



# Prairie Glow

## Your Guide to Radiant Skin & Holistic Wellness

### Monthly Newsletter



#### A NOTE FROM THE SPA MANAGER: A BREATH OF FRESH AIR

Welcome to the inaugural edition of Prairie Glow, your monthly source for holistic inspiration.

This July, we are thrilled to reintroduce you to a completely elevated experience at Cedar & Sage Spa. Our private spa patio has been beautifully transformed with a fresh new ambiance, plush lounge seating, and our relaxing hot tub. We invite you to step outside before or after your service, sink into a lounge chair, and enjoy one of our refreshing new seasonal mocktails in this sun-warmed sanctuary.

Our evolution extends inside with exciting additions to our team and services. While our salon has experienced challenges this past year, we have intentionally focused on growing our core wellness offerings.

We are delighted to introduce our talented new massage therapist Sandee, alongside a premier team of new nail and hair technicians, Maegan and Landri.

Book your summer refresh today to explore our updated spaces, and stay tuned for exclusive upcoming events in our next issues!

With gratitude,

Sharee Lewis  
Spa Manager, Cedar & Sage Spa



#### Spotlight Interview:

**What is your signature treatment or modality to perform?**

"Luxury gel manicures featuring intricate, custom hand-painted nail art."

**What is one professional pro-tip you wish every guest followed?**

"Apply cuticle oil nightly—it completely transforms the health and longevity of your manicure."

**What is one immediate benefit a guest will feel or see right after leaving your table/chair?**

"A massive boost in confidence and flawless, camera-ready hands."

#### TEAM SPOTLIGHT: MEET MAEGAN, MASTER NAIL TECHICHIAN

We are thrilled to welcome a familiar face to our wellness team! Maegan Sutherland is transitioning from the Prairie Band VIP Services Department to our spa, bringing over five years of professional nail expertise. Specializing in custom creative artwork and luxury nail design, Megan is an absolute master at transforming your hands and feet into hand-painted masterpieces.

Megan will be available Friday through Monday. To celebrate her arrival, we are offering an exclusive \$25 discount when you book our Signature Manicure and Pedicure together with Megan this month! Weekend appointments fill up fast, so book your summer refresh soon and step into your glow.

Sharee's Tip: "Book a custom nail art session with Maegan before heading out to our transformed patio—her stunning designs are the perfect accessory for lounging by the hot tub with a seasonal mocktail!"

## Product of the Month: Marshmallow Mask by Native



- What it does: This rich, creamy, 100% vegan treatment delivers a surge of deep hydration to sun-exposed summer skin. Formulated with Mango Seed Butter, antioxidant-rich Vitamin C, and Marshmallow Root, it actively plumps the skin, calms redness, and restores your natural lipid barrier.
- How to use it: Apply a generous layer to clean skin, relax for 10-20 minutes to let the botanical nutrients sink in, and rinse thoroughly with cool water.
- Alan's Suggestion: "Keep this mask in the refrigerator for 20 minutes before applying. The chilled marshmallow texture feels absolutely incredible after a warm afternoon on our patio!"

## Upcoming Events & Exciting Announcements



### Book Today!

- 🌐 [www.prairieband.com](http://www.prairieband.com)
- ✉ [spa@pbpgaming.com](mailto:spa@pbpgaming.com)
- ☎ +785.966.7770

## 1. Kings Fortune Father's Day Retreat June 1-30

Back by Popular Demand!

- The All-In Experience (\$200 | 100-Mins): Therapeutic Signature Massage + Gentleman's Express Mani/Pedi. Includes a complimentary seasonal Wellness Mocktail on our new patio.
- High-Roller Reboot (\$180 | 80-Mins): Farm House Fresh inspired detoxifying back & feet exfoliation + tension-melting Full-Body Massage + soothing full Collagen Face Mask.
- King's Express Mani & Pedi Combo (\$90 | 50 Mins): Targeted directly for fathers and gentlemen to keep them looking refined from head to toe. Includes our gentleman's Express Manicure and Pedicure plus a complimentary Callus Treatment Upgrade (\$18 value) to deeply smooth and restore tired feet.

\*A 20% service charge applies. Call the spa concierge to book your winning hand!

## Morning Yoga with Topeka Yoga Network

saturday | 8 A.M. – 9:00 A.M.

SPA | Free Class

*Classes are complimentary and open to the public. Walk-ins welcome  
Limited spacing.*

*Post-Class Amenities (9:00 AM – 9:30 AM): Yoga guests enjoy  
complimentary access to our indoor & outdoor hot tubs, sauna, steam  
room, and cold plunge immediately following class!*

*Please arrive at 7:50 A.M. and bring a bathing suit.*

*June 6 / 20, July 11 / 25, Aug 8 / 22, Sept 5 / 19*

