

GLEBE SPA CELEBRATES ITS FIRST YEAR RAISING FUNDS FOR BREAST CANCER ACTION

Just a few dollars short of 500 dollars was how much Glebe Spa raised in benefit of Breast Cancer Action during a fabulous Food and Wine Extravaganza event in celebration of its first year in operations. Friends and customers gathered on May 17, to sample the fine collection of cheeses and Italian antipasto kindly donated by **Il Negozio Nicastro in The Glebe** and wines selected by sommeliers from **Algonquin College**. Representatives from **Allpresan, Biodroga, and Exhuberance**, the high quality products used at the Spa were also present

The evening closed with a candid and moving presentation by Carol Ramus, a breast cancer survivor, who spoke of the strong support she received from Breast Cancer Action and the importance we should all give to finding moments of relaxation. Thank you all for your generous contributions and your continuing patronage!

PEDICURE SEASON The word pedicure comes from the Latin, *pes*, which means feet, and *cura*, which means care. Regular care is the key to healthy skin. Our skin is one of our most important organs; it protects us from infection and disease. People with dry, sensitive and/or damaged skin, especially on the feet, need to consider extra protection to prevent minor irritations from becoming bigger problems. Our pedicure skin care products Allpresan, are particularly helpful in preventing and treating feet epidermis, such as dry, cracked, itchy or burning skin, conditions often prone to infections. More and more skin care professionals are recommending Allpresan foams for the daily care of very dry skin on the feet in cases of diabetes, neurodermatitis and psoriasis. Rich in urea, these non-allergenic products absorb immediately without leaving a greasy film on the skin and leaves a lasting healing, soothing and stabilizing effect on the skin.

A **pedicure**, not only helps you improve the health and appearance of your feet and toenails, is also an opportunity to sit down and relax by yourself or with relatives and friends in our calming environment.

Our pedicure bar allows for bookings of up to 4 people to be served at the same time. When making your reservations, please make sure to let us know if you are celebrating a special anniversary or occasion. We would love to contribute to making this event a memorable one! Additionally, as our valued customer, **we will offer you a 10% discount on your next pedicure** when you mention our newsletter at the time you make your booking!

ART IN THE SPA Jennifer Walsh, a long-standing customer of our Spa, brings her creativity to the **Spa on Friday, July 7, 2006** for an exhibition of her Oil and Multi-media paintings. Jennifer is a Public Servant with the Department of National Defence, but finds time to explore her creative side and is constantly being inspired by the beauty around her. Although not originally from Ottawa, Jennifer considers this city to have one of the greatest and most supportive arts communities and she hopes to inspire you with some of her latest works whose inspiration is rooted in the wonderfully soothing atmosphere of the spa. **You are invited to the opening reception from 6:00 to 8:00 pm. Jennifer will talk at 7:00 pm.** The art show will continue until Saturday, July 29, 2006

COSMETIC MEDICINE Many of our customers are finding that cosmetic medicine is an attractive alternative to get rid of unwanted wrinkles or lines. Administered by a qualified and experienced physician, this treatment can temporarily smooth moderate to severe frown lines between the brows. It only takes 10 minutes and a few tiny injections to bring about, within a few days, a noticeable improvement which can last for months. Please call us to make an appointment with **Dr. Linda Call** for a private consultation which could determine if Botox or Restylane is right for you.

EXHUBERANCE: A COSMETIC LINE NATURALLY

PRODUCED IN OTTAWA As featured in the Style Section of The Citizen last month, Exhuberance By Fedor is a natural & organic skin care line, conceived and manufactured right here in Ottawa. Come and discover why Exhuberance is creating such an impact.

REIKI/INTUITIVE HEALING We are pleased and excited to announce that **Peter Thompson** has joined our team. He is a talented and skilled reiki master and clairvoyant. Reiki is the art of balancing your energy and Peter will help locate, alleviate and dissolve blockages that arise from daily stress in your life. His reading will help you tune into your own guidance to get the clear messages you need to grow and move on with your life.

REFLEXOLOGY We are also happy to announce the arrival at our Spa of **Hélène Décarie**, as our Certified Reflexologist. Reflexology is a natural healing art based on the principle that there are reflexes on the body which correspond to every organ and gland within the system. Compression techniques are used on the feet, hands and ears to stimulate these reflexes. Reflexology is effective in treating a variety of imbalances of the human condition. Helping to unblock congestion, stimulate circulation and elimination, reduces stress and tension. Check with your insurance provider to see if reflexology is covered in your policy.

REGISTERED MASSAGE THERAPY Did you know that scientists have concluded that office workers massaged regularly were more alert, performed better and were less stressed than those who weren't massaged. Massage therapy decreased the effects of anxiety, tension, depression, and pain. The healing power of touching is also manifested in the British research that showed that premature infants who were massaged gained more weight and fared better than those who weren't. Registered Massage Therapist is covered by most insurance policies. Call to make an appointment with **Jessica McGuire**, our RMT, and take advantage of your benefits to feel better.

NATURAL TANNING The perfect solution for a safe and natural tan. Our unique delivery system uses air to draw the bronzer (sugar-based solution) out of the bottle, turning it into a micro fine mist that delivers 100% even coverage for the most natural look. Check it out on your next visit! We look forward to seeing you soon!