



Salon & Spa News

Volume 14, Issue 12

December 2023

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Our Hours

Monday, Wednesday 9 AM - 5 PM

Tuesday, Thursday: 9 AM - 9 PM

Friday, Saturday: 9 AM - 5 PM

816.415.3733



Why Is Massage So Relaxing?

Most people know that massage is great for melting away aches, pains, and muscle discomfort. But when it comes to relaxation, there's almost no better tool you

can use. A good massage can induce a sense of calmness, relieve stress, and help you feel more refreshed on a daily basis. But the truth is, stress relief and relaxation are often overlooked benefits of massage therapy.

So, why exactly is massage so relaxing? Science has shown that the power of touch can trigger a cascade of physiological effects in the body — and this is what can bring on a sense of calmness and relief. To be more specific, a good massage can activate the relaxation response

A moderate-pressure massage can have powerful effects on the nervous system. By activating the relaxation response, massage can lead to several soothing effects, including a calmer heart rate, slower breathing, and reduced feelings of anxiety.

By putting the body in a state of relaxation, massage can also make it easier to fall and stay asleep. In fact, studies have shown that massage therapy can improve sleep quality for a variety of people.

When you feel stress melt away during a massage, it isn't just in your mind. A good massage session may help lower levels of cortisol — the hormone responsible for your body's stress response.

Massage is one of the most effective tools for easing muscle tension. By using techniques like gliding and sustained pressure, you can loosen up tight muscles and break up painful, concentrated bands of tissue known as trigger points.

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an experience for your body, mind and soul

December Events

- 3 - Advent begins
- 7 - Chanukah lasts 8 days
- 7 - Pearl Harbor Day
- 12 - Poinsettia Day
- 21 - Winter Solstice (shortest day of the year)
- 23 - Festivus – for the rest of us!
- 25 - Christmas
- 26 - Boxing Day – date can vary
- 26 - Kwanzaa
- 27 - National Fruitcake Day
- 31 - New Year's Eve



The Perfect Holiday Gift

Nothing says Christmas
like the gift of relaxation!

Buy a certificate for \$150 or more
and receive a \$25 gift card free.
While supplies last.

(Sorry, does not apply to online orders).

Latest treatment in anti-aging.

PEVONIA STEM CELL FACIAL

- Reduces lines
- Smooths skin
- Intensely Hydrates
- Locks in moisture

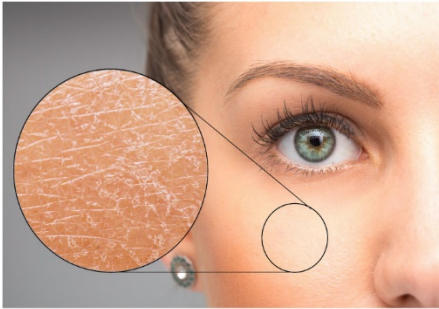
10% OFF

*"The Holiday Season Is a Perfect
Time To Reflect On Your
Blessings and Seek Out
Ways to Make Life Better
For Those Around Us" ~*

Terri Marshall



Say Goodbye To Dry Skin and Hair



Winter weather can make your skin and hair look and feel like an alligator. Cold temperatures and winds, along with outdoor activities, contribute to uncomfortable

flakey and dry skin. It can also really damage your hair. Here are some tips on what you can do...

1. A hot shower on a cold morning sounds great, but that is not the best idea. In fact, hot water will dry out your skin and hair, leaving skin dry and scaly and hair looking dull. Instead, take a shorter warm shower, no more than ten minutes.
2. When done with the shower or washing your hands, apply cream or lotion to your freshly dried skin. Your hands will dry out with all the soap and/or alcohol-based hand sanitizer too. Have your stylist help you choose a hair conditioner for the winter months.
3. When choosing a skin lotion, read the ingredients. Look for creams or lotions with ingredients such as ceramides, urea, lactic acid and dimethicone.
4. Having the heat on will dry out your skin and hair as well. Use a humidifier in your office or home to add moisture to the air.
5. What you wear actually matters. Cotton is a soft natural fabric that will not irritate your skin. You can wear a thin cotton layer under your clothes. Protect your hair from wind.
6. Always use sunscreen. You can find moisturizers that include sunscreen with an SPF 15 or higher for daily use and SPF 30 for recreational use. This is true even during the winter.
7. Remember that your scalp is part of your skin. Dry scalp problems sometimes require a different shampoo or conditioning treatment. Talk with your stylist about the best solution for your situation.
8. Your skin is your largest and most protective organ. Take good care of it.

Ask about our 20/20 Referral Program

That's right....when you refer a friend or loved one to Salon Oasis they will receive a \$20 Off Gift Voucher to redeem on their first service (new clients only). Once they've redeemed their Voucher, you'll receive \$20 Off your next service. It's a win win!

Stop by the front desk to get more details on this great program.



GRANDMA'S CORN PUDDING

Ingredients:

- 5 large eggs
- 1/3 cup butter, melted and slightly cooled
- 1/4 cup white sugar
- 1/2 cup milk
- 1/4 cup cornstarch
- 1 (15.25 ounce) can whole kernel corn, drained
- 2 (14.75 ounce) cans cream-style corn

Directions:

Preheat the oven to 400° F (200° C). Grease a 2-quart casserole dish.

Whisk eggs lightly in a large bowl. Add milk, melted butter, sugar, and cornstarch; whisk until well combined. Stir in drained corn and cream-style corn until fully blended. Pour mixture into the prepared casserole dish.

Bake in the preheated oven until golden brown, about 1 hour.

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Massage is a great way to support your emotional health and well-being. And for some people, it may even offer benefits for mental health struggles like depression. Why is massage so good for mental well-being? Well, not only does it give you a chance to recuperate from stress, but it also involves the power of touch — which has been shown to be remarkably beneficial for physical and mental health.

Knowing when to prioritize your own self-care can be challenging — especially if it tends to fall to the back burner sometimes. So, here are some signs to look for if you're wondering whether it's time to book a massage for relaxation:

If you've felt an uptick in negative emotions lately, such as frustration or irritation, you're dealing with high stress due to work, school, or home life, you're having trouble falling or staying asleep, or you've noticed muscle tension in your neck, jaw, shoulders, or back as a result of stress. If you experience any of these call us today at 816.415.3733 to schedule your appointment.



DECEMBER PEDICURE SPECIAL

Peppermint

It's the holidays and your feet are tired of all that shopping and waiting in line. Why not treat them to something special...our cooling, soothing Peppermint Pedicure. Call to make your appointment today, your feet will thank you!

\$56

Pre-Book Your Next Appointment

Each time you book your next appointment during the months of November and December you'll be entered in a drawing for a chance to win our

Mystery Box

Value \$150



Our Hours

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Merry Christmas to You and Your Family from all of us at Salon Oasis and Day Spa.

