

The content in this preview is based on the last saved version of your email - any changes made to your email that have not been saved will not be shown in this preview.



NEWS

quick links

mySpa miami
mySpa specials
mySpa membership

july 2010

july is uv safety month



sun-kissed skin... no sun required!



Our quick and easy [spray tan](#) will give you the sun-kissed glow you crave!

have you had your oxygen boost today?



Book an [intraceuticals](#) facial for your daily dose and see immediate lifting, fullness, and

Who doesn't love to soak in the sun on a beautiful summer day?

The sun's rays make us feel good... and admittedly, look good, too. Without proper protection, though, we could be doing some serious damage to our skin. Skin cancer or, melanoma, is the most common type of cancer these days and the number of cases grow every year. Unless you have your head buried in the sand, it's hard to miss the messages about sun protection. The information can be a bit confusing, so we're breaking it down for you here:



So what do all those letters mean...[UVA](#), [UVB](#), [SPF](#) anyway? How much [sunscreen](#) do I need?.

Aside from uncomfortable sunburn, the sun wreaks havoc on our skin in ways which may not be seen until we get older. These effects include age spots and freckles, wrinkles, thinned or thickened blood vessels, cataracts or retina damage, and of course skin cancer. That's why it's important to adhere to simple [sun safety tips](#) whenever you're outdoors and take a cue from the Aussie's [slip-slop-slap](#) campaign... slip on a shirt, slop on some sunscreen, and slap on a hat!

sizzling summer [spa deal!](#)

We're heating things up this month...enjoy a complimentary hot lava shell massage upgrade with your journey pedicure (a \$20 savings).



brightness.

mySpaMembership



Here's to your health and wellness! Learn more about our [membership programs](#).

miami spa month

Celebrate [miami spa month](#) with 90 min spa treatments for \$99 all month long! choose from a hot lava shell massage or a fully loaded true transformation facial.



locals only massage club

Stress less, save more. Join the [locals only massage club](#) and save \$55 on a monthly massage!



mySpaExperience



Save 10% on your next spa appointment when you complete our guest satisfaction survey. Valid email address required.

featured spa therapist: liz cross

A walking testimony to beautiful skin, Liz learned (from her esthetician mother) to take care of her skin at a young age. Her passion for skincare combined with in-depth knowledge and deft hands allows her to communicate on all levels with her clients. Not only will you walk away feeling completely relaxed, but armed with the right recommendations that suit your needs. You may have seen Liz recently on Telemundo speaking articulately and passionately about our new Intraceuticals Oxygen Facial. Come in and try one this month with Liz for only \$150.

[VISIT OUR WEBSITE]



RESERVE YOUR SPA EXPERIENCE BY PHONE 305.372.4444 OR EMAIL [MYSPA_MIAMI@IHG.COM](mailto:myspa_miami@ihg.com)
INTERCONTINENTAL MIAMI HOTEL • 100 CHOPIN PLAZA, MIAMI FL 33131

[Forward email](#)

[SafeUnsubscribe](#)®

This email was sent to doug.naumann@plusone.com by myspa_miami@ihg.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe](#)™ | [Privacy Policy](#).

Email Marketing by



MYSPA AT THE INTERCONTINENTAL MIAMI | 100 CHOPIN PLAZA | PLAZA LEVEL | MIAMI | FL | 33131