



WINTER 2022-2023

HEADING INTO THE HOLIDAYS

STAY MINDFUL

Don't rely on all those lists as your only plan to reduce holiday tension. Utilize one or more of these mindfulness tips to combat the creeping seasonal stress.

ACTIVE LISTENING

:: Let go of judgements, be attentive while others speak and stay open to the emotions of others.

SELF-COMPASSION

:: Get regular sleep and exercise, stay hydrated, practice breathing exercises

BALANCE

:: Notice you and your families' needs and balance with the "shoulds" of the season



MAKE ME UP - HOLIDAY MAKE UP TRENDS

There is no question, the eye is the highlight of the holiday season. Whether it be an amazing shadow or fabulous liner, make those peepers POP!

- :: **GLITTER EYE SHADOW** - glitters and shimmery pigments are a focus this holiday season
- :: **BOLD LIPS** - Forever a winter favorite that easily transitions from day to night
- :: **EYELINERS**
 - **COLORFUL UNDERLINER** - lower lash line love with this underliner highlight
 - **GRAPHIC EYELINER** - experiment with using colors and geometric shapes on the upper lid
- :: **GLAZED SKIN** - Light coverage highlighting a healthy, hydrated look

HOLIDAY HOURS

In addition to our regular hours on Thursday, Fridays, Saturdays and Sundays, we will be open December 26 and December 28 from 9:00am - 5:00pm.

DECEMBER

- :: PEPPERMINT PEDICURE - \$65
- :: PEPPERMINT RELAXATION BODY TREATMENT - \$120
- :: BLU KPS ORGANIC FACIAL - \$120

JANUARY

- :: SINUS RELIEF TREATMENT - \$70
- :: OLAPLEX TREATMENT - \$35
- :: Complimentary Gua Sha Stone Massage with purchase of any facial

HOLIDAY PARTY FASHION

Ready to party?!?! Make sure you add one or more of the options below for a fashion forward holiday party look!

- :: High Shine Handbags
- :: Colored Gemstones
- :: Shiny Embellishments
- :: Bows
- :: Electric Hues
- :: Skirt Sets



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SEASONAL SERVICES TO TRY

EMBRACE THE WINTER SEASON!

This December, we are highlighting the scent of peppermint. Explore the ever popular Relaxation Body Treatment or enjoy our traditional my blu heaven foot treatment enhanced this month with peppermint oil.

Our sinus relief treatment is a 25-minute service that uses eucalyptus to assist with nasal congestion, a perfect treatment for January. We are also offering a complimentary add-on of a Gua Sha Stone Massage for any facial on our menu. Gua Stone massage is great in assisting lymphatic drainage.



HOLIDAY GIFTING

SOMETHING FOR EVERYONE AT SPA BLU

Whether you are looking to gift one of our amazing services or one of our luxury retail products, spa blu is poised to make the holiday season unforgettable. Stop in and let us assist you in delivering a stunning gift to that special someone!

GIFTING IDEAS

- :: Luxury Bath Robe
- :: Moroccan Oil Hair care
- :: KPS Organic Skincare
- :: Bath Bombs
- :: Candles
- :: Farm House Fresh Creams, Gift Sets and Perfume
- :: Essential Oil Blends
- :: ToGoSpa Eye and Lip Masks



HEALTHY STOVETOP STUFFING RECIPE

RECIPE TIPS

- :: Plan ahead! Buy and cube your bread days in advance. For a moist loaf, like a bakery-made cranberry walnut, purchase 4 days ahead and cube 1-2 days in advance. For French or Italian bread, purchase 2-3 days ahead and cube 1 day in advance. This allows you to skip drying the bread in the oven.
- :: Make swaps! You can substitute raisins for currants, use any type of apple, or trade walnuts for the pecans, if you wish.
- :: This recipe reheats well. Simply place, covered, in oven until warmed through. Check moisture level and add a bit of water if needed.

INGREDIENTS

- | | |
|---------------------------------------|----------------------------------------|
| 2 to 3 c low sodium chicken stock | 1 green apple, cored, chopped |
| 10 - 12 c 3/4" bread cubes: | 3/4 c currants |
| - french, italian or cranberry walnut | 1 c pecans |
| 2 c each onion and celery, chopped | 8 chopped green olives |
| 3 T unsalted butter | 1/4 c chopped fresh parsley |
| 3 T olive oil | 1 tsp poultry seasoning or ground sage |
| | Salt and ground pepper (to taste) |

DIRECTIONS

1. If needed, dry cut bread on a baking sheet in a 200°F oven for 10 minutes, tossing once or twice.
2. Melt 3 T butter in a large skillet. Toast bread cubes in skillet, in batches, until lightly browned. Set aside.
3. In a large dutch oven, heat 3 T olive oil over medium heat. Saute onion and celery about 8 minutes, stirring often.
4. Add the bread, pecans, apple, currants, olives, parsley, and poultry seasoning/sage. Add 1 c stock to moisten, stirring well.
5. Cover and cook on low for about one hour, until apples are soft and cooked through. Check every 10 - 15 minutes and add more stock to keep moist and prevent the bottom from sticking. Prepare to use about 3 c stock total. Be certain to stir and scrape ALL the way to the bottom of the pan.
6. Add parsley once stuffing is finished cooking. If making ahead of time, add parsley after dish is reheated.