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# NEWS

## quick links

mySpa chicago  
mySpa specials



## sun-kissed skin... no sun required!



Achieve that coveted summer glow while protecting your skin from harmful UVA/UVB rays with a [spray tan](#).

## have you had your oxygen boost today?



Book an [intraceuticals](#) facial for your daily dose and see immediate

## july 2010

### july is uv safety month

Who doesn't love to soak in the sun on a beautiful summer day?

The sun's rays make us feel good... and admittedly, look good, too. Without proper protection, though, we could be doing some serious damage to our skin. Skin cancer or, melanoma, is the most common type of cancer these days and the number of cases grow every year. Unless you have your head buried in the sand, it's hard to miss the messages about sun protection. The information can be a bit confusing, so we're breaking it down for you here:



So, what do all those letters mean...[UVA](#), [UVB](#), [SPF](#) anyway? How much [sunscreen](#) do I need?

Aside from uncomfortable sunburn, the sun wreaks havoc on our skin in ways which may not be seen until we get older. These effects include age spots and freckles, wrinkles, thinned or thickened blood vessels, cataracts or retina damage, and of course skin cancer. That's why it's important to adhere to simple [sun safety tips](#) whenever you're outdoors and take a cue from the Aussie's [slip-slop-slap](#) campaign... slip on a shirt, slop on some sunscreen, and slap on a hat!

### sizzling summer [spa deal](#)

Bare your sole in style this month...walk away with a pair of ultra-chic oka b sandals when you book your Barefoot in the Park Pedicure. Valid through July 31st.



lifting, fullness, and brightness!

### mySpaExperience



Save 10% on your next spa appointment when you complete our guest satisfaction survey. Valid email address required.

## locals only massage club

Stress less, save more. Join the [locals only massage club](#) and save \$35 on a monthly massage!



## myFitness membership

Ask us about our **NEW** myFitness membership options!



## featured spa therapist: mark briggs

A big welcome to our newest massage therapist, Mark Briggs! over his 12 year career, Mark has perfected his deep tissue massage skills in order to combat the rise of chronic pain due to overuse injuries resulting from too much time on the computer, cell phone, and airplane. Honing in on the neck, hands, and lower back he is able to provide relief to his exhausted business traveler clientele.

***Request Mark for a 90 minute myMassage and receive your choice of either a complimentary bottle of Letting Go Oil by Body Bliss or Stress Relief by Sprayology!***

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