the summer sun we start to notice that our skin is looking a bit dry. It's time for a rejuvenating body treatment to slough away the dry skin we have accumulated during our outings in the hot, humid sun. Time to give your skin a drink of water, and a touch of relaxation.

Specials & Upcoming Events



October Specials

BODY TREATMENTS

15% off all Body Treatments with Estheticians*

SERVICES TO HELP WARM YOU UP THIS FALL

It's getting colder out, but Ambiance has the perfect way to warm you up!

Algea Wrap – Detoxify – exfoliate, hydrate and warm up in our steam tent.

Caribbean Body Wrap – Take your body on a trip to the Caribbean today.

Rosemary Mint Body Wrap – A soothing wrap that will put you to sleep.

Chocolate Fondue Wrap – Smells so good, you will want to eat it.

Aromatherapy Wrap – Warm up with our aromatic hot towels.

TANNING

Buy one tan – get your second tan this month at 50% off*

PERMS

Perms are 20% off with participating staff*

MAKEUP

Get your new Fall Look & Colors Today – and book your Interactive Makeup Lesson at 50% off!*

*must mention this ad PRIOR to transaction to receive discount

November Specials

FLAT IRONS & BLOW DRYERS - 20% off this month, a great opportunity to start your holiday shopping.*

AVEDA PERSONAL BLENDS - 20% off*

TREATMENT ENHANCEMENTS

With our 60 and 90 minute Botanical Facials, enjoy 50% off all of our treatment enhancements (eye zone wrap, face & décolleté finish, tranquillescence and our brightening add-on).

MAGIC TAN - Buy one Magic Tan, and get your second this month at 50% off.*

FACIALS - Enjoy 20% off Facials with Jesse, Anita & Julie this month... on the day of your facial, you may also enjoy 20% off all skin care products!*

*must mention this ad PRIOR to transaction to receive discount

Ambiance Day Spa has once again created a wonderful selection of holiday Packages for you and your loved ones... see store for our Holiday Brochure!

December Specials:

HAPPY HOLIDAYS!!!

Enjoy 15% off any "new to you" **waxing** area*

Enjoy 15% off **eyelash and eyebrow tinting***

Buy one **Magic Tan**, and get your second this month at 50% off*

*must mention this ad PRIOR to transaction to receive discount

What's Going on for the Holidays?

REGISTER

Register for your favorite products & services at www.theambiancespa.com, and we will let your loved ones know what you would like this holiday season. You may also stop into the Spa and register with the front desk.

ANNUAL MEN'S NIGHT - DECEMBER 7TH

All mens services are 20% off this day only, plus men get to start their holiday shopping early – enjoying 15%-50% off all products (excluding gift baskets). Spend \$200 in product and get a free gift!!! We've Got Male at Ambiance Day Spa!!!

ANNUAL HOLIDAY NIGHT OPEN HOUSE

November 23rd & December 13th: 6-9 pm

Join us for a cup of Aveda comforting tea, a tour of our spa, and a complimentary mini spa experience (chair massages, scalp massages, hand massages, hair consultations, make-up, foot soaks...) We have something for everybody – the perfect gift for under your tree! Enjoy great savings this evening – from 15% - 50% off all products (excluding gift baskets).

First 25 customers get a free Aveda gift!

Spend \$200.00 in products, and get a free gift!

Enter to win a fabulous door prize!

Get the perfect gifts for everyone in your life – Men, ladies, teens, co-workers... Gift Certificates; Gift Baskets; Aveda Gift Boxes; Stocking Stuffers

