



News From the Beach!

Beaches Tanning Salon

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New Beds at Beaches

We have been busy here at beaches! We had one bed malfunction and decided to replace one of the conventional beds for a medium to better accommodate our guests.

The first one is a MONSTER! It is large and easy to get in and out of. The response so far has been awesome and is one of our most requested beds. This one is not for beginners as it is powerful and sports eight facials and 52

bulbs. This is one you might want to try.

The second new bed is a Dr. Muller Orbit and is impressive! We had a delay getting this one ready to use as we had to wait for a new top acrylic. While not quite a big as the other new one, this is still huge. There are 48 tanning bulbs and four 1000 watt facials that is sure to give you the great tan you want! That now gives you a choice of 5 mediums when you come in to tan!

This bed is HUGE!



We now have 6 medium, 3 Conventional and 2 Stand-up beds to choose from!

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A word from Patti

Patti Davis is your hostess at Beaches.

Over the last 6 months I have gotten to know



many of you and really

enjoy your visits and listening to your stories.

We have had a great summer and are looking forward to the coming tanning season. As we get busier it would always be a good idea to give us a call to reserve the bed of your choice. While we now have 5 mediums, 3 conventional and 2 stand-ups to choose from, the medi-

ums are always the most popular and it seems everyone has their favorite. If you want to make sure you get the bed you want, just call ahead and let us know!

We are always looking to provide you with the best service possible. If you have any comments please feel free to share them with me.

Special points of interest:

- Tan responsibly
- Avoid burning
- Use proper, unexpired lotions
- Stay hydrated
- Smile at a stranger (they will smile back, wonder what you're thinking or think you're nuts)
- Be who you are, not what someone thinks you should be



Body Wraps are coming to Beaches



“Body Wraps may have a slimming, detoxifying, and relaxing effect on the body and exfoliating and hydrating effect on your skin.”

Nowadays, body wraps are quickly becoming more and more popular as a favorite treatment in many spas all over the world. Numerous spa facilities include this beauty treatment as part of their weight loss package, relaxation package, or detoxification solution.

What is a body wrap?

This is a kind of beauty treatment that involves the application of thermal blankets for about 30 to 45 minutes.

What are the different body wrap options?

Body wraps come in different types, but they are categorized into 4 main types:

Moisturizing

Detoxification

Slimming

Cellulite

So, what can you get from this treatment?

As what you can deduce from the types of body wraps, the result of this beauty treatment may vary.



They may have a slimming, detoxifying, and relaxing effect on the body and exfoliating and hydrating effect on your skin. Nevertheless, expect to find yourself feeling well relaxed and moisturized as this is the common benefit of all body wrap treatments.

Overall, body wraps come with many benefits. Indeed, if you want a fast beauty solution on occasions where you want to look and feel great (i.e. date or wedding), this treatment may be worth your money.



Voted “Best Tanning Salon” Three Years in a row!

Your Votes Count!

Thank you to all who voted in the recent “Best Of Skagit” People choice awards.

The results will officially be posted the first part of next month.

We will let you know the results and how Beaches did.

As you know we have been voted the Best Tanning Salon for the last three years and hope to make it four!

Once again, thank you for your votes and we’ll all know soon!



Why should I use a tanning lotion?

The answer is simple, indoor tanning lotions give you better results. They are also an important part of tanning responsibly and keeping your skin looking radiant and healthy.

Here are just some of the reasons why tanning lotion is a must-have:

- Moist skin tans faster and more efficiently, resulting in a better tan in fewer visits
- Tanning lotions allow for better magnification, giving you maximum results
- Moisturized skin readily absorbs UV light, while dry skin reflects it
- Active ingredients supplement your skin's cells with the same proteins that naturally enhance the tanning process
- A specially formulated tanning lotion can give you a lasting tan by helping retain UV induced melanin longer
- Tanning lotions supply the skin with nutrients essential for a tan, while keeping your skin moist and healthy
- UV exposure can dehydrate your skin, and tanning lotions help to replenish moisture lost during your tanning session



Always a great selection of top quality lotions for all skin types

Keeping up

As always we're looking to make Beaches the best we can so you can enjoy a warm inviting salon. But, in addition to that we also make sure our bulbs are always fresh. This is important because



no matter how nice a salon might look, if you don't get results

then you won't come back. That is why we make sure all of our beds have the best and brightest bulbs available. This might be more work for us, but it make sure you get the most for your money!

"A cheery, clean business is important to me. I want everyone to enjoy their experience when they visit"

A Few Tanning Tips!

Indoor tanning is something of a science, at least getting the tanning process right so that you walk out of the salon happy with your tan is why you go. Today we want to share with you some of our favorite tips for indoor tanning.

Get a Great Indoor Tan with Our Tips

If you have been trying for the best tan possible, take a look at

the following tips designed to help you get the most out of your next tanning experience!

- **Apply your indoor tanning lotion** approximately 30 minutes before your next indoor tanning appointment to allow time for the lotion to get absorbed in to your skin.
- **Exfoliate when you shower** before coming in to get your tan, this will help your skin to tan more evenly and help your tan to last longer.
- **Use an indoor tanning** moistur-

izer to help to keep your skin well hydrated after your indoor tanning session.

- **Don't shower immediately** after your indoor tanning session.
- **Always use an indoor tanning** lotion when you tan – avoid using outdoor tanning lotions.
- **Use various indoor tanning** methods to keep your tan fresh and make sure you don't have any pressure lines.



Beaches Tanning Salon

Beaches Tanning Salon
2025 Riverside Dr unit A
Mount Vernon, WA 98273

Phone: 360-424-Tans (8267)

Email: xyz@microsoft.com

Where the Sun Shines All The Time!



Find us at www.beachestanningmv.com

At Beaches Tanning Salon we are dedicated to providing you with a clean comfortable tanning experience. We are always happy to see you and will always try to make your time with us a pleasure. We know your time is valuable and we want you to make the best use of it.

If we can answer any questions or if you have any comments or concerns please feel free to contact Patti.

As the old saying goes:

“If you are happy with your experience tell everyone you know.

If you are unhappy, please tell us!”

-The staff at Beaches

Busy? Try this easy recipe!

Fantastic Taco Casserole

Ingredients:

Servings: 7-9

Servings

- 1 lb ground beef
- 1 (1 1/4 ounce) package taco seasoning
- 1 (15 ounce) can refried beans
- 2 cups Monterey Jack Cheese, divided (or mixed cheddar, jack etc.)
- 1 cup Salsa (I prefer mild, but if you would like to kick it up a notch, go for it)

- 2 green onions, chopped
- 1 (2 1/3 ounce) can sliced Black Olives
- 1 Tomato, chopped

2 cups corn chips (coarsely crushed or chopped)

Directions:

1. Brown ground beef and drain.
2. Add taco seasoning and cook according to package directions, adding proper amount of water.
3. Put corn chips on bottom of 8x8" dish.
4. Cook refried beans on stove until hot.
5. Add 1 cup cheese and 1 cup

salsa. Stir until combined.

6. Pour beans over corn chips in dish.

7. Add beef to top of beans.

8. Sprinkle remaining cheese over top.

9. Sprinkle green onions and black olives over cheese.

10. Bake in a 375 degree oven until the cheese is sufficiently melted.

11. Take out of oven and sprinkle chopped tomatoes on top. Wait 1-2 minutes and then serve.