

KIMBERLY SPA

SpaWhite A unique Teeth Whitening treatment using light technology!

Wow! That was amazing. I really can hardly believe it. This is the best result I have ever gotten and it was quicker, easier and there was no discomfort like I had with Zoom! Holy Buckets! It's a heck of a deal from a cost standpoint too!

Joanne H., Omaha, NE

We're almost as excited as Joanne! Introducing a fantastic new teeth whitening treatment...SpaWhite! Half the time...Half the cost...More of the effect!

SpaWhite is the newest, quickest, safest and most effective teeth whitening system available outside of expensive dental procedures. In less than one hour, and at less than half the cost of most other professional teeth whitening procedures, SpaWhite is guaranteed to rapidly produce a noticeably brighter and whiter smile. This is the only process currently available that will give you such dramatic results in such a short amount of time...



in an easy, convenient process, without a dentist...and without the dentist price!

SpaWhite is unique because the pliable tray/lens/mouthpiece combination used to hold the whitening gel is custom fit to your tooth structure. The virtual custom fit assures an even application of gel, as well as providing uniform pressure on the enamel. Pressure is an essential aspect of

tooth whitening that most non-professional techniques do not deliver.

Limited-spectrum light, supplied by an external source, is passed through the mouthpiece and is then channeled through the optically clear material to deliver both light and slight warmth to the foam pads in contact with your teeth. This accelerates the generation of hydroxyl radicals and temporarily decreases the permeability of the tooth enamel, allowing the hydroxyl radicals to penetrate the enamel and loosen stains.

Because the whitening gel is impregnated in foam, the foam acts as a receptacle for stains. When the foam is removed, the staining material has been suspended in the gel and trapped in the foam. Most other teeth whitening methods loosen the stains, but allow them to circulate in the mouth where they can soon re-attach to the enamel of your teeth.

SpaWhite delivers results very quickly. Three to Five shades in a single treatment is not uncommon. But, best of all, SpaWhite is a treatment that can be repeated over and over again...as much as you feel is needed.

Included in your Spa White treatment is White Ice...an on-the-go, use anywhere after-treatment maintenance product that will help you maintain and even improve your teeth whiteness when used regularly and as directed.

Most people with healthy teeth and gums will experience absolutely no discomfort during the SpaWhite process. A tingling or slight sensitivity that may occur is normal and not harmful to your gums or enamel. Without a doubt, this is the quickest, easiest and most effective teeth whitening treatment outside of costly dental office procedures. You simply won't believe the results!

MEET MICAELA JOHNSON! Miss Nebraska USA Contestant

We're extremely proud and very excited to introduce to you... Micaela Johnson!

Micaela will be competing in the Miss Nebraska pageant October 28th in Norfolk, and we are very pleased to announce that she has chosen Kimberly Spa as one of her key sponsors. She will be receiving all of her skin and nail care from us. We know she will represent us well because of her already outstanding resume and experience.



Micaela was born January 1 in Dallas, Texas. At the age of 3, she moved to Omaha and was raised here. Micaela began taking acting lessons at the age of 7, and at the age of 13 landed her first lead role in the local production of "Magnus Fourpenny". At the same time, she spent many hours in local dance studios and attended Marian H.S. here in Omaha. She was honored with the title of "Nebraska Cheerleader of the Year" in 2003!

During the spring of her senior year at Marian, she auditioned for the world-famous Dallas Cowboys Cheerleaders. At the tender age of 18, Micaela was chosen and moved to Dallas...joining an organization that would change her life! She was also the youngest Dallas Cowboys Cheerleader ever chosen.

LETTER FROM **Kimberly**



Dear Friends

Everyday I ask myself...
"What would I have done differently to this spa if I could build it over again?"
The answer is always and unequivocally...NOTHING!
I love this place!

Thanks to all who made it possible...and that includes the many clients that offered great suggestions as I was planning it over the years. I collected every one of your ideas and took them to heart. The end result is a homey, state of the art and convenient spa that is sure to become the model spa of the future.

Thanks to all of our loyal clients that continue to make Kimberly Spa a very special place for restoration of the body, mind and soul. Our guests have been giving us great feedback, and we appreciate their continued support. The compliments have been great...better than I had ever dreamed of.

I think the following will pretty much sum up how I feel about the spa that we have put together...

I had a vision, this vision was and is to create a place of peace, joy and healing...of the mind, body and spirit. Every person who walks through our doors has the opportunity to receive these wonderful gifts that we have been so blessed to receive ourselves. We are here to help you. Our joy comes from empowering others to share in that peace, joy and healing...without limitations...without end.

Lastly, I'd like to dedicate this little verse to the beautiful women I call my "Spa Sisters", who have been such great help the past 6 months...

Out of the Tree of Life
I just picked me a plum
You came along
And everything started to hum

But still it's a good bet;
The best is yet to come!

Kimberly

WE'VE MOVED... TO 4130 S. 144TH STREET

For those of you who are not aware of the opening of our new spa, and have not had a chance to visit us yet, we've moved into a newly built out 2,000 square foot facility at 4130 S 144th St...approximately 144th and F...just 3 doors north of Charlie's on The Lake.

As you walk in, you'll notice a "virtual check-in receptionist". This is a very easy system to use, even if you are not particularly computer literate. It is a "touch screen" system that allows you to tell us whether...you are here for an appointment that you have already booked...to book a new appointment...to pick up product...to buy Gift Certificates... whatever the reason may be. Once you make your choice, you can have a seat and relax in the homey Kimberly Spa reception/living area...while the appropriate attendant is paged by the system. Then, based on your choice, the attendant will come and assist you with whatever need you have.

The French Doors that separate the reception/living area are magnetically locked to ensure

a peaceful and private spa atmosphere. Once you pass through those doors, your service begins...and ends with the same service provider that greeted you. You will continue to be pampered with our highly personalized service until the minute you leave.

Our facial rooms are big and comfortable. Our "Ladies Lounge" is a princess' dream come true...loaded with every amenity that you could possibly need to make your service complete. Take as much time as you like at the conclusion of your service in the Ladies Lounge. That's what it's there for! This is especially important to those of you who need to "look just right" at the conclusion of your stay with us.

We're extremely proud of our new Spa, and we hope that you give us a chance to share with you something that we feel is a real gem. Please call us at 614-8400, or book online at KimberlySpaOmaha.com for an appointment today!

The Spa Sisters at Kimberly Spa

Now You Can Book Online!

We're very pleased to announce that you can now book online with us at KimberlySpaOmaha.com. Once you get to the home page, there will be a tab at the top of the page marked "Book An Appointment". Click this tab and it will take you to the login page.

Before you can login, you will need to establish a User ID and Password. To do that, simply click "If you do not have a User Id and Password, click here to create them." You will only be asked to do this one time.

Once you have established your User ID and Password, you can then login and book your appointment. You will be able to "Search Available Appointments", see your "Previous Appointments" and see any "Future Appointments" you have already booked.

Obviously, if you have questions or simply would prefer to book your appointment with us over the phone, please call us at 402-614-8400.

kimberlyspaomaha.com

402-614-8400

Meet Jeanne Montgomery



I knew it at a very early age!

Hi! I'm Jeanne and I knew at the age of 9 that I wanted to be an esthetician!

I had begun modeling for a department store here in Omaha. My mother believed that it was time for me to understand the necessity of taking care of my skin, so she took me to the only estheticians in Omaha at the time. It was a mother-daughter duo and I can remember hardly being able to understand what they were saying, because they had a thick German accent. No matter, they changed my life!

I began my adult working career in the Travel Industry, but remained close to the spa industry because spas became my specialty. I traveled all over and visited all types of Destination Spas. Some were very remote, some were quaint, some were resorts and some were very Luxurious. I had great experiences and took in as much knowledge as I could. As a result, the moment I walked into Kimberly Spa, I could see that it was a culmination of everything good that I had seen in my travels. It was like a dream come true.

Once I decided to make the jump to becoming an esthetician, I decided to attend Capitol School of Esthetics and graduated in 1999. But, I would say that the majority of my knowledge has come from self-study. I am very passionate about skin care and the ability of one's self to heal the body. I try to get my clients to understand this as much as I can. I would say that my greatest joy comes from making a difference in people's lives by educating them, and as a result, having them look and feel good about themselves!

Fighting Acne with Acne Facials and Designer Peels!

Don't let acne define you. Remember...who you are goes beyond the condition of your skin. Smart Acne sufferers recognize the challenge, take whatever actions are necessary and then seek out what really matters! So what are you waiting for? Let's get to work on the acne...and get on with the rest of your life!

If you are a teen or adult suffering from acne...you are not alone! Acne is and always has been a nightmare. Acne affects self-esteem and the overall well-being of a person that has it. At Kimberly Spa, we specialize in getting acne under control. With the proper guidance and education, we can work together to, at the very least, make it a manageable issue.... And in some cases get rid of it altogether!

What's our secret? We'll recommend a well thought-out, yet very simple Kimberly Spa "Home Care Regimen" for 2 weeks, followed up with Acne Relief Facials and "no down time" Designer Facial Peels. After your initial consultation, we'll map out a treatment plan that will benefit your skin and your budget! Not everyone's skin reacts the same. This is why Kimberly Spa carries a variety of acne treatments and products...So we can customize a plan to fit your particular skin condition.

Yes, acne can be work, but the outcomes are usually extremely positive...We've seen some pretty amazing results. Come in and see us. Whether you are suffering from Teen or Adult Acne, we understand what you are going through. We have the right tools, products and attitude to help you. Most of all...we care!

Fawn Peterson, L.E.

MELT YOUR STRESS AWAY!

Take a deep breath and relax. It's time to leave all your cares at the door and let yourself enjoy some "me" time. Stress Relief Facial" says it all!

Let your stressors melt away with a 75 minute total mind, body and skin rejuvenation. You'll be resting on a therapeutic mattress...Soft lighting and soothing music sets the mood. Your body will automatically begin to relax and will begin the all-important and necessary detoxifying process.

One of our talented and highly-trained estheticians will first examine your facial skin to determine which enzyme mask is best for her to begin the gentle exfoliation process. This process will be enhanced by a warm steam vapor wafting your facial skin. The enzyme mask actually breaks down the proteins that bond dead skin cells to the surface of your skin. As your pores begin to open up, you can feel the hectic day drift away. Then, a soothing hydrating mask will be applied to your freshly exfoliated skin. This mask is complemented by a thoroughly relaxing lymphatic drainage massage applied to your shoulders, chest, legs and finally the feet.

The Grand Finale is an application of therapeutic, skin rejuvenating products to prepare your skin for the rest of the day...or night!

Jessica Peters, L.E.

Meet Kristin Pikop



I'm Kristin and I love what I do!

I love what I do and I do it for good reason... Not only to provide for my family, but make a difference in someone's life!

I graduated from the Capitol School of Nails and went on to receive my Masters Degree in Brisa Nail Enhancements. My favorite part of working with the hands and feet is when a client comes to me for the first time and says..."You probably won't be able to do much with my nails". Then leave saying..."I can't believe my nails could ever look this good!"

It's easy, actually...because it's all about customizing each service to meet the individual's needs. The Hand and Foot Spa at Kimberly Spa is a nail technician's dream come true! Every inch of space has relaxation written all over it. So let me use my expertise to give you the very best in manicures, pedicures and our newest treatment, the Bio Energizer Detox Foot Bath! Your hands will look and feel silky...and your feet will feel like you are walking on pillows! Ask about the Detox Foot Bath. No doubt, this is the most innovative treatment you will find for the feet today!

Meet Ashlea Kantaras



I was born to be an esthetician!

Hi, my name is Ashlea and I simply love what I do. I really believe that a warm heart and personality are essential to a career as an esthetician. That's what I think I have...and I love giving it to others. Before I became an esthetician, I worked in the restaurant industry for 9 years. I believe that is where I began to understand and develop my gift of relating to people... and I've tried to carry it over into my esthetics career.

But my inspiration for becoming an esthetician came directly from Kimberly. One day (on one of my many appointments with her) she commented on how "good-hearted" she thought I was. She suggested that I look into esthetics as a career, and the rest is history.

I attended Capitol School of Esthetics and graduated Top of my Class! It didn't hurt, of course, that Kimberly mentored me twice a week while I was attending school. Besides my ability to relate to people, I have to say that Kimberly's training has put me over the top.

I really enjoy what I do because the field of esthetics is constantly evolving. Here at Kimberly Spa we don't just do facials...you know, mask on...mask off...We keep up on the constant changes and innovations in our industry and are continually refining our techniques, and creating new and better ways to get the results you want...and deserve! Results that bring joy to both of us!

GET GLOWING!

Our skin is mostly self-sufficient. But just like the rest of us, it loves a little help with its chores! Clients are always asking me "What does Microdermabrasion do, exactly?"

Microdermabrasion treatments help to accelerate the skin's natural process of exfoliating dead skin cells...allowing newer, healthier skin cells to be uncovered. These new cells are also better able to absorb moisturizers and other topical products that you/we apply to your skin. In general, Microdermabrasion helps to improve the signs of aging and over-exposure to the sun. It can also help reduce the effects of scarring and hyper-pigmentation. It is also very useful in improving the appearance of poorly textured skin, and reducing fine lines and large pores.

One of the treatments we offer that involves the use of the Microdermabrasion component (many of them do...and we never do just a "Microdermabrasion" by itself) is the Microfacial. I guarantee you it's second to none! This is a non-aggressive treatment that utilizes the projection of natural crystals known as corundum. Your treatment begins with a relaxing enzyme mask under soothing steam. This is followed by Microdermabrasion and then a mask chosen to specifically meet your skin's needs...as determined by a brief examination at the beginning of the treatment. These 90 minutes of total bliss also include a lymphatic drainage massage of the shoulders, arms and hands. You'll leave with your skin feeling wonderfully smooth and radiant!

Ashlea Kantaras, L.E.

MICAELA JOHNSON

Continued

During her 2 years as a Dallas Cowboys Cheerleader, she was blessed with the good fortune of many wonderful experiences. Besides cheering on the Dallas Cowboys on the Texas Stadium sidelines, she was a member of the renowned DCC "Show Group"...making appearances all over the U.S. Those appearances included The Today Show, Larry King Live, The View and Barney just to name a few. As a DCC, she was also able to travel the world, making appearances with the USO Tour. Her travels took her from Korea to Europe...entertaining our brave men and women in the Armed Forces. This was an experience that will last her a lifetime.



Presently, Micaela holds the title of Miss Douglas County USA 2007 and will be competing in the Miss Nebraska USA Pageant in late October. At the same time, Micaela has resumed pursuing her acting career, which is her first love. Her most recent film was co-starring with Amanda Bynes in "Sydney White"...which is in theaters now! She plays a girl named "Jane". She has appeared in a total of 10 films to date and is currently pursuing her career with vigor!

We're very pleased to have Micaela join the team of winners at Kimberly Spa! Welcome Micaela Johnson!

Meet Jessica Peters



I'm the Equipment Queen!

Hi! My name is Jessica Peters and I am extremely proud to be teaming up with such a great esthetician as Kimberly... as well as all the estheticians and nail techs at Kimberly Spa!

I attended Xenon International and graduated with honors. After graduating, I worked as an educator for Silhouette-Tone Company. They manufacture and distribute highly efficient Microdermabrasion, Photo-Rejuvenation and Body Lifting equipment for use in the Spa Industry. I'm proud to say that we are currently utilizing some of their equipment at Kimberly Spa. At the same time, I was employed at Peel's Salon and Spa Services... providing skin care consulting. It gave me the opportunity to educate other estheticians in the art of Microdermabrasion, Photo Rejuvenation, Kenelift (non-surgical Face Lift) and Galvanic Current... to name a few. My background also includes Reiki, which is the practice of channeling the positive flow of energy in order to better the body.

I am passionate about my career and one of my most rewarding moments happened just recently. At the conclusion of one of our treatments, my client hugged me with tears in her eyes, and thanked me for the progress her skin was showing. It was truly moving.

I am really looking forward to building new relationships and, in the process, offering my knowledge and experience to help you meet your skin care needs and aspirations. I also want to take this opportunity to thank Kimberly for giving me such a wonderful platform to further my education and personal growth. Hopefully, I'll have an opportunity to share that with you!

Constantly Seeking Non-Invasive Alternatives to Better Our Bodies

Yep, that's the creed here at Kimberly Spa.

To that end, we believe that we've truly uncovered a real gem. The Bio Energizer Foot Detox Bath for the feet is a great way to jump start that always necessary process of detoxifying the body. There are 7 key benefits to this treatment. The Detox Foot Bath...

1. Enhances the immune system
2. Assists in shortening recovery time due to injury or surgery
3. Can relieve pain and stiffness in the joints due to arthritis or other causes
4. Helps improve sleep patterns
5. Aids in removing heavy metals from the body... yes, heavy metals
6. Aids in removing material that can cause blood clotting
7. Helps improve over-all Liver and Kidney functions

Because the Detox Foot Bath boosts the immune system, it can aid in the prevention of colds, flu and sinus problems. The heavy metals that actually are drained from your body consist of mercury, lead and iron. These metals exist in our environment and the foods that we consume. Studies have shown that these heavy metals can actually cause Cancer and Heart Disease.

The Detox Foot Bath is a relaxing 30 minute foot soak that utilizes an ionic device that generates a small negative current in the pores on the bottom of your feet. These negative ions generated by the negative current attach themselves to the positive ions within our body and neutralizes them. The body is then able to discard this waste through the 2,000 or so pores on the soles of our feet. This process alkalizes the blood and body tissue, thereby establishing the correct pH balance necessary for good health.

Our clients have simply been amazed at what the Bio Energizer Detox Foot Bath has done for their bodies. It's a great, non-invasive detoxifying treatment that everyone will love!

Kristin Pikop, L.N.T

Meet Fawn Peterson

Skin Care is my true love...
I'm Destiny's Child!



Hi, I'm Fawn Peterson. I started out as a cosmetologist, but soon discovered that my true love was Skin Care. It was my destiny.

After graduating with honors from Millard North H.S., I attended the University of Kansas on a softball scholarship. But I soon found out that college just wasn't for me. After a year, I decided to see the world and moved to Denmark. I started to miss the good ol' USA and moved back to the states, where I attended Cosmetology School and graduated in 2001.

This is where it got interesting. As a cosmetologist, I was always getting lots of questions about Skin Care. I found myself researching these questions, and because of my excellent research skills, I was always able to provide the answers. This was extremely rewarding for me so I decided to attend Esthetics School and graduated in 2002. Because of this experience, I feel that I have a deeper understanding of anatomy, physiology and the overall well-being of my clients. I think this ability to research has enabled me to personally develop my skills as an esthetician to a greater degree than most.

I really get great satisfaction when I see my clients' skin issues resolved and the resulting smiles on their faces. Developing my career at Kimberly Spa is my career vision come true! Since coming to Kimberly Spa, I've had the luxury of working with the highest quality product available... "state of the art" equipment...and beautiful, comfortable spa surroundings. I'm so proud that I can have my clients enjoy their services at Kimberly Spa. It's almost as though I am Destiny's Child!

What is an LED Light and how could it possibly benefit my skin?

LEDs, also known as Laser Emitting Diodes, produce natural light waves that have extraordinary healing powers. These light waves are easily absorbed by our skin, as opposed to some other forms of light. You may have heard of Intense Pulsed Light, or IPL. You may also have heard of some dermatologists using Lasers on the skin for the purposes of skin rejuvenation. These forms of light actually damage the underlying layers of skin tissue in order to stimulate skin repair. We, here at Kimberly Spa, do not believe that this is the best way to accomplish skin rejuvenation. We prefer to use LED Light because it produces a more calming,

healing effect as opposed to the method of damaging underlying cells. We simply believe that it's not necessary to damage in order to rejuvenate.

Plus, we've found that LED Light can better help with the various skin conditions because we can fine tune and use only the spectrum of light needed...based on the skin condition we are treating. For example, Acne can be treated with light that provides a calming and antibacterial effect. Other spectrums treat hyper-pigmentation (sun damage) and other types of discoloration...it can also treat Rosacea and other conditions of an irritable nature.

We can also improve circulation, which helps to drain the lymph system, which aids in removing toxins from the skin. We can also improve firmness by helping your skin to increase collagen production.

LED Light, in combination with other topical products, treatments and a solid "Home Skin Care Regimen" can help you achieve optimum results, and give you that glow we all deserve. Ask what LED Light can do for your skin today! Call me at 614-8400, or e-mail me at service@kimberlyspa.com I'm looking forward to solving your Skin Rejuvenation needs!

Jessica Peters, L.E.

KIMBERLY SPA

4130 S. 144th ▪ Omaha, NE 68137
402-614-8400



kimberlyspaomaha.com

REFER A FRIEND!

Refer a friend and **YOU BOTH WIN!**

THEY get **30% off** the treatment of their choice... and **YOU** get **30% off** your next treatment too!

KIMBERLY SPA

We've expanded and moved to 4130 So. 144th St... across the street and 1 block north of My Salon... just 3 doors up from Charlie's On the Lake.

50% OFF

First-time Services!

If you've never tried a facial or waxing service from us, now is the time! Offer good now through October 31.

Go Brazilian!

Curious? Many women have discovered the joy and comfort of Brazilian Waxing. This is our most requested waxing...and because of this, we have perfected this highly specialized service.

Check out our Menu of Services and book an appointment online at KimberlySpaOmaha.com or call us at **402-614-8400**