

# THIS WEEKS NEWS

Relax | Unwind | Let Go

## Appointment Availability

Monday 10-5\*

Tuesday 10-5\*

Wednesday 10-5\*

Thursday 10-5\*

Friday 10-7

Saturday 10-5

\* after hours appointments  
available upon request  
(additional charge may apply)

Although we have an online scheduling option, appointment times can change very quickly based on demand as well as last minute changes. Its always best to give us a call to learn more about availability in Real Time.

802-465-8255



## Listen up! ... Pedicures are about more than pretty polish

When cold temperatures hit, a lot of us breathe a sigh of relief. As much as we miss our warm sunny days, there's an upside to winter for busy women: We don't have to shave our legs( we'll discuss that next week) as carefully or tend to our feet because who on earth is going to see our toes anyway for the next six months.

But here's the problem with that way of thinking:

# SPECIAL OFFER

✨ Mondays &  
Tuesdays ✨ in September  
10-2

**Save \$10** on any  
treatment \$50 or  
more...must mention early  
bird special when  
booking.

Pedicures do more than keep our toenails looking lovely and lively in shades of magenta and fire engine red. They nourish our poor, overworked feet — which take an even more brutal beating in winter.

Whether you have circulation issues, are a runner or walker, or you're just like everyone else and your feet are cooped up most of the day in stockings and shoes, pedicures feel good," said Becky Sturm, president of StormSister Spatique. "They're also recommended for those with circulatory problems and are a great addition to the foot health of diabetics."

Many podiatrists even see the value of treating yourself to regular pedicures — as long as your expectations are in check.

"Pedicures that are performed to trim nails and smooth rough skin as well as to beautify the feet and provide relaxation for the customer are fantastic," said Dr. Richard Graves, D.P.M., at Sol Foot and Ankle Centers.

*With that in mind, here are six reasons why you should drop everything this winter and make your feet look and feel healthy:*

- 1. It will get your blood flowing.** As Sturm mentioned, we can all use a circulation boost. Does anything sound more amazing than the thought of soaking your feet in a warm whirlpool bath with our Footlogix® Pediceutical® products?
- 2. It can heal you.** At Village Spa, a pedicure is a foot health treatment. Our products are formulated with ingredients to promote health, healing and treatment. Footlogix® created the world's first and only Pediceutical® mousse based foot care line using Dermal Infusion Technology(DIT). This delivery system carries active ingredients past the Stratum Corneum into the layers of the epidermis, helping to restore the health of the skin.
- 3. You won't rip your socks or tights.** Everyone, man or woman, who has gone too long between pedicures knows that feeling of pulling on a pair of stockings and tights and watching them shred slightly from your unfiled, switchblade of a toenail. Regular pedicures will save you a fortune in sock (or sheets).
- 4. You're the most important person to impress.** Even if the only people who are actually going to see your feet are your partner, your newborn and yourself, at least one of those three wonderful souls is going to feel a whole lot happier staring down at groomed healthy feet. Pedicures give you that added boost of confidence. It's also an incredibly fantastic way to take care of your body solely for your own enjoyment and pleasure.
- 5. Your feet won't be able to grate cheese.** Imagine slipping into bed every night (alone or with someone) and not drawing blood with your super-sharp calluses. A good pedicure includes the removal of hard skin on your feet and leaves them feeling silky smooth and less like sandpaper.

**6. Detect problems early.** If you keep up with your monthly pedicures, even in winter, your therapist will be better able to detect any potential problems she sees with your feet, including fungal infections and corns. Obviously, a pedicure doesn't take the place of finding a great certified podiatrist, but your therapist can alert you to get your feet checked out by a health professional.

### **Village Spa offers 3 great pedicure options:**

#### **Footlogix Pedicure- \$50**

Pedicure using our special pharmaceutical formula for any foot type. Come enjoy a Footlogix pedicure today.

This pedicure is a great option for those who feet are in need of attention or some great foot health. You will get a relaxing foot soak in our massaging pedicure tub, a seaweed scrub to exfoliate and detoxify.

Nails will be filed & trimmed, callus and cuticle work. Your pedicure will end with a light massage and polish (if you so desire).

Time is 60-75 min

French Pedicure add \$10

#### **Mini Pedicure- \$35**

This pedicure is a great option for those who are not in need of a full pedicure. You will get a relaxing foot soak in our massaging pedicure tub, nails will be filed, trimmed, polished (if you so desire). What it does NOT involve....a seaweed scrub, callus softening or a lengthy massage.

Time is 30-45 min.

French Pedicure add \$10

#### **Deluxe Footlogix Pedicure- \$75**

Our same great Footlogix Pedicure with some added extras.

You will get a relaxing foot soak in our massaging pedicure tub, a warm hot pack for your shoulder and a seaweed scrub to exfoliate and detoxify.

Nails will be filed & trimmed, callus and cuticle work.

You will then have your feet enveloped in Eco-fin & warm booties (a warm shea butter alternative to paraffin) while your eyes are relaxed with a soothing & warm eye mask.

Your pedicure will end with a light massage and polish (if you so desire).

Time is 75-90min

French Pedicure add \$10