

Sweet Cheeks

The Hydrating Hyaluronic Collection



Say hello to summer and goodbye to dull, dry skin by infusing it with youthful hydration from mother nature!

Strawberries contain a large amount of salicylic acid that gently and effectively remove dead, dry skin cells leaving the skin softer, smoother and glowing. Strawberries also reduce facial redness and swelling and enable the skin to absorb more moisture.



For the Month of July

Enjoy a
Sweet Cheeks Seasonal Facial
for just
\$75

Purchase 2 or more items from the
Sweet Cheeks Collection
and save \$10
Offers Expire July 31, 2010



Rhubarb is probably the first 'fruit' of the summer. It is not a fruit, however, but a relative of buckwheat. When the stem is used to treat the skin it works as an astringent and disinfectant, helping to heal the skin and providing a good source of ascorbic acid and vitamin C.

Hyaluronic acid is derived naturally from the marshmallow plant and plays a critical role in the rapid repair of wounds and other skin conditions ensuring that skin is hydrated and maintains a youthful appearance.



Sun Safety Is All Year Long.....

"The sun may cause sunburn, premature aging of the skin and skin cancer. Avoiding the sun, wearing protective clothing and regular use of sunscreens over the years may reduce the chance of these harmful effects." (Adapted from the Canadian Cancer Society's "Sunsense" Guidelines and the Canadian Dermatology Associations "Sun Safety").

Here are some helpful tips that will keep your skin healthy and youthful for years to come:

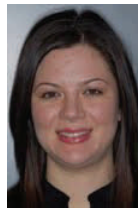
- Use products that are "broad spectrum" with SPF15 or higher. Apply evenly to all uncovered skin, even your lips, nose, ears, neck, hands and feet 15 to 30 minutes before sun exposure. Reapply at least every 2 hours.
- The sun's rays are the strongest between 10am and 4pm. "Even on an overcast day, up to 80% of the sun's UV rays can get through the clouds," according to the FDA. Stay in the shade whenever possible.
- Wear a wide brimmed hat, long sleeves and long pants if you plan to be outside on a sunny day.
- Remember to wear sunglasses when outdoors. "Sunlight reflecting off sand or water further increases exposure to UV radiation, increasing your risk of developing eye problems such as cataracts," according to the FDA.

The V spa is proud to carry all of Eminence's sun care products. We would love to assist you in finding the best products for you!



For the month of August
receive \$10.00 off your
Biosculpture Gel Overlay
when added to the
Deluxe Pedicure.

Offer Expires
August 31, 2010



Manager's Message:

When I was a young girl, I remember laying on the couch with my mom after she had worked a long day; smoothing her creased eye makeup and cleaning any mascara that had smudged. It was my way of pampering her. Even at a young age I recognized the significance of this simple act in helping my mother feel loved and taken care of.

As I matured and began developing a personal interest in massage, aromatherapy and skin care I was persuaded to explore these areas further and attended the Paul Da Costa Aveda Institute in Victoria where I received my Diploma of Esthetics. Moving to Whistler after graduation, I began an amazing career, having the opportunity to succeed in both intimate day spas and world class resort spas for eight years.

Returning to my home town of Prince George in 2007, I was able to build on my foundation in the industry while working with the amazing team at the V spa's sister company, Vanishings Laser Esthetics. There my appreciation for the company's values and mission was solidified and when asked to become a team leader at the V spa, I jumped at the opportunity to return to my first love of working in an environment where both men and women can relax and be pampered.

It is my hope that the V spa continues to be the destination that people of Prince George and the surrounding area choose when they need stress relief and self-renewal. It is my goal to continue to innovate and provide the very best in products, treatments and training at the spa. I look forward to welcoming all current and new clients, and thank you for including the V spa in your life.

Erin Ridsdale

Heaven for Green Thumbs!



You have spent all summer tending your garden and your hands are ready for some TLC.

Book an
Essential Manicure
in the month of September
and add a
Paraffin Treatment for \$8.00
(regular cost \$15.00!)

