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Welcome to Our First Newsletter

About a year and a half ago, we started our company Elements Spa & Salon after leaving our “day jobs” at a local law firm. Since then, we have renovated, expanded and grown tremendously. Thank you to all of you who have supported us and continued to patronize our business. There is nothing we appreciate more about doing business in Hawaii than the type of clients we have the pleasure of building relationships with.

We are excited to put out our first newsletter to get to know you better and to keep you informed about all the exciting specials and events we have going on at Elements.

The purpose of this newsletter is for us to

keep in touch with you and to allow you to learn more about us. We also want you to be able to take advantage of all the specials and events that we offer. You will also find useful information on wellness, trends, event ideas, our partnerships, and other information to keep you on the cutting edge of total wellness.

We hope you enjoy all that we have to offer. Thank you for your continuing friendship and we look forward to seeing you soon!

Jamie & Bree

Special In-Spa Events

Mother/Daughter Evening of Indulgence for Mother's Day:

Experience something you and your mother will never forget this Mother's Day weekend. Spend the day being pampered with your mom and then go out for a nice Mother's Day meal.

Your morning, or evening, will begin with foot treatments while you enjoy our Aveda tea service. Next you can choose from two packages for an hour of pampering and memories:

Memories: Includes a scalp massage, shampoo and style, and makeup for

you and mom (for men we will do a full men's haircut). After that you and mom will sit down with our professional photographer (see his bio on Page 3) to take a keepsake photo to remember that special day. (\$210 for the couple, includes photo in a matted frame)

Indulgence: Includes a Pure Focus Facial and a 30-minute Yin/Yang Massage in our couple's room. (\$180 for the couple)

Appointments are being taken for Friday May 11 (evening) and Saturday May 12 (day). Call us at 942-0033 for reservations or email us at relax@elementshawaii.com.



Event Ideas – A Fairy Princess Affair

We've recently had the pleasure of meeting two fellow business owners who have started a wonderful party planning business for young girls and their mothers.

A Fairy Princess Affair and Elements now provides private birthday parties for little girls while moms enjoy a day at the spa. Why should the girls have all the fun? Pamper yourself and fellow mothers at Elements while A Fairy Princess Affair entertains your little ones!

A Fairy Princess Affair will provide your girls with beautiful handmade costumes and treat them to an afternoon of storytelling, dress-up, hairdos and manicures. In the meantime, mothers can relax in the spa while still partaking in the princess activities and taking tons of pictures! Catering from Kapiolani Café is also available for your convenience when booking a party at Elements. One party planner will coordinate your entire party, you just need to sit back and relax! Find out more at www.fairyprincesshawaii.com.



Aimee & Vicki – Owners of A Fairy Princess Affair.

Special In-Spa Events

Free Make-Up Lessons With Our Guest Aveda Make-Up Artist

We have the pleasure of having an Aveda Global Make-Up Artist join us on Saturday April 21 for a day of free make-up lessons and playing with the new Aveda spring make-up line. Aveda's artist will be doing 45-minute sessions with our clients and will focus on anything you want, from learning how to do a dramatic eye, to obtaining the perfect complexion, to finding a new daytime look.

Holiday and Gift Ideas

Administrative Professionals' Week – April 22 through April 28

We here at Elements know how important it is to show your staff how much they mean to you, which is why we are offering a special "Spa Staff Appreciation Day" package for Administrative Professionals' Week.

When you book a spa day with Elements, we bring the spa to you so your employees can enjoy our spa services in the comfort and convenience of your office.

If you book a Staff Appreciation Day with us during the month of April, we will waive our setup fee for parties of 5 or more and both our setup and travel fees for parties of 12 or more. You'll also receive 20% off our

Sessions are free with any \$30 product purchase. We are taking reservations now and they are filling up fast. You can call us at 942-0033 or email us at relax@elementshawaii.com to book your appointment.

If you miss out on this event, please leave your name and number with our spa concierge and we will be happy to call you for our next Aveda make-up event.

regular on-location pricing for parties of 20 or more. In addition, you'll receive a free gift certificate of \$50 for every 20 employees booked with us. You can use those gift certificates to reward special employees or keep them to pamper yourself!

If you're looking for something for just one special person, you can visit our website at www.elementshawaii.com for a list of our special **spa packages** for administrative professionals.

Space is limited for the week of the 22nd so call in advance to book your party. Call 942-0033 and ask for Jamie or Bree, or email us at relax@elementshawaii.com.

PROM 2007!!!

It's time for prom again! Elements is here with the latest in prom hair and makeup fashions. Check out our website for details or ask our spa concierge about real hair extensions to create the hottest prom looks. Here are a few of our prom packages:

Natural Style: Shampoo, blowdry & natural makeup (\$75)

Glam Package: Updo & Evening Makeup (\$95)

Full Makeover: Updo, Evening Makeup & Express Manicure (\$120).

Mother's Day – Sunday May 13

If you can't participate in our Evening of Indulgence Event, you can still give mom the gift of spa this Mother's Day. We all know how much mom's do to for everyone else but themselves. This year, give your mother something she truly deserves, a nice relaxing day at the spa, without work, cleaning or kids! Be sure to check our website toward the end of April when we post our Mother's Day Spa Packages. We have special deals and lots of little extras you can score for mom on her special day.



Get to Know Us – Meet Jamie & Bree

Each newsletter, we'll also pick a member of our team to share with you a little bit about ourselves. We thought the best place to start would be with the owners of Elements, Bree and Jamie.

We first became friends in law school, which is also where we met our husbands! After law school, we both practiced at the same law firm in the areas of land use and environmental law. During our lunch breaks we would often sneak off to the spa and dream about how wonderful it would be to work in such a calm and relaxing environment. It had also been our dreams to one day own our own business. It was an extremely difficult decision, but two years ago, we made the leap and left our cushy attorney jobs to try to make it as entrepreneurs.

It's been two years since we started Elements and the experience has been truly amazing. We are proud to say that we've survived our first two years in business successfully and we are continuing to work hard to grow our business. Since then, Bree has gotten married to her law school sweetheart, Alan Komagome, who is a public defender, and Jamie and her husband Norman are expecting their first baby!

We're both major dog lovers and have between us 3 handsome studs, Keo - a Japanese Spitz, Hummer - a boxer, and Bodie - a French bulldog.

We love chatting about anything under the sun so whenever you're in the salon, you'll find us at the front desk on the phone or talking story!



Jamie & Bree – owners of Elements Spa & Salon

AVEDA Earth Month – Walk for the Water Ways

As some of you may know, April is Earth Month! Aveda's mission is "to care for the world we live in from the products we make to the ways in which we give back to society. At Aveda, we strive to set an example for environmental leadership and responsibility- not just in the world of beauty, but around the world."

Aveda has partnered with the Surfrider Foundation to help raise awareness and money for Hawaii's oceans. The Surfrider Foundation is a grassroots, non-profit, environmental organization that works to protect our oceans, waves, and beaches.

Aveda is holding a "Walk for the Water Ways" event on Sunday, May 6 at 10:00 a.m. All the Aveda salons will be there walking and raising money for the Surfrider Foundation.

How can you help? - There are two ways you can help with Aveda's effort to raise money for The Surfrider Foundation:

(1) You and your family can join us for

our walk on Sunday, May 6 at 10:00 a.m. and take pledges for the walk. We'll start at Genesis 7 Salon in Waikiki and will walk to the end of the Ala Wai through Kapiolani Park and back to Genesis 7. If you are interested in walking, please email Jamie at jamie@elementshawaii.com.

(2) We are also taking pledges for our walkers. With just a \$1 donation, we'll enter you in our spa drawing to win a free Spa Pedicure or a Yin/Yang Facial. To donate, just come by the salon or send your donation to us at:

1726 Kapiolani Blvd. Suite 206
Honolulu, HI 96814.

All your money will be donated directly to The Surfrider Foundation. Aveda's goal is to raise \$25,000 for the organization. With your help we can do it!

Mother's Day Photographer – Bill Dasher

Bill Dasher will be at our salon on May 12 and 13 taking mother/daughter/son photos for Mother's Day. He is a good friend of ours at Elements and is one of Hawaii's leading commercial and wedding photographers. Bill has been photographing weddings for over 25 years. He can customize packages to whatever your needs are, and is a true joy to work with.

You can see Bill's work on his website at www.billdasher.com or you can call him for a wedding CD that includes his full wedding portfolio.



Wellness – Taking Care of Your Skin

To complement your stunning new haircut and style, remember to pamper your skin for a radiant glow throughout the summer and fall months.

“Tourmaline is an energizing mineral that allows skin to function optimally by increasing ‘energy’ to skin and allowing the ingredients in products to penetrate as best as possible,” says Krista Kiley, Aveda’s Director of Spa Education. “At Aveda we believe in using botanically derived ingredients that are also sustainably harvested. We use plants because they have a synergistic effect on skin, allowing skin to function and recover as it should. Ingredients like pure jojoba are great because they act like skin’s own natural sebum and the skin doesn’t see it as a ‘foreign’ substance. They are great for cleansing and moisturizing even sensitive skin.”

She adds that products requiring a vigorous scrub should be used in moderation, as excessive scrubbing may cause aging to the

skin. To prevent the appearance of aging, she emphasizes that applying sunscreen everyday is vital to all skin type and complexions. “The sun has been proven to damage collagen and age the skin,” she says. “Always use sunscreen as a preventative measure for healthy skin.”

To nurture your skin from the inside and maintain that healthy glow, Kiley recommends an anti-inflammatory diet containing less sugar and refined carbohydrates, with lots of water to flush out impurities. “Get a regular facial, which can be preventative as well as corrective,” she advises. “All facials are ‘anti-aging’ by nature. They increase blood flow and circulation and help remove toxins that build up and can cause skin eruptions and other challenges.”

Freelance writer Kathryn D’Imperio writes beauty articles for a variety of publications.

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*Experience Elements
and Spend the Day
Among Friends*

We’re on the Web!

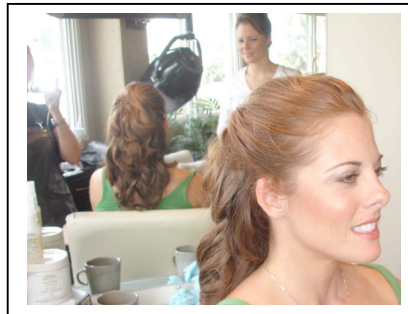
[www.elements
hawaii.com](http://www.elements
hawaii.com)

We’d love to hear your feedback so please send your comments to jamie@elementshawaii.com.

Our next issue will be all about the joys of pregnancy and the latest in spa technology for expectant mothers. If you have any questions or suggestions, please feel free to email Jamie.

Grapevine

Congratulations to Leah Anderson on her wedding. We had a wonderful time helping her bridal party get ready for the big day!



A big congratulations to Mae Tavares on her recent addition to her family!

Jamie and Norman are expecting a baby girl in August! We’re taking name suggestions!