

GRAND HARMONY
SPA
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HINCKLEY MN 55037
1-800-472-6321
320-384-4836
grandharmonyspa.com

Grand Harmony Spa

Volume I, Issue V

July / August 2010

Spa-tacular Finds:

- July Special
- Golf & Spa Packages
- Nail News
- Massage Corner
- Facial Features
- August Specials
- Senior Wednesdays
- Spa Word Find

Our therapists:

MASSAGE

Nicole
Connie
Rene
Jason
Josh
Melissa
Sharon

AESTHETICIANS

Jenelle
Connie
Cortney
Virginia

NAIL TECHS

Monica
Wendy
Virginia
Kelsey

GRAND HARMONY JULY SPECIAL

SUMMERTIME at the SPA package...

3 hours of relaxation for
\$225.00

50 min. Grand Harmony Signature Massage
50 min. Personalized Facial
50 min. Honey Mango Pedicure

Tax and gratuity included
Call for an appointment today!
320-384-4836

Grand National Golf Course & Grand Harmony Spa

9 Holes w/cart & 25 min. Neck,
Back & Shoulder Massage \$150.00
for two, all inclusive

18 Holes w/cart & 25 min. Neck,
Back & Shoulder Massage \$175.00
for two, all inclusive

9 Holes w/cart & 50 min. Signature
Massage \$199.00 for two, all inclusive

18 Holes w/cart & 50 min. Signature
Massage \$225.00 for two, all inclusive

For Reservations Call

1-800-472-6321

Ext. 4836 Spa or 7427 Golf

**NEW AND
EXCITING
RETAIL
PRODUCTS!**

**BT McElrath
Chocolates,
made in
Minnesota!**

**Arichipelgo
Botanicals
Candles**

**Every Wednesday
Is
SENIOR
WEDNESDAY!
All
25 minute services
\$44.99
Includes Tax &
Gratuity
Must be 55 or
older**

GRAND HARMONY NAIL NEWS

What Pedicure is best for me?

Healthy Feet– also known as our “express” pedicure is a 25 minute pedicure. Best for people who get regular pedicures and just need a touch up.

Blueberry Bliss, Modern Man & Grand Harmony– any one of these are 55 minute pedicures, a great service for you if it has been awhile since your last pedicure. We have plenty of time to trim, buff, scrub, massage, and polish., as well as relaxing with soothing warm towels.

Sparkling Pomegranate – also a 55 minute pedicure, ideal for those who need extra attention for their feet. This is the only one of our pedicures that includes a paraffin wax treatment, which is great for dry, cracked heels.

* add a paraffin treatment on other pedicures we offer for \$15.00

Soothing Stones- a 70 minute pedicure. A unique pedicure for those looking for something different . We use warm and cool stones during the massage in this pedicure, which is great for circulation. Also enjoy all the great qualities of the 55 minute pedicure: soothing warm towels, foot masque, foot scrub, and all your nail care needs.

Choosing any pedicure is a great way to get the Grand Harmony Spa experience!

Grand Harmony Facial Features

If you're going to sizzle this summer; be safe not sorry with
**Eminence Organic Sun Defense
SPF 30**



Uses: Effective SPF 30 protection
Light weight and water resistant
Loaded with vitamins and bioflavonoids
Easy to use, apply, and carry anywhere

Results: Effectively protects against sun damage
Vitamin content provides nutrition
Complexion is clear and smooth

* Mineral powder is available in various shades for added cosmetic coverage

Massage Corner

Neck, Back & Shoulder Massage targets muscle tension in the mentioned areas, the face, jaw, scalp and headaches. The **25** minute service is a nice experience for people with any apprehensions about massage work, and anyone looking for a “quick” massage. During the **50** minute massage, there is more time to focus, as most people, need and enjoy their tensions melting away.

The **Grand Harmony Signature Massage** is our most popular massage. The purpose is to relieve stress, improve circulation and provide head to toe relaxation. Each of our therapists has their own way to make the Signature Massage great, using their specialties to give you the best massage possible. During the **50** minute massage, we even out the time spent on all areas with a little extra on your focus area (if you have one). In the **80** minute we like to slow down and spend time on the areas of the body, like the feet and scalp, that can get over looked in a shorter treatment. All while thoroughly working the rest of the body, especially your focus area.

Our **Deep Pressure Massage** is for those who prefer deep and more direct pressure to relieve chronic pain and limited range of motion. A variety of techniques are used such as: slow strokes, direct pressure and friction movements (going across the grain of muscles). This is a 50 minute service.

Sports Massage is recommended for pre- or post-event. The benefits of a pre-event massage include warming up the muscles and improving circulation. For post-event, a massage pushes waste products out of the body and improves recovery. **50** minutes.

A **Soothing Stone Massage** is an **80** minute service, that includes the use of warm and cool stones. We use warm stones for a spinal layout and to massage the body. Cool stones are used on areas that are inflamed or have extra tension, and to lower body temperature comfortably.

Our goal is to give you what you are looking for during your massage session. Please inform us what you have in mind, whether your goal is to relax, ease a headache, work on a focus area or to simply enjoy yourself.

Reflexology, Couples and Mommy-To-Be massages are also available.

SUMMERTIME FUN!

Spa tote bag including a gift bag of Grand Harmony products for **\$24.99**

Have you been to our Grand Harmony Spa Web site? Grandharmonyspa.com Email us about any questions you may have or for future appointments

SPA WORD FIND

AUGUST
APPOINTMENT
BICEPS
CHOCOLATE
DAYPASS
ENJOY
EXFOLIATE
FITNESS CENTER
GIFT
GRAND HARMONY
HYDRATE
JULY
LOUNGES
LUNCH MENU
MANICURES
MASQUES
MOISTURIZE
NAIL SPA
NECK
PORE REFINING
REJUVINATE
RHOMBOIDS
SERENITY SUITE
SOAK
SPECIALS
TEAS
TENSION
UNWIND

Q & A

Q: I have a white , pimple like thing on my face in several areas and it won't pop so it must not be a white head what do I do?

A: This is likely a MILIA, a small white deposit under the skin that is not within a pore. Because it is not in a pore, you cannot "pop" it like a pimple. If it is bothersome you can have it removed by your Aesthetician or a Dermatologist, but do not try to remove it yourself, it will likely end in a scar.

AUGUST SPECIALS

Sun-Kissed Facial \$80.00 50 minutes

A consultation will determine which Eminence products are right for you. This facial includes a cleanse, exfoliation, massage, masque and moisturizer.

Triple Waxing (Eyebrows, Lip, and Chin) \$35.00

Prices include gratuity.

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