



News From the Beach!

Beaches Tanning Salon

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Like a Bridge Over Troubled Water...

Well needless to say the Skagit River bridge collapse has caused numerous problems for travelers as well as all of the local businesses. We have made the decision to make sure that all of our shopping is done locally to make sure we do our part to help our local businesses. While the traffic can be heavy and time consuming, it is possible to take a few side streets and avoid the heaviest of the volume. Just a few tips:

- Avoid peak traffic hours if possible
- Take side streets and enter or cross traffic at lit intersections
- Don't be the one in the middle of the intersection when the light goes red
- Be patient
- Car pool if you can
- Let others in

I'm sure that you can add to the tips and help make a trip around town a little more bearable.

The good news is that this is only going to last a little while longer. The new span will be in and accepting traffic in a few weeks. This will get all of us back to normal. Once the temporary span is in place the State DOT will start building the new structure across the river and that is supposed to be done by this fall.

In the meantime, please do your part to shop locally and help to support the businesses in the Skagit Valley. Most of us rely on your business and many are suffering daily because of the difficulty.



“Try to avoid peak traffic times and shop in the Skagit Valley to support local Businesses!”

Meet the new owner!

Patti Davis is your hostess at Beaches. Patti lives right here in the Skagit Valley and loves people! “Now that I’ve been here (at Beaches) for a couple of months I have really gotten to know many of you and have thoroughly enjoyed meeting you and hearing your stories. I



have tanned here for many years and enjoy it for the light and helping make me feel better on the dark and gloomy days we have in the northwest. I found that many of you do it for the same reason.”

“I also love to hear about the trips and vacations you take to sunny, sometimes to exotic places. I would love to see your

pictures and some of you have even brought in trinkets to hang in the tanning rooms.”

“I really feel like we are all one big family and I look forward to meeting you as well as seeing those of you who have been in”

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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



Learn About The Benefits of Spray Tanning



Spray tanning is becoming more and more popular every year. To still get a great tan without the sun or a tanning bed, a person should consider a Beaches Tanning salon spray tan.

A spray tan is a special solution that when sprayed onto skin will give someone the same bronze color to their skin as if they spent a lot of time outdoors. Getting a spray tan can be a fast process because a person simply has to go to Beaches, strip down (as far as you want), and get a nice color sprayed onto them. The process

of a spray tan is a lot faster than tanning the usual way.

Another benefit of spray tanning is that it is affordable. Some people like to go to a tanning salon to use their tanning beds with the UV light. In order to get the coloring they want on their skin, a person may have to go to a tanning salon quite a few times. A person who wants a spray tan only has to visit the salon once, pay one price, and get the tan in a matter of only a few minutes.

Summer is coming, and with the summer comes more sunshine and a lot more people going outside to enjoy it. However, not every-

“Venus is the spray tan master and is available by appointment!”

one has a schedule that permits spending a lot of time playing on the sun to get that beautiful tan. Even if a person cannot be outside or take the time for a tanning bed, this does not mean they can have pale skin. A spray tanning at Beaches Tanning salon has a service called spray tanning. With spray tanning, a person can choose a shade of whatever color they want, and it will be sprayed on their skin in a mist. Spray tanning is easy, affordable, and a person can get the tan they want in just a matter of minutes.

Venus is the master at spray tanning and is available by appointment!



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

Your Votes Count!

There is a reason that Beaches has been rated the “Best Tanning Salon in Skagit County” three years in a row. We care about you and you care about us! All it takes is one visit to see that we provide a sanitized tanning bed, clean cheerful décor and a staff that is truly happy to see you and answer any

questions that you may have. When voting comes up again in the Skagit Valley Herald, Vote for your favorite tanning salon!



Lotions Can Make a Difference

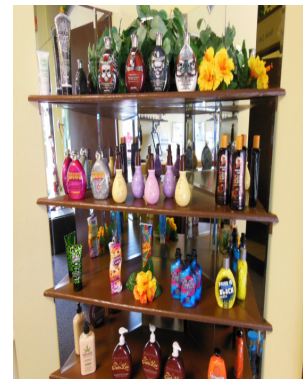
Q: Why should I use a tanning lotion in a tanning bed?

A: Exposure to UV-rays, whether indoors in a tanning bed or outside in the sun, is a stress factor for the skin and can have a drying effect. To maintain health-looking skin and develop a beautiful tan, it is important to use a lotion that provides essential moisturized, plus nutrients and antioxidants that help counteract the

environmental stress caused by UV-rays. Lotions also help to smooth the surface layers or the skin to allow greater UV penetration for improved tanning results. Specially formulated indoor tanning lotions also provide advanced tanning technologies to aid the skin in developing a faster, darker tan.

Please feel free to ask us about what is the right lotion for you!

We have a full selection of tanning lotions of different skin types. As with tanning beds and time in the bed, lotions can help enhance the color as well as keep your skin in great condition.



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

A Few Changes

Patti has been busy making a few changes around the salon! "I'm not changing things just to change them, but I wanted to put my own touches on the décor" says Patti Davis, owner of Beaches. "I have rearranged the front desk, added flavored water (a big success!). Added mirrors, shelves and posters."

"I wanted it to be less cluttered and have a little more space around the front desk.



Stop in and take a look!

You also might notice some beach posters in the rooms and in the hall. Mirrors behind the lotion display and a variety of other small changes.

"I'm not saying it wasn't nice, I just like adding my own touches is all.

If you are by, stop in and take a look and let me know what you think!"

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

A Few Tanning Tips!

Do not use baby oil. A burn will cause your skin to become all blister and splotchy (since a sunburn means you have broken blood vessels), and your skin will just peel away to reveal the next layer.

Do not get burned. Speaking of getting burned, people erroneously believe that a burn will fade away into a nice tan. This could not be

Tips to avoid getting burned:

Think gradual. The best attitude when it comes to tanning, is to think gradual. You will not get a great tan in one day, but you will

after several days of being exposed. Don't overdo it -- a human lobster doesn't look appealing to anyone.

Maintain your tan

Once you are tanned, you don't want your golden hue to disappear.

In order to maintain your tan, apply moisturizer daily (or even twice daily), everywhere. This will prolong the amount of time that your tan will last, by preventing yourself from peeling. Once you peel, kiss your tan goodbye.

Beaches Tanning salon

Indoor tanning can provide a controlled

tanning setting, meaning you control the amount of time you want to tan, and choose the power of the bed.

Beaches Tanning Salon is a good way to achieve a base before you actually tan naturally. You can go to a tanning a couple of times before going to a warmer climate, to lessen the chance that your winter-long pale complexion will be burned once exposed to the sun. Also, in order to maintain your tan once you return from vacation, you can visit Beaches tanning salon to prolong your color and delay going back to looking like Casper the Friendly Ghost.



Beaches Tanning Salon

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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

Backyard or Camping? Try this easy recipe!

Backyard or at Camp, The whole family will enjoy this!

With this savory recipe, you can toss together whatever proteins and veggies you have to make a hearty stew in a foil pack -- in the oven, on the grill or over the campfire. It's a great dish for families with more than one picky eater.

Foil-pack hobo stew recipe

Serves 4

Supplies:

- 4 feet heavy-duty aluminum foil
- 4 forks
- 4 camping plates or bowls (optional)
- Tongs
- Campfire grate
- Hot pads, towels or pot holders (for handling hot packets)

Cooking spray (optional)

Ingredients: (or substitute anything you want)

- 1 pound stew meat, cubed
- 2 cups carrots, sliced

- 2 cups celery, roughly chopped
- 1 (1-1/2 pound) bag fingerling potatoes (any variety), cubed
- 1 medium onion, roughly chopped
- 8 ounces button or baby bella mushrooms, cut in thirds
- 4 tablespoons Worcestershire sauce
- 4 pats butter (optional)
- 2 teaspoons herbs de Provence
- Salt and pepper to taste

4 teaspoons water (optional)

Directions:

If you're taking this to eat while camping, do all your chopping before you leave (vegetables should be about a third the size of the meat cubes for optimal cooking) and store the veggies and meats in individual containers in an ice-packed cooler. Make sure the potatoes are kept in water (to keep them from browning) and that the mushrooms are kept away from water (to keep them from getting waterlogged. Marinate the meat in the Worcestershire sauce and store it in a

separate container to keep it from contaminating the other ingredients.

When you're ready to eat, divide the aluminum foil into four foot-long strips and spray with cooking spray if desired. Each family member can pack on whatever amount of veggies and meat they'd like, but each layer should be salted lightly. Don't over-pack the foil for a bigger portion, but make two packets instead.

Top each pile of raw food with a pat of butter, 1/2 teaspoon of herbs de Provence, a little pepper and a little water if desired (or if you don't have butter).

Bring the longer edges of the foil together in the middle to form a tent over the food and fold them together three or four times, creasing it well each time (like you're closing up a chip bag). Scrunch the ends in well to ensure there's no leakage.

Place the packet over heat (inside a pre-heated 350 degree F oven, on the campfire grate or on the grill). Cook for 15 minutes to half an hour or until the meat is cooked through and the veggies are tender. Cooking times will vary with the method you use and the size of your food chunks. Serve right in the foil pack (when cooled) or transfer to a plate or bowl to eat.