

OYESPA



Inspiration and Insights from OYESPA: Inver Grove Heights' Aveda Lifestyle Salon & Spa

Issue 3 | Spring 2021

AROMATHERAPY FOR KIDS & TEENS

Calm stress and
help them focus

AVEDA FOR MEN

Grooming
made easy

FEATURED: SPRING COSMETICS

On-trend from Aveda

THE STORY OF SPRING NAILS

with Sparitual



PLUS

New at OYESPA
Attune CBD Oil

SKIN, INTERRUPTED

How fragrances affect skin and scalp health

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NEW

OYEBOX

A CURATED LIFESTYLE & BEAUTY BOX
BROUGHT TO YOU BY OYESPA & OYEVIDA

SALON | SPA | CAFÉ



A \$150 VALUE FOR ONLY \$30

A curated selection of products from Oyespa Aveda Lifestyle Salon & Spa and Oyevida Lifestyle Café, now in stores.

Includes a \$50 service discount card!



Features a variety of products from Aveda, Sparitual, Peace Coffee and Rishi Tea.

Supplies are limited. Get yours today in-store or with curbside pickup.

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Letter from the Editor

Air. Light. Water. Energy. The Occam's Razor of Better Health.

According to Occam's Razor — all other things being equal, the simplest theory is the most likely to be true — hence the importance of the concept of simplicity.

The mind is energy. Regulate it. I read this little mantra on the end of my Yogi Tea bag string as I contemplated the moist infusion of chamomile and fennel on my tongue. I had just come back inside the house after a short walk with my baby in his carriage. We hadn't been outside in weeks because of the winter here in Minnesota. March had been present for a bit, but Spring wasn't quite on its way. Today was a day when you knew the weather was finally changing. We had perfect baby blue skies with cottony clouds. The most evident of spring slowly arriving was the sheer melting of all the snow, where I could finally start seeing the grass again. Water traveled like mini rivers in every direction along the curb ways, attracting to the storm drains by force of gravity. The sun felt right to my eyes, and I didn't want sunglasses to deprive my eyes of its needed light.

No light box was needed that day, and I desperately had waited for some sunshine for my baby and me. He was born at the end of October, so he'd been more of an indoor

baby for a few months. I'd been so excited just to take him outside more so that he knew a whole other part of the world existed beyond our house and grocery stores.

At that time, I had read about vitamin D and its many functions in the body, and how just a little sunshine makes so much difference since vitamin D is actually a hormone and is created by interacting with the cholesterol in our skin. This is something so simple, yet not always so easy to come by in colder, darker climates like the northern part of the United States. And then there are many of us who take great lengths in avoiding the sun, not only with sunglasses, but with sunscreens, full clothing, hats, etc. Living in the north, you can appreciate the sun like nothing else when you practically have been confined to the indoors for a third of the year.

I also thought about chi when I was outside, and could immediately remember how a burst of chi, or energy, felt from the air, and it reminded me of living back with my parents in the deep driftless region of rural Wisconsin. Good quality air that is not polluted or in urbanized areas contains high amounts of chi, and you can feel its effects because it will give you more energy than food or drink.

Maybe you remember a feeling like this when you strolled in the countryside, or went to a park, or the beach: fresh air reaching your trillions of cells immediately

via the lungs; your eyes and nose may even start to water a little; you feel as if the air is traveling in your body like a rollercoaster — up and down your spine, through your arms and legs; your head feels clearer and cooler, your eyes look sharper.

Your body is made of the elements of this earth and powered by the elements of this earth. Occam's razor states that the simplest answer is usually the correct one. While the body is complex, it was made to run on these simple things: air, light, water, and energy.

Carrie Soneji

Executive Editor
OYESPARK

*"Simplicity is
nature's first step,
and the last of art"*

-Philip Bailey



Aromatherapy for Kids and Teens

Aromatherapy can be a wonderful tool for kids and teens in managing stress.

Stress can be the root of behavioral and emotional problems, such as: motivation, self-esteem, discipline, focus on learning, enthusiasm, self-worth, self-confidence, energy to complete tasks, motivation and energy to do the right thing, lack of willpower, and the discipline to keep motivated.

There is no single treatment or treatment protocol for stress, but there are treatments that are specific to the issue at hand and can be effective at managing stress. One of these is using aromatherapy. Children and teens often have similar issues, and it can be difficult to find effective solutions for their needs, which creates an opportunity for therapy. Aromatherapy can be a wonderful tool for kids and teens. Kids who believe that they have a problem are usually the ones who need it the most.

Dr. John Ratey, a pioneer in Osteopathy, said “For all our health problems, whether their origin is mental, emotional, social or physical, in a manner of speaking we are all born with a problem, and there is

no question that, for most, that problem has been the root cause of many chronic illnesses and difficulties with life.” Aromatherapy can be a wonderful tool for kids and teens. It is inexpensive and allows you to help the child work through their anxieties. It is a gentle method for young children or teens who may be uncomfortable at first, so a good way is to begin introducing the oils and using a humidifying aromatherapy diffuser in their room.

Aromatherapy is one of the many forms of relaxation therapy that involves the use of a specific herb or other essential oil. It is usually employed as therapy for children and teens, however, it can be used at any age. The main method of use is to apply the oil to the forehead or wrist to relax in a gentle, pleasant manner. It can help a child understand that their thoughts and emotions are always there, and not something that can be controlled. If they want to take a deep breath, they can do so. The same goes for their feelings. Their feelings are real, and not something to be controlled. The practice of aromatherapy, especially when applied with relaxation methods, can help them understand that their feelings aren’t bad, but rather human and just like every other person’s. Their feelings are valuable and they are there for us, just like we are there for them.

Aromatherapy is for kids, teens, and adults who want to understand their emotions,



and be more aware of their thoughts and emotions. The goal is to teach them to manage their emotions and experience them in a healthy way, helping them connect their emotions to the real world, and to the people and things in it.

They learn that they are part of the world around them, and that they are important and valuable, and that they are able to have real relationships with other people and in the real world, becoming part of the world around them, rather than a separate entity. This helps them learn to have healthy emotions, rather than destructive ones.

This simple, easy to use tool can be used on kids to help them relieve stress or anger by providing self-soothing and calmness.

Sense of smell (aka the olfactory system) is connected to the brain, nervous, and endocrine systems. Smell can affect and change emotions, thoughts, and memories, thus changing how you feel.

Because they are plant based, the DNA in them work with the DNA in your body, elevating children’s spirits and reducing stress. When the stress response calms down, cognitive function (brain) improves. Lavender, peppermint, rosemary, and lemon are a few good ones to try out at first.

**WE CARRY AN ASSORTMENT
OF AVEDA PRE-DILUTED
ESSENTIAL OILS & CHAKRA
MISTS THAT CAN BE BLENDED
FOR YOUR NEEDS.**



For older children and teens, the nice part is that they can start to experiment with trying scents themselves and give feedback on what they like and what feels best to them since aromatherapy can be highly individual. Also note that the younger the child, the stronger the essential oil can smell to them, so using smaller quantities that are diluted with a carrier oil can more easily introduce them to aromatherapy.

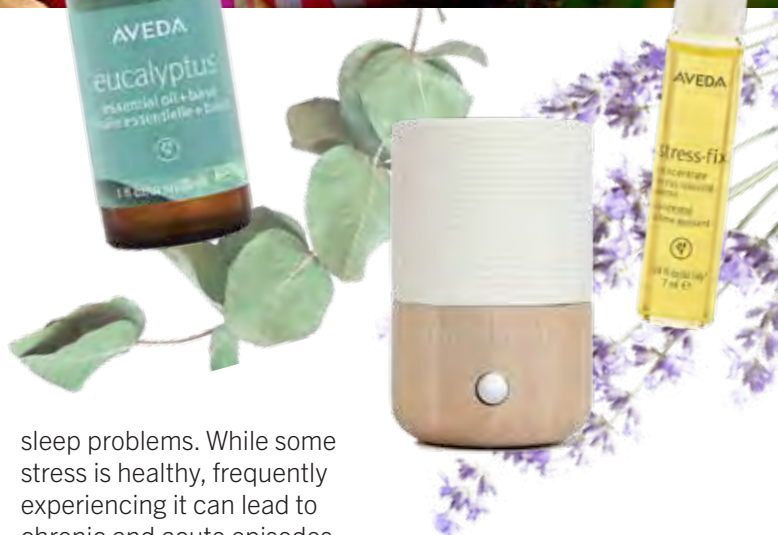
There are many different essential oils, with each one being molecularly different. The oil that is best for them should resonate a sense of positively elevated feelings. It can be different for everyone. For example, lavender may resonate with one child, but not another.

In a child growing up in the world, figuring things out and adapting to their environment, it's not uncommon for them to frequently feel stress in the form of anxiety, panic, fear and other physiological and mental symptoms, including

sleep problems. While some stress is healthy, frequently experiencing it can lead to chronic and acute episodes that tend to create an avoidance of situations and a withdrawn personality.

Some easy applications for kids and teens include topical pulse point application with pre-diluted essential oils. Another great way is using a diffuser. Both of these can be taught to and safely used by older children. For younger ones, parents can help employ these methods into their environment and by application.

In conclusion, you may have been wondering if aromatherapy is really that useful or important.



What would you say the answer to that is if a healthy nervous system sets the foundation for the rest of the body to function optimally? If the nervous system is constantly interrupted negatively, it sets the stage for all organ systems to be susceptible to disease and disorder. By introducing aromatherapy to your children and teaching them to safely and responsibly use it, they will be on their way to independently having a powerful tool from nature that will always be there for them when they need it.

Balancing the Autonomic Nervous System with Aromatherapy

Stress and the environment affect the way our nervous system reacts. The autonomic part of the nervous system is responsible for many of the processes that go on in the body without you realizing moment to moment. Pure essential oils can help modulate negative responses in our environment.

The Autonomic Nervous System and its Function:

The autonomic nervous system is the non-consciously directed side of the nervous system that influences the functions of internal organs, as well as being a control system that regulates bodily functions, such as heart rate, digestion, and respiratory rate. It is what controls the flight or flight response.

Essential oils can help play a role in the nervous system through the olfactory system (smell). Molecules from the oils travel through the nose, thus affecting the brain and nervous system, helping to balance both the physical and emotional signs of stress.

According to the most recent studies and applied clinical experiences, essential oils can communicate with the brain via the olfactory system (inhalation).

In addition, a possible signaling pathway directly to the central nervous system is also possible.

Source: Aromatherapy and the central nerve system (CNS): therapeutic mechanism and its associated genes - PubMed (nih.gov)

An Everyday Experience:

We can experience the benefit of aromatherapy through the products we use. Our Aveda products contain essential oils, so you can receive their benefits every day through your regular routine without needing to add separate time and formulas for aromatherapy.

Each of the Aveda formulations contain a specific blend of essential oils, called PureFume™ and are made in-house at Aveda. Our staff can help you find the scent blends most in tune with your body. Stop by our front desk and ask about our Experience Table.

Featured Products:

Pre-diluted essential oils
Botanical Repair
Cherry Almond

Featured Services:

Facials
Hair Treatments
Massage





SEE THE DIFFERENCE

in your scalp after 1 use*
of the pramāsana™ system

*use as directed



BEFORE

Dried up
dry skin
rough texture



AFTER

free of buildup
moisturized skin
smooth, exfoliated

How Fragrances Affect Scalp Health

Much of the time, when we think about skin care, we tend to focus on facial and body care. However, scalp care often gets a back seat, along for the ride. On the same side, our hair tends to receive more attention than the scalp it grows out from.

Many people suffer with scalp problems, such as itchy and flaky scalp, but often try to remedy these with medicated shampoos. Did you ever stop to think that many conventional hair products contain artificial fragrances, and that allergies and sensitivities from these fragrances have been on the rise?

Why are artificial fragrances such a problem, and how can you choose better?

More than ninety-five percent of artificial fragrances contain chemicals and toxins that react negatively with your body. They are more abundantly found in products because they are cheaper. The product may smell nice, but has no real benefit. Instead, it's doing more harm than good. Also, under the law, it's the only ingredient that companies don't have to say what it is. You may find that you're always suffering from some sort of skin problem, so what do you tend to do? You change products and buy another one with the same problem.

Aveda uses pure plant essences in their products. Not only are you getting a great aromatherapeutic experience, but also your skin is benefitting.

Featured Products Dedicated to Scalp and Hair Health:

Pramāsana™ Scalp Cleanser and Scalp Concentrate

Pramāsana™ Exfoliating Hair Brush

Products to Try at Home for Maintenance:

Invati™ Exfoliating Shampoo

Scalp Benefits™

Scalp Remedy™

Botanical Repair™

Nutriplenish™

Rosemary Mint

Salon Services:

Pramāsana™ Hair and Scalp Treatment

Botanical Repair™ Treatment

Try these products and services today at Oyespa, and you may just find that your scalp problems disappear, providing a healthy foundation for your hair as well as a much-needed relief.

CBD Oil and the Human Endocannabinoid System



What is CBD Oil?

CBD, or Cannabidiol, is a naturally occurring compound found primarily in the flowers and leaves of the hemp plant. It is one of 80+ known cannabinoids found in hemp and is known for supporting the body and mind in various ways.

Oyespa carries CBD oil by Attune. They use a method called supercritical CO2 extraction to draw out these plant compounds without the use of any chemicals. The result is an oil that contains all of the cannabinoids, flavonoids, and terpenes that hemp has to offer (full-spectrum). The human body has a vast network of receptors, called the Endocannabinoid System.

Full-spectrum CBD is sometimes called pure-spectrum since it contains 100% of all plant compounds. In fact, scientists found that these plant compounds have a better effect on the body when they work together, rather than alone. This is known as the “Entourage Effect.” This means that CBD along with all the other great compounds can support the body more fully than just CBD alone.

Many people integrate CBD into their health routine to support a sense of calm, relief from everyday stress, help in recovery from exercise-induced inflammation, support for healthy sleep cycles, and many other mental and physical issues. They also report a relaxed feeling and increased focus.

Summarizing the Benefits.

With Attune full spectrum CBD drops, you’re getting an honest, pure product that is formulated for maximum benefit — As America’s pure brand, you can also trust that you’re getting premium quality. They include components that support wellness and balance, including phytocannabinoids, flavonoids, and terpenes, which can supplement your daily lifestyle and are safe for day-to-day consumption. Some people give CBD to their pets as well. These compounds may also support good health by: managing daily stress levels, promoting recovery from activity-induced soreness and inflammation, encouraging enhanced cognition and focus, and offering an organic, non-GMO formula with no chemical solvents.

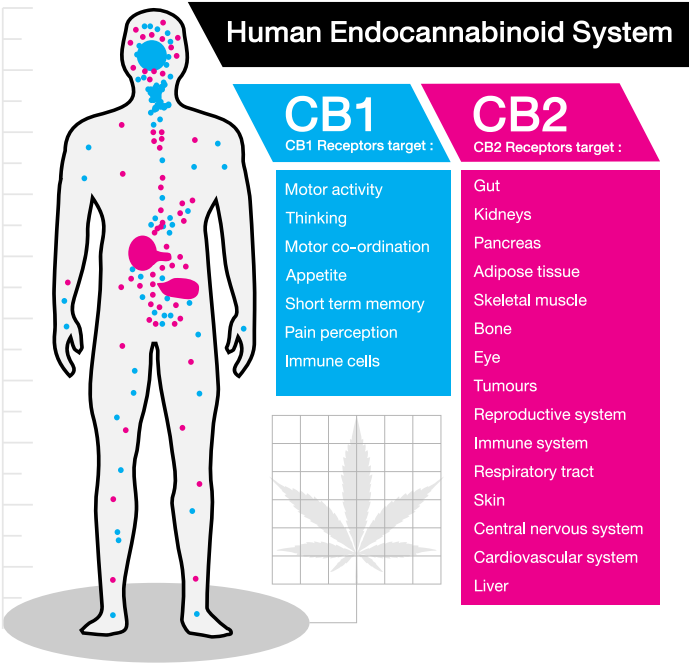


CBD BENEFITS

TREAT SEIZURES
ADDRESS ANXIETY
REDUCE DEPRESSION
IMPROVE INSOMNIA
TREAT CHRONIC PAIN
MANAGE ARTHRITIS
INHIBIT INFLAMMATION
ALLEVIATE CANCER
RELATED SYMPTOMS
REDUCE ACNE
IMPROVE
NEUROLOGICAL
DISORDERS

ATTUNE CBD

Attune CBD is known for producing a line of premium full spectrum hemp products infused with organic essential oils to maximize the desired benefits all naturally. Attune CBD is a Non-GMO hemp-derived product grown on our own farm using organic practices and no chemicals.



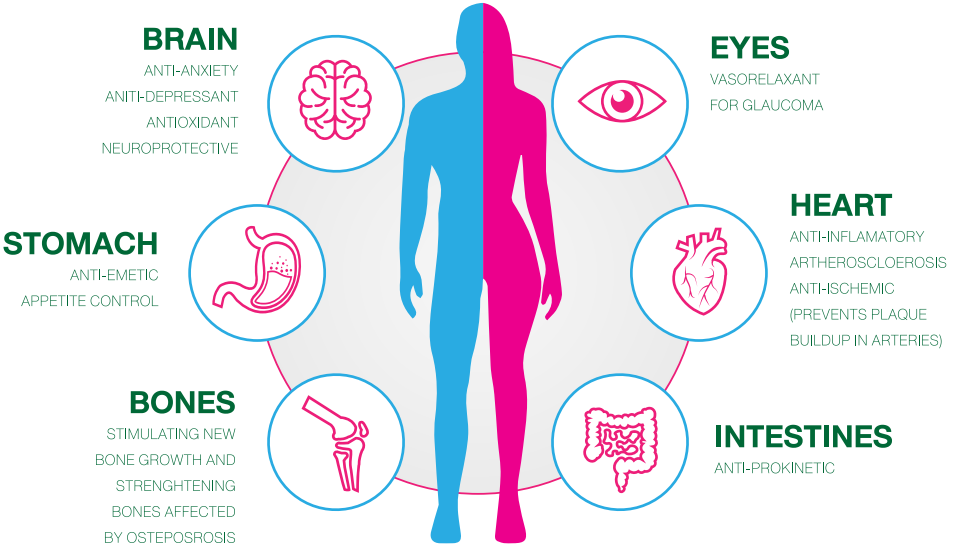
DID YOU KNOW?



CBD Hemp Oil is legal in all 50 states and does not contain the psychoactive THC, yet retains all other benefits to the human endocannabinoid system.

All of our CBD products are made from industrial hemp with THC levels below 0.3%. There is no intoxicating effect from taking these products, extracted from healthy, CBD-rich hemp plants grown right here in Minnesota.

HEALTH BENEFITS OF CANNABIDIOL (CBD)



HydraFacial: The Ultimate Skin Program

Head towards a healthier path. We're happy to help you achieve your skin goals.

Treat your skin to a deep cleaning without worrying about irritation.

Add dermaplaning to your service for intense exfoliation.

Treat your scalp problems with Hydrafacial Keravive.

Hydrafacial

There's way more to healthy skin than what's on the surface. Just like overall wellness, skin health isn't determined by just one or two factors – it's the combination of things you do every day, from what you put on your skin to what you put in your body.

Your skin is one of the largest organs in your body – and definitely the most exposed. There are tons of factors that can lead to damaged skin, which can eventually take a toll on your emotional health. Rather than covering up those imperfections, we believe that focusing on the underlying causes is the best way to get skin that truly glows. And that holistic approach to skin health can lead to a happier, healthier you.

According to hundreds of skin health experts, hydration is the single most important factor in healthy skin. Dryness, scaly skin, flakes or peeling, even tight-feeling skin, can be indicators for lack of hydration. Tone and texture, and pore congestion are other factors in measuring skin health.

HydraFacial uses a unique, patented Vortex-Fusion delivery system to exfoliate, extract and hydrate skin, and the spiral design delivers painless extractions. The spiral design of HydroPeel® Tips, used in conjunction with the HydraFacial proprietary vacuum technology and serums, creates a vortex effect to easily dislodge and remove impurities while simultaneously delivering hydrating skin solutions. It treats a wide variety of skin issues, and therefore is an ideal treatment for mostly everyone.

Hydrafacial + Keravive Scalp Treatment

Poor scalp health – dry skin, clogged follicles, dead skin cells, lack of circulation – can lead directly to thinner-looking hair. HydraFacial Keravive is a unique, relaxing treatment designed to cleanse, exfoliate, nourish, and hydrate the scalp for healthier and fuller-looking hair for all skin and hair types.

HydraFacial's proprietary Vortex Technology easily dislodges and removes impurities from the scalp and hair follicle. The Keravive Peptide Complex Solution delivers a hyper-

concentrated blend of biomimetic growth factors and skin proteins that hydrate and nourish the scalp.

After just one treatment, patients reported improvement in scalp itchiness, scalp dryness, scalp flakiness and hair fullness. Following the full course of treatments, 75% of patients reported improvement in hair fullness, 72% reported improvement in overall hair appearance and 64% said they felt more confident as a result.



SIGNATURE HYDRAFACIAL



DERMAPLANING ADD-ON



HYDRAFACIAL KERAVIDE

Visit our website at www.oyespa.com or call us at 651-371-9100 for inquiries or appointments.



HOW IS OYESPA DIFFERENT?

- 1** Personalized Treatments
- 2** Ayurvedic and Holistic Principles
- 3** Sustainable Salon Practices
- 4** Green Circle & Certified B Corporation
- 5** Plasma Air Building Filtration
- 6** Featuring 100% Vegan Products by Aveda
- 7** Attached to Oyevida Lifestyle Café
- 8** Featuring Local Businesses and Products
- 9** An In-House Magazine
- 10** Located in a Quiet Suburban Area

The Anatomy of a Great Salon

What sets OYESPA apart from the rest.

Feel the pressures of everyday life melt away.

We are proud to be a welcoming full-service Aveda Lifestyle destination for your journey into well-being.

LOOK GOOD
FEEL GOOD

Visit us for some me-time!

Visit our website at www.oyespa.com or call us at 651-371-9100 for inquiries.

HAIR: We specialize in the trendiest haircuts using 100% vegan products from Aveda.

NAILS: We keep your fingers and toes happy using natural, sustainable polish from SpaRitual.

MASSAGE: We offer a variety of customized massage treatments to suit your needs.

FACIALS: We help you look your best with our customized and signature facial treatments.

CAFÉ: We offer a chef-created menu featuring Peace Coffee, Rishi Tea, and Dr. Smoothie.

Aveda Cherry Almond

Relax with soothing, aromatic Cherry Almond. 100% vegan for radiant, beautiful skin.

Sweet by nature, wild at heart.

Once upon a time, Aveda made a beloved Cherry Almond conditioner.

Now, with Cherry Almond Softening Shampoo and Conditioner, the aroma is back and better than ever. Here's why:

Cherry and almond don't actually create the sweetly irresistible aroma — it's a blend of 38 pure flower and plant essences. (The aromas of cherries and almonds are too faint to use in products.) Many other cherry almond scents are synthetic. Aveda's is 100% naturally derived.*

Cherry Almond Softening Shampoo and Conditioner were created especially for guests who want their hair to be touchably soft, bouncy, and sweet-smelling.

This duo helps nourish hair and restore shine from roots to ends—with a delicious aroma that's distinctly Aveda.



LET YOUR BEAUTY SHINE THROUGH

NEW CHERRY ALMOND LEAVE-IN CONDITIONER

12 INSTANT BENEFITS

- DETANGLE
- CONDITION
- BOOST SOFTNESS
- PREVENT BREAKAGE*
- CONTROL FRIZZ
- PROTECT FROM HEAT
- SMOOTH
- ADD SHINE
- TAME FLYAWAYS
- INFUSE WITH AROMA
- REDUCE STATIC
- ENHANCE MANAGEABILITY

*From brushing.

AVEDA

AVEDA CHERRY ALMOND LINE

- SHAMPOO** gently cleanses, nourishes, and softens
- CONDITIONER** deeply conditions and restores softness
- LEAVE-IN CONDITIONER** leaves hair silky and smooth
- HAND RELIEF** intensely moisturizes for soft hands
- BODY LOTION** all-day moisture and instant radiance
- HAND & BODY WASH** gently cleanses and conditions
- BODY SCRUB** softens and gently exfoliates

*Some items are seasonal and may not be available year-round.

DID WINTER GET YOU DOWN?

WE'LL HELP PERK YOU RIGHT UP!

STOP BY OUR IN-STORE MAKEUP DISPLAY FOR A PROFESSIONAL CONSULTATION.

BOOK AN APPOINTMENT WITH US TODAY TO EXPERIENCE SPARITUAL AND VISIT OUR RETAIL SECTION FOR THESE GORGEOUS, UPLIFTING SHADES!

UNDER THE WILLOW



BLOSSOMING BEAUTY



RESTED + RENEWED



INNER CHILD



SOUL AWAKENING



MORNING DEW



Slow Beauty by Sparitual

Featuring the story of Spring.

This spring we share a story of abundance, joy, and creativity with colors that awaken the soul, and stir us to meaningful activity with nature.

Delight your senses with a palette of rich, gorgeous greens, a poppy pink and peach, and balanced browns to revel in the poetry of spring.

Shades featured this spring season are Inner Child, Soul Awakening, Morning Dew, Under the Willow, Rested + Renewed, and Blossoming Beauty.

Book an appointment with us today to experience Sparitual and visit our retail section for these gorgeous, uplifting shades!



AVEDA PETAL ESSENCE EYE COLOR TRIO



AVEDA PETAL ESSENCE FACE ACCENTS

Aveda Spring Makeup

Create a look that's fresh, inspiring & new.

Spring is here and what better time to experiment with different makeup trends? As your skin begins to develop a springtime tan, trying out pastel combinations is a great way to brighten your eyes and enhance your glow.

Formulated without parabens, talc or carmine, Aveda makeup goes beyond traditional minerals with plant-derived ingredients that actually improve your skin's condition.

Let eyes blossom with Aveda's Petal Essence Shadow Trios. Warm up your complexion with Uruku Bronzer and customize your favorite shades with Aveda's refillable compact.



AVEDA LARGE REFILLABLE COMPACT



AVEDA URUKU BRONZER

Aveda For Men

Pamper yourself with our signature men's products and services.

Why Aveda for Men? Because men's skin and scalp differ from women's. They need to be treated differently. Men are more prone to sensitivity, itchiness, redness, and other unpleasant skin and scalp concerns.

Try our facials, massage, scalp treatments, and home-care products to keep skin healthy and looking great for years to come!

Our Men's styling essentials help reduce hair loss, style, and soothe the scalp. Find skincare options to shave, cleanse, protect, and hydrate. Stop in-store for a professional consultation and product recommendations.



- A PURE-FORMANCE™**
Simplicity + High Performance = the art of grooming. This line includes all the necessities: shampoo, conditioner, and a wide variety of styling products.
- B INVATI MEN™**
Thicker Hair by Nature. Invati Men is your solution for thinning hair. Exfoliate + Revitalize for thicker, stronger hair.
- C ROSEMARY MINT BATH BAR**
Lightly exfoliates with the invigorating aroma of rosemary and peppermint that lingers after you rinse.
- D ENERGIZING EYE CREAM**
A plant energy complex gives the skin a boost to brighten the skin around the eyes while diminishing the appearance of dark circles.
- E DAILY LIGHT GUARD SPF 30**
A UVA/UVB, 100% mineral-derived sunscreen with pollution defence.



OYEVIDA Highlights

What's roasting at Oyevida Lifestyle Café?

Our carefully chosen and highly trained staff is here to exceed your expectations. The same goes for our elegant cafe space — dedicated to guest comfort and convenience — and our devotion to innovation and health consciousness. We're focused on making your day and continually raising the bar.

We are also proud to align with Aveda's mission of ethical and sustainable business practices and its aesthetic. We share Aveda's exceptional standards of quality products and guest care, and everything we do reflects the standards of Aveda.

Time for Tea.

When we think of tea, often what comes to mind are chai black tea, green tea, and white tea (all of which are the same plant, just fermented differently.) Like coffee, they contain caffeine, but in smaller amounts. They are also astringent and bitter like coffee. However, herbal teas are quite different. They do not contain caffeine and are fruity and/or botanical in nature. You can often find them in holistic combinations. A cup of hot herbal tea can be very soothing and healing for your digestive system and is a wonderful drink to have during the afternoon

or evening. In addition, herbal teas are hydrating, unlike coffee and black tea, which are somewhat dehydrating. Our Oyevida Cafe serves Rishi Tea, which comes in several exquisite varieties. Try drinking a cup a day and see the results!

We offer a range of fruity and floral botanical blends. One example is the Rishi Blueberry Hibiscus. Organic and caffeine-free, this blend refreshes with the tangy-tart character of hibiscus, the sweet succulence of Great Lakes blueberries, and the complex floral accents of wild-harvested schisandra berries. Known as the "five-flavor fruit," schisandra berry has a long history as a traditional East Asian tonic and anti-stress tea. The blueberry flavor and pleasing tartness really stands out in this more than any other we've tried.

OYEVIDA
lifestyle café



Vibrant & Refreshing
Blueberry Hibiscus Rishi Tea



Fan Favorite Oyevida
Fire-Grilled Artichoke Flatbread

THE ART OF FLATBREAD

The flatbread pizza. Gourmet, elegant, simple, quick, personalized, gorgeous, single, and trendy. What's not to like?

The difference between a flatbread and pizza dough is that flatbread is unleavened. Pizza dough typically rises with yeast. In Oyevida's version of the flatbread pizza, naan is used, which is a common type of unleavened bread eaten as part of Indian cuisine, and it is now

commonly available at most stores. It is very versatile and has a more true-to-pizza taste and texture than pita bread.

Since flatbread is premade (or you can make it from scratch if you prefer, but that kind of defeats the simple part), you can then focus on the "ingredient luxury" that makes the flatbread pizza a beautiful one limited only by your desires and imagination--a work of art.

PAMPER YOURSELF.

**BOOK AN
APPOINTMENT TODAY!**

SERVICES OFFERED:

Ladies Haircut
Gents Haircut
Kids Haircut
Hair Color
Balayage
Hair Extensions
Manicure
Pedicure
Hydrafacial
Keravive Hydrafacial
Dermaplaning
Lightstim LED
Massage
Facials
Back Facials
Waxing
Makeup
Lash & Brow Tinting

dr.SMOOTHIE



**A SMOOTH
& SATISFYING
FUSION.**

NOW SERVING AT OYEVIDA:
dragon fruit + lychee refresher
with a boost of green coffee extract

FREE

LASH OR BROW TINT

With the purchase of a service of \$25 or more.

One per family. Copies not allowed. Registration required.

10% OFF

CUSTOM 60-MINUTE FACIAL

With this coupon.

One per family. Copies not allowed. Registration required.

\$1 OFF

OYEVIDA BLENDED DRINK

With this coupon.

One per family. Copies not allowed.



OYE SPA

AVEDA
THE ART AND SCIENCE OF PURE
FLOWER AND PLANT ESSENCES

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