

OYESPAK

Inspiration and Insights from OYESPA Aveda Lifestyle Salon & Spa and OYEVIDA Lifestyle Cafe

Issue 9 | Fall 2023

A Vision
Transcended:
Embracing
Wellness and
Beauty

NEW!
Aveda Scalp
Solutions

Embrace Your
Radiance:
The Art of Self-Care

**BEAUTY, WELLNESS,
AND BEYOND**

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FROM THE EDITOR

Welcome to the Fall 2023 issue of Oyespark Magazine, your ultimate guide to beauty, wellness, and relaxation! As the seasons change, we are excited to bring you the latest trends, tips, and stories to keep you refreshed and inspired. This issue is dedicated to enhancing your well-being, from head to toe. Sit back, relax, and indulge in the world of Oyespa Salon and Spa and Oyevida Wellness Cafe.

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Digital Edition
www.oyespa.com/
oyespark-magazine

Print Edition
Limited print copies
available in store

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Embrace Your Radiance

THE ART OF SELF-CARE

In the relentless rhythm of our modern lives, taking care of ourselves often falls to the wayside amidst our busy schedules and responsibilities. However, amidst the chaos, there is an oasis of tranquility and restoration – the art of self-care. As we welcome the Fall season, it's the perfect time to turn inward, nourish our well-being, and embrace the radiance that lies within.

• **The Significance of Self-Care**

Self-care is more than just a buzzword; it's a vital practice that fosters overall well-being. At its core, self-care involves recognizing our own needs and actively taking steps to meet them. Whether it's finding time for relaxation, engaging in activities that bring us joy, or prioritizing mental and emotional health, self-care is a means of nurturing ourselves holistically.

• **Developing Your Self-Care Routine**

Crafting a personalized self-care routine is an empowering journey of self-discovery. It begins with introspection – taking a moment to understand what truly rejuvenates and replenishes our energy. Some may find solace in meditative practices, such as mindfulness or yoga, while others may thrive by spending time in nature or engaging in creative endeavors.

• **Embracing Beauty Rituals**

Incorporating beauty rituals into our self-care routine is a powerful way to boost our sense of well-being. Simple acts like skincare routines, nourishing hair treatments, or indulging in a soothing bath can elevate our mood and leave us feeling rejuvenated. Embracing beauty rituals is not about conforming to societal standards; rather, it's an opportunity to connect with ourselves and celebrate our unique beauty.

• **Nurturing Mind, Body, and Soul**

Self-care encompasses caring for every facet of our being – mind, body, and soul. Engaging in activities that promote mental clarity, emotional resilience, and physical health all contribute to our overall well-being. Taking time for reflection, journaling, or seeking professional support when needed are all essential steps in nurturing our inner selves.

• **Expert Tips for Self-Care Success**

To delve deeper into the art of self-care, we spoke with renowned experts in the fields of wellness, beauty, and mental health. They share their valuable insights and offer practical tips to develop a sustainable self-care routine that aligns with your unique needs and lifestyle. From setting boundaries to

incorporating small acts of self-compassion throughout the day, these expert suggestions will guide you on your journey to embracing self-care.

• **A Season of Renewal**

As we transition into the Fall season, there's an undeniable sense of renewal in the air. The changing colors of the leaves serve as a reminder that change is constant, and we too can evolve and blossom with the seasons. Embracing the art of self-care during this transformative time allows us to harness the season's energy and find balance in our lives.

• **Embrace Your Radiance**

Ultimately, self-care is not a luxury but a necessity for our well-being. Embrace your radiance by prioritizing your self-care journey. Let go of the guilt and realize that caring for yourself enables you to better care for others. Whether it's a few minutes of deep breathing, a nature walk, or a moment of stillness, every act of self-care adds up to a happier, healthier, and more radiant you.

As you delve into this Fall issue of Oyespark Magazine, let the articles inspire you to explore the art of self-care and embrace the radiant essence that lies within. Remember, you deserve the love and care you give to others, and in nurturing yourself, you shine brighter in all aspects of life.

Revolutionary Hair Transformations For Early Fall

S E P T E M B E R

As the summer sun starts to wane and the leaves hint at changing colors, early Fall brings a sense of excitement and anticipation for the new season. It's the perfect time to refresh your look and embrace the spirit of Autumn. If you're seeking a hair transformation that captures the essence of September, Oyespa Salon is your ultimate destination. With their team of skilled stylists and a keen eye for emerging trends, Oyespa Salon is ready to create revolutionary hair transformations for early Fall.

Exploring the Hottest Hair Trends for September

This September, hair trends are all about effortless elegance and embracing the transition from summer to Fall. Oyespa Salon's top stylists have curated a collection of sought-after looks that will leave you feeling renewed and ready for the season ahead.

1. Sun-Kissed Balayage

As the remnants of summer linger, a sun-kissed balayage is the perfect way to embrace the fading warmth of the sun. Subtle, hand-painted highlights create a natural and radiant effect, adding dimension and brightness to your hair. With warm caramel and honey tones, this balayage embodies the beauty of September.



2. Shoulder-Length Waves

The shoulder-length wavy hairstyle is making waves this early Fall. Effortlessly chic, this versatile cut allows you to maintain some length while still embracing the lighter, breezier feel of the season. Soft, loose waves add movement and grace, making it a perfect transitional style.



3. Classic Bob with a Twist

Revamp the classic bob by adding a modern twist. Incorporate subtle layers or opt for a textured finish to add dimension and personality to your look. A bob haircut is timeless, and with a slight twist, it becomes a contemporary choice for September.



4. Low Ponytail with a Bow

For an elegant and polished look that pays homage to the September breeze, the low ponytail with a bow is an excellent option. A sleek, low ponytail adorned with a velvet or satin bow adds a touch of sophistication and femininity to any outfit.



5. Side-Swept Bangs

Embrace the allure of side-swept bangs this September. A subtle fringe that gently frames the face adds softness and complements various face shapes. Side-swept bangs effortlessly transition from casual to formal, making them a versatile choice for any occasion.



Customized Styling for Early Fall

At Oyespa Salon, personalization is key. Their expert stylists take the time to understand your preferences and the vision you have for your early Fall look. Whether you desire a style that is low-maintenance yet chic or a bolder transformation, Oyespa Salon's team will tailor their artistry to create a look that embodies your unique essence.

Embrace the Early Fall Transformation

This September, embrace the changing season with a revolutionary hair transformation at Oyespa Salon. Step into their welcoming and serene salon, where creativity and expertise merge to craft the perfect look for early Fall.

Whether you're looking to capture the fading warmth of summer or embrace the cooler tones of Autumn, Oyespa Salon promises a transformative experience that leaves you feeling rejuvenated and ready to embrace the beauty of September. Get ahead of the hair game with insights from Oyespa Salon's top stylists. Embrace the hottest hair trends for early Fall and embark on a journey of renewal and self-expression. Let your hair reflect the changing season and the radiant essence that lies within. At Oyespa Salon, your early Fall hair transformation is not just a style; it's an artistry that celebrates the unique beauty of September.

Book your fall hair transformation at OYESPA!
Call 651.371.9100 or book online at [oyespa.com](https://www.oyespa.com).



OYESPA

salon | spa

Mindfulness and Relaxation: The Power of Spa Therapies



In the midst of our fast-paced lives, finding moments of serenity and relaxation is essential for maintaining a balanced and rejuvenated self. The world of spa therapies offers a blissful escape from the hustle and bustle, providing a sanctuary where the mind can unwind, and the body can find solace. At Oyespa Salon, the power of spa therapies is celebrated, as they embrace the profound effects these treatments have on stress reduction, mindfulness, and overall well-being.

Embracing the Spa Experience

Stepping into Oyespa Salon is stepping into a world of tranquility and renewal. The ambiance, infused with soft music, soothing scents, and muted lighting, sets the stage for a transformative spa experience. The treatments offered at Oyespa Salon are thoughtfully curated to address the needs of each individual, allowing for a personalized and rejuvenating escape.



The Art of Stress Reduction

Stress, an unwelcome companion in our daily lives, can take a toll on our physical and mental well-being. Spa therapies serve as a remedy for the stress-laden soul, promoting relaxation and inner peace. Whether it's a therapeutic massage that kneads away tension or an aromatherapy session that soothes the senses, each treatment at Oyespa Salon is designed to melt away stress and restore a sense of calm.

Mindfulness in Spa Therapies

Mindfulness, the practice of being fully present in the moment, finds its natural home in the world of spa therapies. From the moment you step into the treatment room, the focus shifts from external distractions to internal awareness. Spa therapists at Oyespa Salon guide you to be present, encouraging you to let go of worries and immerse yourself in the present moment of relaxation.

A Journey of Rejuvenation

The journey of spa therapies at Oyespa Salon takes you through a range of treatments, each tailored to address different aspects of rejuvenation. From invigorating body scrubs that exfoliate and revitalize the skin to nourishing facials that leave you glowing from within, every step of the spa journey is a gateway to renewed vitality.

The Healing Touch of Massage

Massage, an ancient healing practice, is at the heart of the spa experience. Oyespa Salon offers a variety of massage therapies, from Swedish to deep tissue, each designed to alleviate muscle tension, improve circulation, and promote relaxation. The skilled hands of the massage therapists work in harmony to release knots of stress, leaving you feeling rejuvenated and refreshed.

Soothing the Senses with Aromatherapy

The power of aromatherapy in spa therapies is an experience to behold. Essential oils, carefully selected for their healing properties, infuse the air, creating a sensory journey that uplifts and calms the spirit. At Oyespa Salon, aromatherapy is integrated into many treatments, enhancing the overall spa experience and heightening the senses.

Blissful Mind, Rejuvenated Soul

As you emerge from the world of spa therapies at Oyespa Salon, you carry with you a sense of tranquility that transcends the walls of the spa. The power of these treatments extends beyond the physical realm, touching the core of your being. The blissful mind and rejuvenated soul you carry with you are a testament to the transformative power of mindfulness and relaxation.



Embrace the Power of Spa Therapies

The power of spa therapies lies not only in the treatments themselves but in the intention and dedication of the spa therapists to guide you on a journey of well-being. At Oyespa Salon, every aspect of the spa experience is carefully curated to offer you an escape from the stresses of life, leaving you renewed, refreshed, and centered.

Embrace the power of spa therapies at Oyespa Salon, and gift yourself the nourishment of mindfulness and relaxation. Immerse yourself in the world of tranquility, where the healing touch and the soothing scents embrace you in a blissful embrace. Allow the journey of spa therapies to leave you rejuvenated and connected to your inner self, for within the sanctuary of the spa lies the power to find peace and rejuvenation.

**Book your relaxing spa
experience at Oyespa today!
Call 651.371.9100 or book
online at oyespa.com.**

OYESPA'S BEAUTY TIPS: Glowing Skin in the Colder Months

As the seasons transition and the air becomes crisper, our skin requires special care to maintain its natural radiance. Fall brings its own set of challenges for our skin, such as dryness and sensitivity. To keep your skin looking healthy and glowing during the colder months, Oyespa's beauty experts have shared their top secrets and tips for achieving radiant skin.

1. Hydration is Key

One of the most important factors in maintaining glowing skin during Fall is to stay hydrated. The cooler weather can cause our skin to lose moisture, leading to dryness and dullness. Make sure to drink plenty of water throughout the day to keep your skin hydrated from within. Additionally, use a hydrating moisturizer that suits your skin type to lock in moisture and create a protective barrier against the elements.

2. Gentle Exfoliation

Exfoliation is essential for removing dead skin cells and promoting cell turnover. However, during Fall, it's important to use a gentle exfoliator to avoid stripping the skin of its natural oils. Opt for

exfoliators with mild ingredients that won't cause irritation. Exfoliating once or twice a week will help your skin maintain its natural glow.

3. Nourishing Skincare Routine

As the weather changes, so should your skincare routine. Switch to richer and more nourishing skincare products that provide extra hydration and protection. Look for ingredients like hyaluronic acid, ceramides, and antioxidants, which help to retain moisture, repair the skin barrier, and combat environmental damage.

4. Sun Protection Matters

Even though the sun might not feel as intense during Fall, UV rays can still damage your skin. Don't forget to apply sunscreen with at least SPF 30 every day, especially if you spend time outdoors. Sun protection is crucial for preventing premature aging and maintaining a healthy complexion.

5. Incorporate Antioxidants

Antioxidant-rich products can work wonders for your skin during Fall. Antioxidants help to neutralize free radicals, which are harmful molecules that can damage your skin cells. Look for skincare products containing ingredients like vitamin C, green tea extract, and niacinamide, which can help protect your skin and boost its natural radiance.

6. Pay Attention to Your Lips

With the colder weather, our lips are prone to becoming dry and chapped. Keep your lips soft and supple by using a nourishing lip balm throughout the day. Look for lip balms that contain ingredients like shea butter, coconut oil, or beeswax to lock in moisture and prevent dryness.

7. Don't Forget About Hydrating Masks

Treat your skin to a hydrating face mask once a week. Hydrating masks can give your skin an extra boost of moisture and improve its texture. Look for masks that contain ingredients like aloe vera, glycerin, or honey for intense hydration.

8. Get Your Beauty Sleep

Lastly, don't underestimate the power of a good night's sleep. During sleep, your body goes into repair mode, and your skin has the opportunity to regenerate. Aim for 7-9 hours of quality sleep every night to wake up with refreshed and glowing skin.

Embrace Glowing Skin

By incorporating these beauty tips into your Fall skincare routine, you can embrace glowing skin even as the weather turns colder. Pamper your skin with nourishing products, stay hydrated, and protect it from environmental stressors. With Oyespa's expert advice and your commitment to self-care, your skin will radiate health and beauty throughout the Fall season and beyond.



Embrace the Season of Renewal at Oyespa



As the leaves change colors and a gentle chill fills the air, Autumn brings with it a sense of renewal and transformation. It's the perfect time to treat yourself or a loved one to a pampering spa experience that embraces the beauty of the season. At Oyespa, we invite you to indulge in our exclusive Fall offers and discover a world of relaxation and rejuvenation like never before.

1. Fall Renewal Package: Embrace the Tranquility

Step into a haven of tranquility with our Fall Renewal Package. This exclusive offering is designed to ease away the stresses of the season and replenish your mind, body, and soul. The package includes a luxurious 60-minute aromatherapy massage that combines the healing power of essential oils with the skilled touch of our experienced therapists. To complement the experience, we invite you to immerse yourself in a calming 30-minute facial that revitalizes your skin and leaves you glowing with the radiance of Autumn. This indulgent spa package is a true celebration of the season of renewal and self-care.

2. Pumpkin Renewal Facial: Embrace Autumn's Glow

Indulge your skin in the spirit of Fall with our rejuvenating Pumpkin Renewal Facial. Our skilled estheticians will pamper your complexion using a custom-crafted blend infused with the essence of the season. As you relax in the cozy ambiance of Oyespa, this facial will gently exfoliate, revealing radiant skin ready to embrace the changing leaves. The treatment concludes with a nourishing moisturizer, locking in hydration and leaving you with a delightful hint of Fall in the air.



4. Fall Serenity Retreat: A Journey of Relaxation

Escape the busyness of life with our Fall Serenity Retreat, a day of relaxation and rejuvenation. This exclusive spa package includes a series of calming treatments, starting with a soothing hot stone massage that melts away tension and invites deep relaxation. A customized facial follows, addressing your specific skincare needs and restoring a youthful glow to your complexion. To complete the journey, we offer a rejuvenating scalp massage that soothes the mind and promotes a sense of serenity. The Fall Serenity Retreat is the ultimate escape into a world of blissful tranquility.



Embrace the Magic of Autumn at Oyespa

At Oyespa, Autumn is a time of celebration and renewal, and we invite you to join us in embracing the magic of the season. Our exclusive Fall spa promotions are thoughtfully curated to provide you with a luxurious and unforgettable experience. Whether you seek relaxation, rejuvenation, or a sensory delight, our spa packages and treatments offer a perfect way to pamper yourself or surprise a loved one with the gift of wellness.

Step into Oyespa and embark on a journey of Autumn-inspired indulgence. Our team of skilled therapists and wellness experts is dedicated to providing you with the highest level of care and attention, ensuring that your spa experience is nothing short of extraordinary. Embrace the season of renewal and prioritize your well-being with our Fall spa promotions at Oyespa, where relaxation, rejuvenation, and beauty come together to create an unforgettable journey of self-care and wellness.

**Book your spa
package at Oyespa!
Call 651.371.9100
or book online at
oyespa.com!**

Healthy Living: Balancing Work and Wellness in a Fast-Paced World

In today's fast-paced world, finding a balance between work commitments and personal well-being can be a challenging task. The demands of a busy lifestyle can often leave us feeling overwhelmed and neglecting our own health and happiness. However, maintaining a work-life-wellness balance is essential for our overall health and happiness. With expert advice and strategic approaches, it is possible to incorporate wellness practices into our daily routine, even amidst the hustle and bustle of a fast-paced life.

1. Prioritize Self-Care:

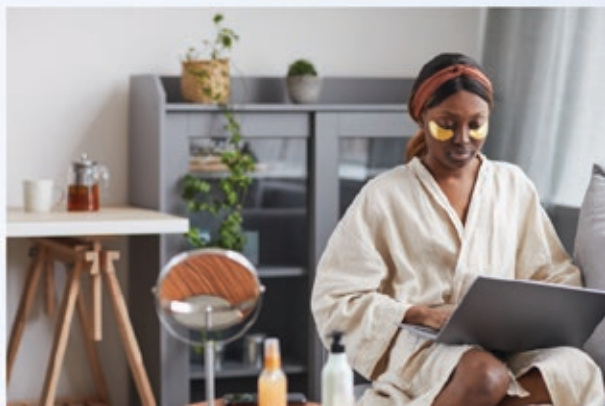
The first step towards achieving a work-life-wellness balance is to prioritize self-care. Recognize that taking care of yourself is not a luxury but a necessity. Set aside dedicated time for self-care activities that nourish your mind, body, and soul. Whether it's a morning meditation session, a yoga class, or simply spending time outdoors, make self-care a non-negotiable part of your daily routine.

2. Create Boundaries:

Boundaries are crucial for maintaining a healthy balance between work and personal life. Set clear boundaries with your work schedule, and avoid letting work spill over into your personal time. Communicate your boundaries with colleagues and employers to ensure that you have the space and time for your wellness practices and leisure activities.

3. Utilize Breaks Wisely:

Even in a busy workday, make the most of your breaks. Use short breaks to stretch, take a brisk walk, or practice deep breathing exercises. These small wellness practices can help you recharge and stay focused throughout the day.



4. Incorporate Movement Into Your Day:

Regular physical activity is essential for overall wellness. Find creative ways to incorporate movement into your daily routine, even if you have a desk job. Take short walks during lunch breaks, use stairs instead of elevators, or try desk exercises to keep your body active and energized.

5. Plan Meals Mindfully:

Healthy eating plays a significant role in maintaining wellness. Plan your meals mindfully, even during busy workdays. Pack nutritious snacks and meals, and avoid relying on unhealthy fast food options. Staying well-nourished can improve focus, energy levels, and overall well-being.

6. Practice Mindfulness and Stress Reduction:

Incorporate mindfulness practices to reduce stress and cultivate inner calm. Whether it's practicing mindfulness meditation or spending a few minutes in nature, these practices can help you manage stress and enhance your overall well-being.

7. Set Realistic Goals:

Don't overwhelm yourself with unrealistic expectations. Set achievable goals for both work and personal life. Understand that you can't do everything at once, and it's okay to prioritize certain tasks over others. Setting realistic goals will prevent burnout and help you maintain a healthier balance.

8. Seek Support:

Don't hesitate to seek support from colleagues, friends, or family. Reach out for help when

Set
realistic
goals



Be kind
to yourself

needed, whether it's delegating tasks at work or seeking emotional support during challenging times. Surrounding yourself with a supportive network can significantly improve your well-being.

9. Practice Gratitude:

Practicing gratitude can shift your perspective and improve your outlook on life. Take a moment each day to reflect on the things you are grateful for, even in the midst of a busy day. Cultivating gratitude can bring a sense of contentment and help you stay grounded.

10. Balancing Work and Wellness:

In a fast-paced world, finding a balance between work and wellness is crucial for leading a healthy and fulfilling life. By prioritizing self-care, setting boundaries, incorporating movement, and practicing mindfulness, you can achieve a harmonious work-life-wellness balance. Remember that small, consistent efforts can make a significant difference in your overall well-being. Embrace these strategies, and take proactive steps to nurture your health and happiness, even amidst the demands of a busy lifestyle. Your well-being is worth the investment, and a balanced life leads to a happier, healthier you.

11. Be Kind to Yourself:

Lastly, be kind to yourself. Acknowledge that achieving a work-life-wellness balance is an ongoing process, and it's okay to have ups and downs. Be gentle with yourself and celebrate the progress you make, no matter how small.

A Vision Transcended: Embracing Wellness and Beauty

Step into the world of Oyespa Salon and Oyevida Wellness Cafe, where an unwavering dedication to well-being and beauty converges to create sanctuaries of transformation. Dive deep into the heart of these holistic havens as we explore the philosophy, journey, and commitment that define an ethos of nurturing the mind, body, and soul.

A Shared Purpose

The story behind Oyespa Salon and Oyevida Wellness Cafe is one of synchronicity, driven by a shared passion for promoting wellness and self-care. As we dive into this narrative, it's clear that this journey is not just a business endeavor but a heartfelt mission.

A Holistic Perspective

To these visionaries, beauty and wellness are inseparable aspects of a person's overall well-being. The philosophy revolves around embracing a holistic approach that nurtures individuals from within. From Oyespa Salon's transformative services to Oyevida Wellness Cafe's nutrient-rich offerings, the vision extends far beyond the surface, seeking to foster genuine well-being in all its dimensions.

Oyespa Salon: Redefining Beauty

The tale of Oyespa Salon's origins emerged from a desire to redefine beauty norms. The realization of a need for an environment that celebrates individuality, self-expression, and self-acceptance paved the way for Oyespa Salon. It was conceived as a space where beauty knows no boundaries, flourishing in its own unique forms.

Oyevida Wellness Cafe: A Sanctuary for Nourishment

The journey of Oyevida Wellness Cafe echoes a similar vision of well-being. A haven was created where nourishing the body and soul took center stage. From carefully curated ingredients to a menu that amplifies the power of superfoods, the cafe became a refuge for those seeking to replenish themselves from within.

Inspirations from Within

The roots of this holistic philosophy find nourishment in personal experiences. The paths of both visionaries have been shaped by transformative self-care and well-being journeys. These narratives ignited a commitment to provide spaces for others to find solace, inspiration, and empowerment in their own paths of self-discovery.

A Lifestyle of Self-Care

Beyond the establishments, the emphasis lies on self-care as a way of life. The notion of self-care transcends luxury in their eyes; it's a fundamental aspect of well-being accessible to all. Actively engaged with the community, this ethos is extended through wellness initiatives and workshops.



Empowering Futures

As we conclude our exploration, a glimpse of the future emerges. The vision is one of celebrating diverse beauty, prioritizing self-care, and championing the authenticity within every individual. Oyespa Salon and Oyevida Wellness Cafe stand as beacons of this vision, guiding others to embrace empowerment and holistic well-being.

Embark on Your Journey

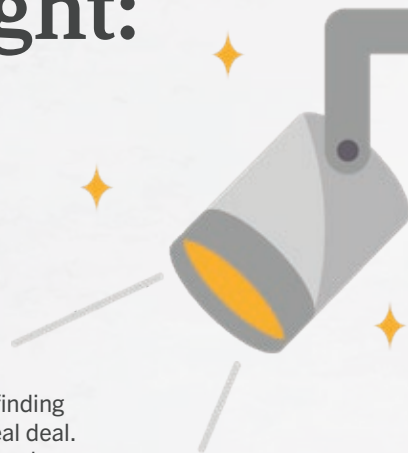
The journey of Oyespa Salon and Oyevida Wellness Cafe is an embodiment of passion and vision. These sanctuaries stand as living testaments to the commitment to well-being and beauty. An invitation to immerse oneself in this holistic ethos, encouraging the nurturing of the inner sanctuary. This journey is an invitation to celebrate authenticity, savor well-being, and embrace the radiant allure that comes with self-care.

Embrace the journey of beauty, wellness, and beyond as you step into the world of Oyespa Salon and Oyevida Wellness Cafe. Immerse yourself in their holistic approach to well-being and be inspired to nurture yourself from within. The founders' vision of empowerment and self-care invites you to embark on your own transformative journey, one that celebrates the beauty of authenticity and the radiance of true wellness.



Book your getaway at Oyespa!
Call 651.371.9100 or book
online at [oyespa.com](https://www.oyespa.com)!

Customer Spotlight: Stories of Transformation



Step into Oyespa Aveda Lifestyle Salon, where real people are finding their glow. Meet our customers who show that self-care is the real deal. No fuss, just experiences that inspire us to embrace well-being and enjoy the journey of growth.

1. Emma: Finding My Shine

I absolutely love Aveda salons, and this one is a gem in a peaceful spot. Getting an appointment here is a breeze, and it's not overcrowded like some others in the area. Plus, it's conveniently paired with a charming café – you can grab a coffee, tea, or smoothie and relish a fantastic salon experience. They offer everything from hair and nails to skincare and massages, and every staff member I've met is not only delightful but also incredibly skilled in their craft.

2. Jason: My Wellness Voyage

My wellness journey started at Oyespa Salon. I was looking to improve my well-being, and that's when I discovered the incredible impact of soothing massages that brought calmness to both my mind and body. The experts at the salon also shared easy self-care tips that truly made a positive change. Right here is where my journey into self-discovery and self-care began.

3. Sophia: Balancing Act

My journey with Oyespa Salon started when I was juggling the demands of work and life. I needed a breather. The visits to the salon turned into my much-needed escapes, offering me a precious space to unwind and rejuvenate. Thanks to their treatments, I found that sought-after balance, and now I face life with renewed energy and a beaming smile.

4. Emily: Unveiling Inner Resilience

My journey with Oyespa Salon began when I was searching for a fresh start. Life's demands had taken a toll on me, and I craved a way to rejuvenate. The salon's warm atmosphere and skilled stylists provided just that. With every haircut and treatment, I felt a renewed sense of self. Oyespa Salon became my sanctuary of transformation, where I not only discovered my inner resilience but also left with a confident new look.

A Tapestry of Change: A Reflection of Journeys at Oyespa

These are stories of everyday people like you and me. At Oyespa Salon, we're here to help you find your shine, balance, and strength. Every story is unique, just like you. Come, and be part of your own transformation journey with us.

**Visit Oyespa to start
your transformation!
Call 651.371.9100 to
book a consultation!**



TEAM SPOTLIGHT



Greetings! I'm Katie, proudly part of the Oyespa team since January 2022, where I hold a managerial role. The urge to expand my skills led me to pursue nail school in March 2023. Among the array of services, I find unparalleled joy in crafting the Sound of Color pedicure — a truly satisfying experience for both my clients and myself.

In a world where foot care is often overlooked, I take pride in offering attentive care to neglected feet. Providing a blissful respite is my passion, and the combination of scrubs, indulgent hot towels, aromatherapy, and rejuvenating massage ensures everyone leaves feeling renewed.

Beyond the spa, you'll find me indulging in a variety of hobbies like biking, seaside adventures with my furry companion, exploring vintage fashion, and basking in the beach's embrace. I'm eagerly awaiting the chance to welcome you at Oyespa, where relaxation and rejuvenation await!



Hello! I'm Ashley. My journey with Oyespa began even before our doors opened in 2020. A proud graduate of the Aveda Institute Minneapolis Class of 2012, I have spent over a decade perfecting my craft and bringing my expertise to our cherished clients.

I'm not just a skincare specialist — I'm the Director of Oyespa, a trusted leader in our pursuit of beauty and wellness.

I hold certifications in advanced skin therapies, including cutting-edge laser treatments for skin rejuvenation and resurfacing. I'm also a master of Microneedling with SkinPen, a technique that can transform your skin's texture and tone.

My passion lies in helping you achieve your vision of beauty and wellness and in fostering a culture of care and expertise at Oyespa.

Book a session with me and experience the transformation I can bring to your skin and your self-confidence. Here's to a decade of leadership, beauty, and wellness, and many more to come!



Hello there, I'm Kimlee, a proud member of the Oyespa Salon management team. Over the years, I've found immense joy in perfecting upstyles, downstyles, and glamorous blowouts for those special occasions that light up our lives. My passion for creativity and staying ahead of trends fuels my commitment to crafting looks that resonate with the latest fashions.

When it comes to makeup, my expertise shines as I tailor soft glam, natural elegance, or dramatic flair, depending on the occasion. Whether it's a subtle touch for a daytime affair or a bold statement for a night to remember, I'm dedicated to enhancing your beauty and confidence for those unforgettable moments.

**Book with Katie,
Molly, and Kimlee!
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Oyespa's Beauty Product Review: Must-Haves for Fall

As the leaves change colors and the air becomes crisp, it's time to adjust our beauty routines to suit the new season. Fall calls for extra care and nourishment for our skin and hair, and Oyespa Salon has curated a selection of must-have beauty products to help you look and feel your best during this transitional time. Our beauty editors have put these products to the test, and here's our review of Oyespa's recommended skincare and haircare essentials for fall.

1. Aveda Scalp Solutions Overnight Scalp Renewal Serum

This lightweight scalp serum defends against visible signs of premature scalp aging. It strengthens and repairs scalp barrier to help support a balanced microbiome and soothes irritated scalp, helping reduce the look of redness and dryness, leaving the scalp soft, supple and nourished.

2. Aveda Scalp Solutions Balancing Shampoo and Replenishing Conditioner

With the changing weather, your scalp may need extra moisture and care. Aveda's Scalp Solutions Balancing Shampoo and Replenishing conditioner are perfect

companions for fall hair care. These products are specially formulated to replenish and hydrate your scalp, leading to healthier hair. Say goodbye to dry, lifeless hair and hello to healthy, vibrant tresses.

3. Aveda Inner Light™ Mineral Tinted Moisture

With the cooler weather, our skin tends to lose moisture, leading to dryness and tightness. Infused with 100% mineral derived pigments and nourishing plant emollients, Aveda's Inner Light™ Mineral Tinted Moisture instantly increases radiance, delivers moisture upon application and provides a smooth, even complexion for flawless radiance. It's the perfect addition to your fall skincare routine to combat dry skin and maintain a radiant complexion.

4. Aveda Feed My Lips™ Gloss

Chapped lips are a common concern during fall. Infused with an unique super fruit blend of açai, pomegranate, avocado, and mangosteen, Aveda's Feed My Lips™ Gloss helps nourish lips, leaving them feeling soft and smooth.

5. Aveda Hand Relief™ Renewal Serum

Renew your dry, chapped hands with a hand treatment serum that visibly improves the texture of your hands. Aveda's Hand Relief™ Renewal Serum moisturizes to smooth the look of fine lines with andiroba oil to protect skin's natural moisture barrier.

6. Aveda Cherry Almond Body Scrub

Don't forget to pamper your body during fall. Experience soft, smooth skin with Aveda's 98% naturally derived body scrub. Powered by nature, walnut shells and bamboo soften and smooth skin with gentle exfoliation, a plant-derived blend of cherry blossom extract and sweet almond oil condition skin. Its non-greasy formula makes it perfect for daily use, and the subtle scent lingers, enveloping you in a comforting embrace.

7. Aveda Color Control Line

Leave-in, shampoo, and conditioner hair color protection for your colored fall look. With sand ginger and apricot oil, Aveda's Color Control line can provide up to twelve weeks of color protection, while keeping your hair nourished and shiny.



Embrace the Beauty of Fall

With Oyespa's must-have beauty products for fall, you can embrace the changing season with confidence and radiance. From nourishing skincare essentials to revitalizing haircare products, Oyespa Salon has curated a selection of beauty treasures that cater to your specific needs during this transitional time. So, revamp your beauty routine, incorporate these fall must-haves, and let the beauty of the season reflect in your glowing skin and luscious locks. With Oyespa's recommended products by your side, you're well-equipped to look and feel your best all season long.



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OYEVIDA

lifestyle café

Nourishing Your Body, One Bite at a Time

In the heart of the bustling city, there exists an oasis of wellness and nourishment - Oyevida Wellness Cafe. With a mission to promote holistic well-being, this beloved cafe has captured the hearts and palates of health-conscious food enthusiasts. From its thoughtfully crafted menu to its dedication to using nutrient-rich ingredients, Oyevida Wellness Cafe has become a haven for those seeking to nourish their bodies and souls, one delicious bite at a time.

A Wholesome Culinary Journey

Stepping into Oyevida Wellness Cafe is akin to embarking on a culinary journey that celebrates the marriage of taste and nutrition. Each dish is thoughtfully curated to offer a balanced combination of flavors and essential nutrients, ensuring that every customer leaves with a satisfied heart and a nourished body.

The Power of Superfoods

At the heart of Oyevida's offerings lies a treasure trove of superfoods - nutrient-dense ingredients that pack a powerful health punch. From nutrient-rich leafy greens like kale and spinach to antioxidant-packed berries and the protein powerhouse quinoa, superfoods take center stage in the cafe's menu.

Creating Nutritious Meals at Home

Beyond savoring the delicacies at Oyevida Wellness Cafe, patrons are inspired to bring the essence of nourishment into their own kitchens. The cafe generously shares their culinary wisdom, providing insights into creating simple, yet delicious, and nutritious

meals at home. From energizing breakfast bowls to vibrant salads and wholesome entrees, Oyevida empowers individuals to make mindful food choices that fuel their bodies for optimum vitality.

Embracing Holistic Wellness

Oyevida Wellness Cafe embodies the essence of holistic wellness - an approach that acknowledges the interconnectedness of the mind, body, and spirit. Beyond serving nourishing food, the cafe fosters a warm and inviting ambiance that encourages relaxation and social connection. It's a space where customers can take a moment to savor their meals, engage in mindful conversations, or simply bask in the soothing atmosphere.

Nourishment Beyond Food

Beyond the menu, Oyevida Wellness Cafe extends its commitment to nourishment beyond food. The cafe hosts workshops and events that focus on various aspects of wellness, from yoga and meditation to informative talks on mental health and self-care. It's a haven where individuals can find support in their journey towards a well-balanced and fulfilling life.



A Taste of Wellness

As you savor the delectable offerings at Oyevida Wellness Cafe, you'll soon realize that nourishment is not just about filling your stomach; it's about nourishing your soul. The cafe's dedication to wholesome ingredients, creative dishes, and a warm ambiance is a testament to their passion for promoting well-being in every aspect of life.

Indulge in the Nourishment

Indulge your taste buds and nurture your body and soul at Oyevida Wellness Cafe. Whether you're a health enthusiast or a curious foodie seeking a new culinary experience, Oyevida welcomes you to savor the nourishing delights that await. Embrace the power of superfoods, learn the art of creating nutritious meals at home, and immerse yourself in the essence of holistic wellness.

Step into Oyevida Wellness Cafe and let each bite become an ode to nourishment, one that celebrates the harmony between flavorful cuisine and wellness. Savor the experience, take in the nourishment, and let the goodness of Oyevida infuse your life, one delicious and mindful bite at a time.



OYEVIDA

lifestyle café

Sip Your Way to Health - The Benefits of Herbal Teas

As the days grow cooler and the season transitions to Fall, there's nothing quite as comforting as wrapping your hands around a steaming cup of herbal tea. At Oyevida Wellness Cafe, the soothing goodness of herbal teas takes center stage, offering a range of flavorful blends that not only warm the soul but also provide a myriad of health benefits. Let's explore the world of herbal teas and discover the wellness benefits they offer.

Embracing Nature's Healing Brews

Herbal teas, often referred to as tisanes, have been used for centuries as natural remedies to promote well-being. Unlike traditional teas that come from the *Camellia sinensis* plant, herbal teas are created by infusing various herbs, flowers, fruits, and spices in hot water. This results in a beverage that not only offers delightful flavors but also carries the healing properties of the ingredients used.

Discovering the Health Benefits

Each herbal tea blend at Oyevida Wellness Cafe is thoughtfully crafted to offer specific health benefits. Here are some popular blends and the wellness benefits they provide:



1. Chamomile Tea:

Chamomile is renowned for its calming properties, making it the perfect tea to unwind and relax after a long day. It can help reduce stress and promote better sleep, making it an excellent bedtime companion.

2. Peppermint Tea:

Peppermint tea is refreshing and invigorating. It aids digestion, relieves bloating and gas, and can help soothe an upset stomach. It's an ideal choice after a heavy meal or as a pick-me-up during the day.

3. Ginger Turmeric Tea:

This powerful blend combines the anti-inflammatory properties of ginger and turmeric. It can help reduce inflammation in the body, boost the immune system, and provide relief from cold and flu symptoms.

4. Rooibos Tea:

Rooibos tea, also known as red tea, is caffeine-free and rich in antioxidants. It supports heart health, helps regulate blood sugar levels, and contributes to overall skin health.

5. Hibiscus Tea:

Hibiscus tea is vibrant in color and taste. It's packed with vitamin C and antioxidants, which can support immune function and promote healthy skin.

6. Lavender Rose Tea:

The delightful combination of lavender and rose not only creates a soothing floral aroma but also offers relaxation and stress-relieving properties.

7. Lemon Ginger Tea:

Lemon and ginger make a powerful duo, supporting digestion, boosting the immune system, and providing a refreshing and zesty flavor.

8. Detox Herbal Blend:

A carefully curated blend of detoxifying herbs like dandelion, nettle, and fennel, this tea can aid in gently cleansing the body and supporting liver function.



Sip Your Way to Wellness

Whether you're seeking relaxation, immune support, digestive aid, or simply a delightful and flavorful experience, Oyevida's herbal teas have something to offer for every palate and wellness need. Sip your way to health with these nourishing blends that are as beneficial as they are delicious.

Embrace the Healing Power of Herbal Teas

Incorporate the goodness of herbal teas into your daily routine to experience the wellness benefits they bring. Savor the natural flavors and let the healing properties of these herbal blends nourish your body and soul. At Oyevida Wellness Cafe, every cup of herbal tea is an invitation to embrace the healing power of nature and find comfort in the warmth of wellness. So, cozy up with a cup of your favorite herbal tea, and let the goodness of nature infuse you with well-being from the inside out.

**Order your tea
from Oyevida
at [oye.cafe!](https://oye.cafe)**

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