



Scarlett's Retreat Day Spa & Mercantile

22 Jonesboro Street - McDonough, GA 30253

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

November, 2008

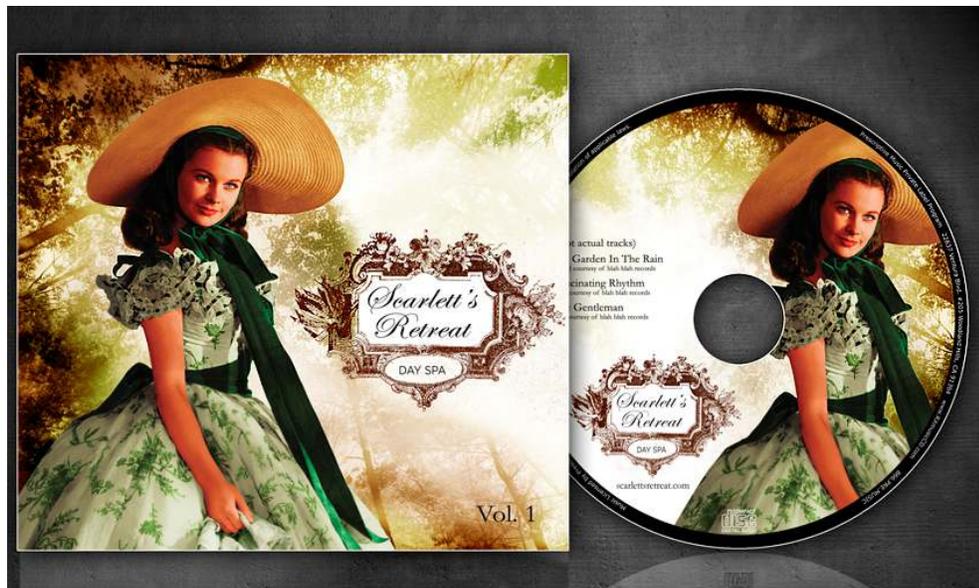
A Gift From Us to You

The news in the last few months has been stressful. Jobs are lost; Homes are lost; Government and the markets seem to be lost; but are we lost? It is easy to think so – just turn on the news. During the hottest contended presidential election in our lifetime, you might believe we have lost our minds. We have a strange set of circumstances that call for a cool head. It is so, that this is the time of year that regardless of what else is going on, we begin to reflect. It is a time to be grateful for what we do have and what is not lost. Tough? Probably, but we should never lose focus on our many blessings. For us at Scarlett's Retreat, you are part of those blessings. We are grateful, daily, for our relationship with our clients, our staff and our vendors. We thank you for your support during the most challenging economic times we have seen in our lifetime. We wish you and your loved ones a holiday season of peace and grace. We promise to be here to help you create the calm necessary to live a healthy life. We promise to offer you creative ways to provide the gift of relaxation in your limited budget this season. We promise to continue to create a place of restfulness and harmony that allows you to step out of the world for those short moments given to you.

This season, we have created a carry out gift to help you create peace and relaxation wherever you

go. For the holidays, we have created Volume I of a special spa music collection that you can give as a gift or use while you creating your bath rituals, just relaxing at home or while you are driving in our "combat" condition traffic around Atlanta. The music is available to you two ways – Purchase \$100 or better in gift certificates for the holidays and we will happily gift one to you. If you can't quite afford that – no worries – you can purchase the cd for \$5 as part of a purchase with any dollar value of gift certificate. We also have collected

many new gift items just for the holiday season. Remember, you can use your "Earthbucks" earned here to help pay for your gifts. We are creating special price points and selections to make your purchases affordable.



able. We will gift wrap for free; handle your gift selections by phone and internet so you don't have to drive. We promise to make this a holiday season to remember and to do it in a way that is affordable and "green friendly".

**Here's Wishing You A Fabulous Holiday Season –
Best Wishes**

Annette L. O'Banion, CEO



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A Holiday Spa Recipe



Cranberry-Blueberry Relish

Makes 7 cups

- 4 cups fresh cranberries
- 1 Granny Smith apple, peeled and diced
- 1 cup unsweetened orange juice
- 1 cup cranberries
- ½ cup blueberries
- ¼ cup dried sour cherries, pitted
- ½ teaspoon minced fresh ginger
- 4 tablespoons brown sugar
- 1 teaspoon ground cinnamon

Method:

Place a medium saucepan over medium-high heat. Add the cranberries and apples and cook, stirring, until apples start to turn golden, about 5 minutes. Add the remaining ingredients and simmer until cranberries have broken down and chutney is starting to thicken, about 25 minutes. Add to a bowl, cover and refrigerate for at least two hours before serving. It is better overnight, so the flavors can marry. Store in an airtight container in the refrigerator for up to two weeks. – Courtesy of Bill Wavrin, Executive Chef, Glen Ivy Hot Springs, Southern California.

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of *thanksgiving-*

H. U. WESTERMAYER

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

Melody Beattie

**Our November Gift
Certificate Winner is:**

Jennifer Thomas

Congratulations!