

FALL IN LOVE WITH FALL

In this issue, daily habits, fashion and nail trends are explored to give you some amazing ideas for a seasonal switch up...

From new scents to bright foliage and fun social connections, you can't help but to fall in love with spa blu this FALL!

As your days become shorter and the mornings start a little crisper, remember to welcome fall with open arms.

This season does create challenges for individuals looking to lock in moisture and exfoliation to maintain great overall health.

As you explore fall favs, don't forget that beauty begins with heart!

SPECIALS AT SPA BLU

Between whirlpools and hot stones, steam rooms and pedicures, feelings of energy and serenity surround you. New ways to enliven mind, body, and spirit await, right here at spa blu. Treat yourself or someone you love to a day of ultimate pampering. Go ahead - you deserve it! We have something for everyone!

Spa blu services are by appointment only. Reservations are made by calling 219.861.4812 or ext. 2583.



SEPTEMBER

- :: 10% OFF SKINCARE PRODUCTS with purchase of any facial service
- :: PARAFFIN TREATMENT - \$5 OFF
- :: RELAXATION BODY TREATMENT - \$115

OCTOBER

- :: PUMPKIN PEDICURE - \$70
- :: Dry Brush Enhancement to any Massage or Body Treatment - \$10
- :: **Pick a Pink Polish to Support Breast Cancer Awareness - \$5 OFF**

NOVEMBER

- :: BLU'S TOUCH - Signature Hand Treatment - \$55
- :: BLU PUMPKIN - Pumpkin Facial - \$120
- :: GRATEFUL FOR YOU - Complimentary ToGoSpa Eye Treatment - add on to any service or combination of services over \$100.

BENEFITS OF DRY BRUSHING

Basically, dry brushing is the process of massaging your body with a natural-bristle brush. Using upward strokes and a small amount of pressure, it assists in eliminating toxins and boosting the blood flow.

Spending a few minutes each day can produce some amazing effects on the body. You can start the day with an invigorating session or end the day detoxifying your body.

OTHER AMAZING BENEFITS OF DRY BRUSHING:

- :: Boost your immune system
- :: Increase energy levels
- :: Assists with cellulite
- :: Stimulates circulation
- :: Smooths skin

Start by purchasing a dry brush with a long enough handle to get to those hard to reach places. It also needs to have soft but firm bristles to stimulate skin without damaging it.

Once you have your brush, make sure to keep it dry. It is best to dry brush prior to your shower to wash away those dead skin cells and begin to incorporate dry brushing in your daily routine.

DRY BRUSHING STEPS TO FOLLOW:

- :: Strokes are brushed towards the heart
- :: A body oil can be used to assist in glide but it won't remove old skin as efficiently
- :: Start at your feet - gentle strokes up the body, towards heart
- :: Move to stomach - using circular motions
- :: Transition to hands - brush towards heart, not forgetting underarms
- :: Head to the neck - brushing down towards the heart



LIP MOISTURIZATION - HYDRATE AND LOCK IT IN

Cracking and peeling lips begin to emerge as fall rushes in. The greatest ways to combat annoying chapped lip includes the ingredients in the products you use and surprisingly, your environment!

AVOIDING DRY LIPS:

- ⌘ Use a moisturizing lip product regularly - every few hours and especially before bed
- ⌘ Choose products with nourishing ingredients - reduce chemical use on sensitive areas
- ⌘ Reduce licking, biting or peeling your lips as it may dehydrate more and can irritate skin
- ⌘ Drink water - dehydration is the top cause of dry lips
- ⌘ Exfoliate your lips - assists in removing dry or dead skin, avoid doing it more than once a week
- ⌘ Increase humidity in air - try a humidifier to improve your environment
- ⌘ Reduce use of "plumping" products - try using things with Vitamin E instead

For additional assistance in hydrating, add on the lip treatment to a facial or even grab a micro-infused collagen gel mask to go so you can help cool and soothe in the comfort of your home. Most treatments for lips range between 10 and 25 minutes. Just remember the ingredients used are key!

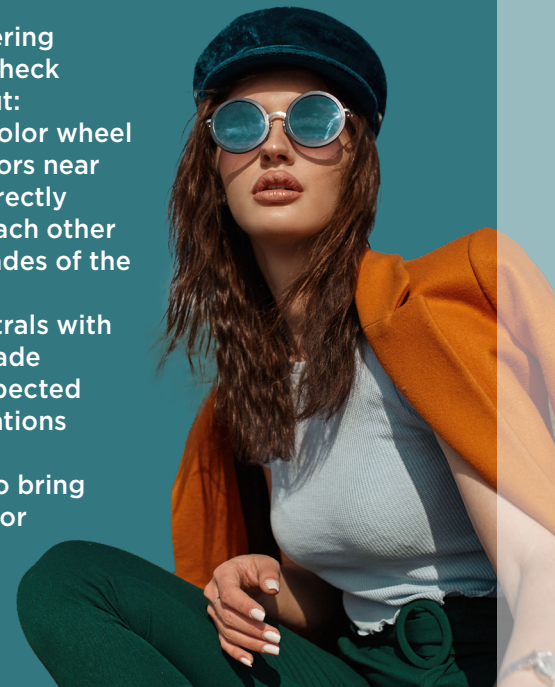


FASHION FORWARD WITH COLOR BLOCKING

Defined as mixing 2 or more bold and often contradictory colors together. Make a striking statement and express your creativity when you mix bright or even neutral hues this Fall.

If you are wondering where to start, check these options out:

- ⌘ Check out a color wheel and select colors near each other, directly across from each other or varying shades of the same color
- ⌘ Pair your neutrals with a bold, fun shade
- ⌘ Explore unexpected color combinations for your tone
- ⌘ You could also bring the pop of color through your accessories or shoes



NAIL TRENDS TO TRY

NEW SEASON, NEW NAILS! Check out some of these trends for fall and how you can make a statement with your nails:

- ⌘ **NAKED AND METALLIC** - Bare nails with metallic accents
- ⌘ **GLAZED DONUT NAILS** - Use an iridescent color to achieve this look
- ⌘ **RED BABY** - Those long, red nails never go out of style
- ⌘ **CLASSIC FRENCH POLISH** - Another timeless option for your nails
- ⌘ **KHAKI SHADE** - The season neutral from olive-tinged to deep tan
- ⌘ **COLOR BLOCKING** - Highlight one or two nails with a knock out color
- ⌘ **MULTI HUE NAILS** - Can't decide on what you want, get them all!!

