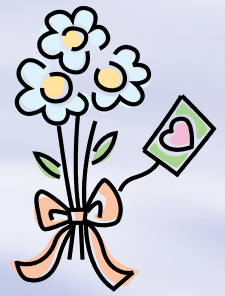


New Self News

February 2010 ■ www.newselfrenewal.com



6300 Enterprise Lane ■ Madison, WI 53719 ■ 608.310.6775 ■ info@newselfrenewal.com

New for February

Love Is in the Air Spa Package: Couples Mini Pedicures w/Polish ■ \$45 member, \$55 non-member

Love Is in the Air Gift Set: 10 oz. shower gel, 10 oz. lotion & bath fizzers in your choice of chocolate or chocolate raspberry ■ \$15

Fitness: Introducing new BOSU class: BOSU stands for Both Sides Up. This new class provides a unique way to work on core strength, aerobic conditioning and balance. The entire class done with a BOSU. Check it out Tuesdays and Thursdays at 8:30 am and Fridays at 10 am.

Cafe: Sandwich: BBQ pulled pork sandwich*, bag of chips and soda ■ \$4.50

*cheese is an additional charge

Specialty Drink: 16 oz. Lemonade with a shot of Cranberry-Grape Energy Blast ■ \$2

Members receive significant discounts on spa services & save 10% on café items!

Visit www.newselfrenewal.com for a complete cafe menu & list of spa services.

Valentine's Day Reminds Us to Appreciate Those We Love

by Nina Amir

Heart-shaped boxes full of candy. Red and pink cards. Roses. Bags of chocolate kisses and hard candies that say, "Be mine." Advertisements for diamonds in all sizes, shapes and forms. It's hard to forget the fact that Valentine's Day is upon us once again. Valentine's Day represents a wonderful opportunity to tell those we care about the most how we truly feel about them and reminds us that we really should be doing this every day of the year. It's amazing how a small expression of love and appreciation can improve a relationship, but many of us forget this little bit of relationship advice. For this reason, for most couples Valentine's Day offers a great chance to recommit to truly appreciating and loving each other.

If you are newly in love, you likely express your feelings both verbally and physically often and shower your partner with flowers and love-laced poems, cards and gifts on a regular basis. Valentine's day represents just one more opportunity to do more of the same. That's one of the reasons that new relationships thrive—the partners are so focused on showing their love and appreciation for each other.

If you are in a long-term relationship, however, you might more often forget to say "I love you" or to show your spouse or significant other on a regular basis that he or she is appreciated and adored. In other words, you might not appreciate your partner or spouse—or show that appreciation even if you feel it. Such couples should celebrate Valentine's even if they don't feel like it, because it's a great reminder and opportunity to express their love and to show their appreciation outwardly for those deep down inside they care about most—even if they no longer realize it.

If you are stuck in a relationship rut, Valentine's Day

can serve as the beginning of a new "love and appreciation" campaign that lasts not just for 24 hours but all year long—in fact, all relationship long. Instead of making February 14 a Hallmark holiday—one that simply involves the purchasing of a card and a gift—you can make it the first day that you commit to revving up the romance in your relationship and in your life. You can spend time and energy remembering and expressing all the reasons why you first loved and appreciated your partner, and then you can watch how the relationship heats up.

The longer people are married or together, the more common it is for them to take each other and their relationship for granted. So, Valentine's Day offers them a chance to remember how much they love and appreciate each other. It's a chance to commemorate the many years they've been together and to recommit to their relationship once again.

Just like an anniversary or a retaking of wedding vows, Valentine's day can be a time when couples say, "I'd marry you all over again." Or it can be a time to look back over the years and remember both the good and the bad times, the easy and the hard times, and to be grateful they weathered them all together.

Since Valentine's Day does only come once a year, remember to show your appreciation and gratitude for those you love on a regular basis. It's so easy to forget to say "thank you" and "I really appreciate it when you do that" and "I love you." Learn to shower your partner with gratitude so he or she always feels loved and appreciated. Don't wait for a special day like Valentine's Day. Do it every day. Your partner will love you for it. And your love will grow because of it.

Make Valentine's Day Special

During the week of February 8-13, choose one of these romantic spa packages:

- Couples 60-min. Massages with chocolate oil: \$110 (\$130 value)
- Couples Regular Pedicures with chocolate-covered strawberries: \$75 (\$90 value)

Details: Offer good 2/8-13. No coupons, gift certificates or any other discounts allowed with this special. If needed, childcare is available. See our Childcare During Services Policy online.

Set up your appointment today—this week books up fast!

Couples Massage Class

Saturday ■ February 13
10:30 am - 12 noon

\$10 member ■ \$20 non-member

Learn a new skill that you and your Valentine will both enjoy practicing! Childcare is provided. See website for details.

BE MY VALENTINE

Check out our online gift shop for more great gift ideas!

 Find us on Facebook

Monday Night Movie & Massage

**February 8, 4-7 pm ■ Epitome of Romance Double Matinee:
Sleepless in Seattle at 4 ■ You've Got Mail at 5:30**

Join New Self as it hosts another evening just for women with one of the classiest couples in romantic comedy: Tom Hanks and Meg Ryan. Drop your children off, guilt-free, to play at Kid Corner, while you revel in a couple of classic chick flicks.



**DOUBLE
FEATURES**

IN THE SPA ■■■

Red Mini-Mani's with Paraffin Dip: \$16
10-minute chair massage: \$8

IN THE CAFÉ ■■■

Meat Lasagna & French Bread: \$6

PLUS, FREE POPCORN & SODA!

This event is free for New Self members; \$15 for non-members needing childcare. **RSVP required by 2/5.** Call 310-6775 to sign up! (event subject to availability after 2/5)

Don't Miss Out on Wednesday Date Night!

February 24 ■ 5-7 pm

Enjoy free popcorn and soda, and a couple hours of uninterrupted conversation with your sweetheart, while the kids have a blast in Kid Corner! Event includes childcare and is free if you **RSVP to 310-6775 by February 19.**

Tip from Our Nail Specialists:

What causes finger nail damage?

The nail can be damaged by nail-biting, scratching the nail folds, or trauma such as slamming a finger in a car door. Damaged nails may appear ridged or cracked and broken. The good news is you can help this by simply applying a good nail strengthener and practice putting cuticle oil on each night before going to bed. Plus, schedule a manicure about once a month with your Nail Specialist.

■■■ Mark Your Calendars ■■■

Bookmark the Events page of our website or become a Facebook Fan for more information on these upcoming events in and around Madison!

February

12-13: Crocodile Smiles Photograph Portrait Event

The Purple Goose (Verona, WI) ■ Upstairs in the Toy Room
Friday 10 am - 3 pm, Saturday 10 am - 3 pm
FREE 5-10 minute portrait session for your child(ren),
plus a Swag Bag full of coupons and gifts from local businesses!

20-21: Madison's Baby Expo ■ Alliant Energy Center

Saturday 10 am - 4 pm, Sunday 11 am - 4 pm
Free Samples, great baby information & classes, fun activities for parents, babies and toddlers! Stop by the New Self booth & say hello!

April

25: 1000 Mile Journey ■ Capitol Square ■ 12-3 pm

One mile walk around the Capitol Building in Madison, WI with 1000 or more participants. All proceeds go to The Rainbird Foundation, a Madison-based non-profit committed to the end of child abuse.

May

1: March of Dimes Madison March for Babies ■ Martin Luther King Jr. Blvd 8:30 am Registration ■ 9:30 am Official Start

June

12: 3rd Annual Jodi Lou Lung Cancer 5K Run/Walk ■ Oak Bank 8 am Registration ■ 9 am Start

■■■ Fitness Classes ■■■ (effective January 18 - June 11, 2010)

Monday

10 am - Boot Camp
11 am - Core
12 pm - Fitness Menu
1 pm - Boot Camp
2 pm - Fitness Menu
3 pm - Fitness Menu
4 pm - Fitness Menu
5 pm - Boot Camp

Tuesday

8 am - Senior Exercise
8:30 am - Bosu
9:30 am - Core
10:30 am - Fitness Menu
11:30 am - Fitness Menu
1 pm - Cardio Power Hour
5:30 pm - Zumba

Wednesday

8 am - Boot Camp
9 am - Core
10 am - Theraband
11 am - KettleCore
1 pm - Boot Camp

Thursday

8 am - Senior Exercise
8:30 am - Bosu
9:30 am - Fitness Menu
12 pm - Cardio Power Hour
1 pm - Fitness Menu
5:30 pm - Zumba

Friday

8 am - Boot Camp
9 am - Core
10 am - Bosu
11 am - Flow Yoga
1 pm - Boot Camp

See website for class descriptions. Fitness Menu classes include: Athletic Stretching, Core, Kettleball, KettleCore, Swiss Ball & Theraband. Fitness Menu classes must be requested by 9 am the day of the class. Members can call 310-6775 to sign up.

■■■ Business Hours ■■■

Monday-Thursday

Fitness: 6 am - 8 pm
Café: 6:30 am - 6 pm
Kid Corner: 7:30 am - 7 pm

Friday

Fitness: 6 am - 7 pm
Café: 6:30 am - 4 pm
Kid Corner: 7:30 am - 4 pm

Saturday

Fitness: 7:30 am - 4:30 pm
Café: 8 am - 1 pm
Kid Corner: 8:30 am - 1 pm

Closed Sundays & Holidays