



Scarlett's Retreat Day Spa & Mercantile

22 Jonesboro Street - McDonough, GA 30253

Phone: 678-432-7474 Fax: 678-432-7285

April 2008

Spa Week – Apr 14th – 20th

Bringing wellness attributes of spas to the masses Allure Magazine is Sponsoring Spa Week April 14th- 20th.

Read more about spa week at www.spaweek.org

Visit Scarlett's during Spa Week to Receive:

Citrus and Peppermint Body Service – normally priced at \$85 – on sale for \$50 for spa week.

Citrus and Peppermint Manicure/Pedicure – normally priced at \$70 – on sale for \$50 for spa week

Vitamin C – Anti Aging Facial – normally priced at \$84 – on sale for \$50 for spa week.

Guests should book early – spaces will go fast!!!

Detox for Spring

Let's get ready for summer. Depending on whom you ask, cleansing the body of preservatives, pesticides, pollution and parabens comes with different recommendations and solutions. From spa treatments like lymphatic drainage, mud wraps and heat-steam therapies to two day juice fasts and the month long elimination of coffee, alcohol, white flour, refined sugar, canned and fried food and processed meats. Whether you decide to detox at home or indulge yourself in one of our luscious facials or body wraps, ridding the body of toxins is an important step to long term health.

The body naturally produces toxins for elimination. However, toxins can build up and contribute to unhealthy conditions. Some studies suggest that sustained levels of cortisol (naturally produced by the endocrine system – and produced in larger quantity when under stress) are linked to certain types of cancer. That said, eliminating toxins effectively can be achieved through exercise, good diets, regular massages, drinking the prescribed amount of water daily and yes, having a detoxifying body service or following a detox routine at home. Our favorite this season – our Citrus and Peppermint Body Service. We use an

organic peppermint tea, mandarin grapefruit body butter, a Cucumber Body Scrub and a thermal blanket to help us gently assist the body in the detox process. If you are detoxing at home – try this:

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C&R Media presents

SpaWeek™





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Detox for Spring (Cont.)

Smoothie Recipe – In her book, *Detox and Revitalize*, Susana Belen, co-owner of We Care Spa, claims that 90 percent of the population has severe digestive problems. To aid the digestion, she recommends consuming one liquid and two solid meals per day. For the liquid, smoothies offer an easy and nutritious solution. “Create different smoothies by changing the fruit or the fruit juice, or by adding soy or rice milk,” she says.

Mix one of the following combinations in a blender:

- Apple juice, banana, strawberries, ice
- Apple juice, cantaloupe, watermelon, banana, ice
- Banana, nut mil, soy milk, or kefir; strawberries; ice (sweeten with stevia)
- Banana, mango, orange juice, ice
- Tropical fruit juice, raspberries, boysenberries, peaches

For a more nutritional drink, boost your smoothie with one or more of the following:

- 1 tablespoon chlorophyll
- 1 tablespoon lecithin
- 1 tablespoon of goat's whey
- 1 tablespoon rice bran solubles
- 1 tablespoon fiber

Tip: For added flavor, add ¼ teaspoon vanilla and/or 1 tablespoon carob powder

Whatever you choose, we will continue to share ideas that promote good health and a great life. Don't forget – May is Mother's Day. We will debut two new packages designed with Mom in mind. Coming up - our May newsletter dedicated to unveiling specials for Mom and exciting news about our celebration for our 10 year anniversary. Be sure not to miss it!!! Here's To Your Health and Well being!!!!



Our April Gift Certificate Winner is:
Toni Carter
Congratulations!!!