

NEWSLETTER

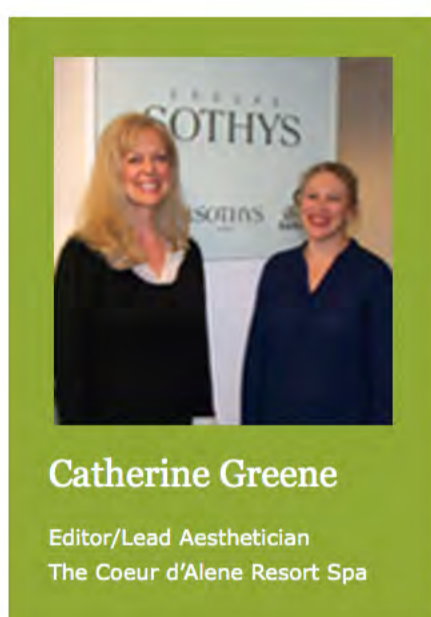
SUMMER IS IN FULL BLOOM...

Ah... summer! Did that just make you smile? Time to open the windows, throw off the sweaters and enjoy some much-needed outdoor time.

This last April my assistant trainer/aesthetician Heidi Meijerink and I were blessed with a trip to Paris, France, courtesy of Sothys, Paris, our premier skincare line. We visited the company's corporate offices, research and development center (the science is fascinating!), manufacturing facility, had a fabulous facial at the original Sothys Paris spa, and spent time with the very gracious owners, Frederic and Christian Mas... It was all wonderful.

France (Provence, specifically) is famous for its intensely fragrant lavender. It is no coincidence that lavender blooms in the summer, when its soothing properties can be used to cool and heal a sunburn (or bug bite). Which is why we are featuring the amazing lavender essential oil this quarter at The Coeur d'Alene Resort Spa.

Lastly ... congratulations to Cathy, winner of a free 50-minute spa service from our last quarter's newsletter! We look forward to serving you soon. Be sure to respond to this quarter's newsletter for your chance to win!



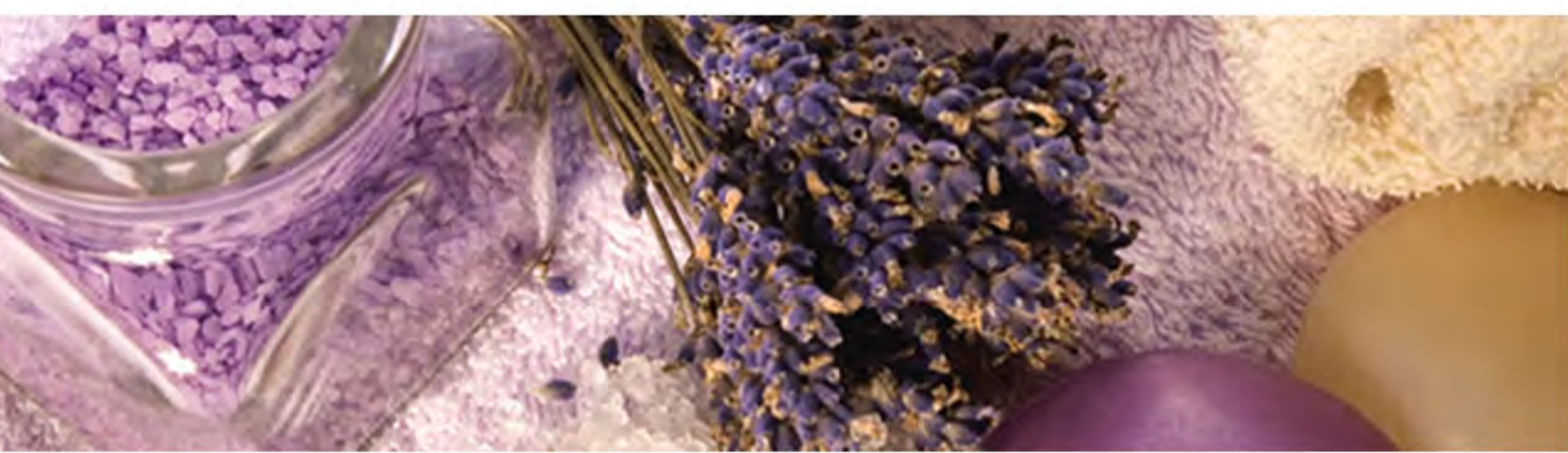
Catherine Greene

Editor/Lead Aesthetician
The Coeur d'Alene Resort Spa



DID YOU KNOW...

- Lavender is antiseptic, anti-inflammatory, and antibacterial, making it an excellent support for the healing of burns and wounds.
- There are over 39 known species of lavender, and it is a member of the mint family.
- Lavender flowers are edible – try lavender sugar over fresh fruit or swap for regular sugar in shortbread cookies. (See Lavender in the Kitchen Below!).



HEALTH & WELLNESS

LAVENDER RUB: Mix 1 TB chopped fresh or dried lavender buds with 1 tsp. each salt and pepper, ½ tsp. each dried thyme and basil, and ¼ tsp. garlic powder. Rub onto chicken breasts before grilling or baking.

LAVENDER SYRUP: Heat 2 cups each of sugar and water together, stirring to dissolve. Add a small handful of fresh or dried lavender buds. Pour into a small bowl; cover. Let stand 2-24hrs. (longer = more intense flavor). Strain off buds and chill up to 2 weeks. Swirl syrup in iced tea or spring cocktails, or over vanilla ice cream.

LAVENDER BUTTER: Mash together a stick of softened butter with a quarter-size handful of minced fresh or dried lavender buds. Spread on warm biscuits or toasted whole-grain bread.

LAVENDER SUGAR: Pour sugar into a pint or quart glass jar. Add fresh or dried lavender buds, cover and shake. Let sit on the counter a few weeks, shaking occasionally. Sprinkle over fresh fruit or swap for regular sugar in shortbread cookies.

SKIN DEEP

Breathe deeply and relax into the Lavender Escape Facial, great for all skin types. Warm towels infused with lavender essential oil envelope your face in a fragrant cocoon.

A gentle enzyme exfoliation is followed by a de-stressing massage of the shoulders, neck and face using organic lavender oil. Afterwards, a cooling, soothing masque is applied.

Don't be surprised if you drift off – lavender has sedating properties as well!

BODY BLISS

Exclusive to the Coeur d'Alene Resort Spa is the Lavender Rain Fusion treatment. This is a salt scrub with organic lavender oil, followed by a deeply hydrating shea butter massage under the gentle cascade of water. I have received this treatment and will tell you it is so incredibly relaxing, and your skin feels amazing afterwards!



WIN A RELAXING SPA SERVICE!

Be one of the first one hundred people to read and respond to this newsletter to be entered into a drawing for a free 50-minute service of your choice.*



*No purchase required for entry. Winner will be selected at random from the first 100 responses received or from all entries received by July 31, 2017, whichever comes first. The Spa is not responsible for late, lost or misdirected entries. Free 50-minute service cannot be combined with any other offers. Non-transferable. See Spa for further details.