



Scarlett's Retreat Day Spa & Mercantile

22 Jonesboro Street - McDonough, GA 30253

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

June 2008

A Letter From The CEO

Dear Dedicated Guests:

This year is a year of celebration. In May, we crossed the threshold of our 10th year. It has been an incredible journey – one which would not have been possible without your sincere appreciation and continued patronage. We started with an idea – Honor and Preserve The Charm of the South, Provide The Community With The Best Preventive Spa Care and Organic Products Available, Hire The Best Staff and Always Honor and Respect Our Guests. At the center of our vision and all our efforts is You.

From 67 Keys Ferry Street (our first location) to 22 Jonesboro Street, you have been dedicated to us and we hope our dedication to you shows in each and every experience you have at Scarlett's Retreat. We value each of you – your ideas, your passions, your concerns and your commitments.

We will be celebrating your dedication all summer by offering new mid-week discounts on new service purchases; product specials and gift giveaways. We will launch our new Awards Program, introduce new health care ideas and offer same day booking discounts for more than one service with available space. We are excited about providing you with the best value for your money while offering the highest level of organic spa practices.

We realize that there is no Scarlett's Retreat without you. In these tough economic times our promise is to deliver the best value for your hard earned dollar. We welcome your ideas, promise to always listen and to commit to your health. Let's Go Spa!!!!

Respectfully,

Annette L. O'Banion, CEO





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Aromatherapy for the Mind

The fragrant essences of essential oils come into contact with the central nervous system via our sense of smell. This process has a profound impact on our core emotional center, consciousness and mental functions. Oils such as lavender, chamomile and rose bring calm, while lemon and basil bring energy and clarity. Here are some things you can experiment with at home.



Utter Bliss

This combination of deeply calming and euphoric oils will help relax you and evoke a Shangri La – like atmosphere

- 7 drops of lavender
- 3 drops of anise seed
- 1 drop of rose otto (or absolute)
- 7 drops of lemon
- 1 ounce of distilled water

Add oils to water. Pour into a mister. Shake vigorously and mist the air

Energetic Clarity

Transform a stagnant, lethargic and depressed state into flowing vitality with this aromatherapy application.

- 1 drop sweet basil
- 2 drops myrtle
- 4 drops eucalyptus
- 11 drops sweet orange
- 1 ounce of distilled water

Add oils to water. Pour into a mister. Shake vigorously and mist the air.

Our April Gift Certificate Winner is:

Grace Petty

Congratulations!!!