



Spa Secrets for Food Servers and Restaurant Staff

MANAGE ANXIETY, EASE PAIN, IMPROVE SLEEP, AND BEAT PMS

How?

We don't need to tell you, that you work extremely hard, especially over the holidays. Serving parties ensuring that people celebrate and providing a quality service with little time off to celebrate with your family and friends can cause a lot of stress and strain on your body and your mind. We suggest that you make a massage part of your monthly routine.

According to Time.com eight out of ten Americans will experience back pain. A massage *can* help. Brush aside any thoughts that massage is only a feel-good way to indulge or pamper yourself. To the contrary, massage can be a powerful tool to help you take charge of your health and well-being. If you've ever dozed off on a massage table, you don't need to be convinced that a massage can promote healthy sleep. Chalk it up to massage's affect on delta waves, the kind of brain waves connected to deep sleep, according to *Health* magazine.

Multiple studies, have linked massage to better functioning of the immune system, and researchers found that massage increases a person's disease-fighting white blood cells. The stress-reducing powers of a massage can also help keep you healthy. And at least one small study found that massage can kick pesky PMS systems, like bloating and mood swings to the curb.

At the Spa Within we'd like you to have a one-hour massage to ensure we have addressed your physical concerns. You can you can schedule 30 minutes massages as well. Even 30 minutes can reduce inflammation, and decrease stiffness and pain, which can help your body recover, thus making you a better server and employee.



The Spa Within
Radisson Hotel, 3rd floor
700 Elm Street,
Manchester, NH
603-518-5547
www.thespawithin.net

Massage Treatments Offered—price reflects one-hour

- Herbal Fusion Full-Body Swedish Massage \$75
- Golden Tranquility Massage \$80
- Deep Tissue Massage \$85
- Warm Stone Massage \$85
- Warrior's Therapeutic Massage \$80
- Mello Momma Maternity Massage \$70
- Couple's Massage \$150

For a complete description of each massage please go to our web; thespawithin.net/massage-therapy



Like us on Facebook www.facebook.com/thespawithNH

ULTIMATE PAMPERING FOR TIRED, ACHING, STRESSED-OUT FEET.

All-in-one foot bath with Whirlpool bubbles and a soothing, relaxing massage. Imagine how luxuriously delightful it would be to end your shift by slipping out of your hot shoes and plunging into our Whirlpool foot bath massage chair.

We have the most professionally trained staff in the industry and we use the highest quality, natural footcare products when it comes to administering pedicures. First an antiseptic spray, then a foot dermicide is added even before you dip into the well of warm water with our mineral soak to help ease away your aches and pains.

What's more, our chairs are equipped with a

powerful motor that drives three interchangeable massage zones – lower, upper and middle back for the finishing touches. Sit back and relax while our *room-service servers* bring you a beverage of choice or you can enjoy being served lunch, dinner and/or a snack.

We'll work on any ingrown toenails, (they're caused from improper trimming of your nails) calluses, and dead skin cells on the bottom of your feet. Our leg care (from the knee below) includes depilation using a granular exfoliation, followed by an application of a cooling gel, to help with circulation, and then ending with a moisturizing cream and a leg massage for the finishing

touch.

Our Locke Deluxe Pedicure is the easiest way to get your shoes fitting comfortably again, especially after pulling a double shift. And speaking of double shifts, don't forget to change your socks before working the double as sweating feet are a breeding ground for all sorts of bacteria.

Gentlemen here are five reasons why you should get a pedicure.

- Improves foot health
- Helps to release stress
- Removes foot odor
- Prevents ingrown toenails
- Makes you look good

Suggested Pedicure Treatments

Foot Sculpting – It's the easiest way to smooth away calluses. \$1 per minute

Locke Family Deluxe Pedicure \$40

Foot Peel – For anyone with hyperkeratosis and extremely dry skin on feet \$150.

THE DAY SHIFT STILL NEEDS TO WEAR SUNSCREEN

Sunscreen is the most important preventative skincare product. Period. It protects you against the damaging rays of the sun – UVA and UVB – that cause sunburns, premature skin aging including dull, matte, tired looking skin, brown discolorations, broken capillaries, age spots, weather beaten skin, wrinkles, and even worse. In fact, we like to say at the Spa Within that if you're not into sunscreen, forget about all your anti-aging creams, lotions and potions. What's the point of fixing your old skin damage if you're not going to prevent your next wave of brown spots, lines and wrinkles?

There are two types of UV rays given off from the sun that you need to know about.

UVA rays: responsible for changing the DNA in the skin causing premature skin aging and skin cancer, approximate same strength from

summer to winter and can penetrate through clouds, and windows. Simply put, these are the true damaging rays!

UVB Rays: responsible for giving the skin a suntan or sunburn, strongest from 10:00 am – 4:00 pm and less strong in the winter and does not penetrate through glass.

Here's a test to determine if daylight is affecting your skin: Take note of where you are right now. *Do you have any lights on, such as overhead lighting or lamps?* If so, turn them off. Also turn off your computer or any other source of artificial light in the room to make it dark as possible. Now look around and observe your surroundings. *Is it pitch black in the room? Can you see?* Chances are it's not because you have a window or skylight close by. This means daylight is surrounding you and if it is, it is

affecting your skin and causing wrinkles.

Throughout the day, your skin is constantly exposed to daylight so you need to always wear sunscreen to avoid this unnecessary exposure. Why get UV damage when you're not even getting a tan for it? Every time daylight shines on your skin, it accelerates the aging process of your skin. This is why sunscreen should truly be called *daylight screen*.

We offer five different types of broad spectrum (UVA & UVB protection) sunscreens which are approved by the American Cancer Society. We have several medically trained skincare specialists that will help you choose one that's right for your skin type. Wear it faithfully and apply it generously 365 days a year, rain or shine!

AT THE SPA WITHIN, WE SELL COCKTAILS TOO!

Shampoo & Conditioner Cocktails
For Dry Scalp & Dry Hair

We recommend -
All-Nutrient Hydrate Shampoo and Hydrate Conditioner

Uses: Cleans and conditions.

1. Towel blot.
2. Add a small amount of All-Nutrient Protein Complex to mid shaft and ends.
3. Dry and style as usual.
4. Finish with All-Nutrient Shine+ Serum.

FOR A COMPLETE LIST OF ALL OUR HAIR SERVICES, PLEASE VISIT US ON THE WEB; THESPAWITHIN.NET.