



August - September 2026

No.02

Prairie Glow

Your Guide to Radiant Skin & Holistic Wellness

Monthly Newsletter



THE SCIENCE OF RESETTING: HOW TO MELT SUMMER FATIGUE & MUSCLE INFLAMMATION

As summer winds down, our bodies often carry the invisible weight of the season. Long sunny days, travel, intense workouts, and busy schedules take a cumulative toll—manifesting as muscle soreness, persistent joint stiffness, and systemic inflammation.

When your muscles are overworked or stressed, microscopic tears in muscle tissue trigger a natural inflammatory response. While this is a normal part of physical exertion, leaving that tension unaddressed can leave you feeling drained, sluggish, and physically out of alignment.

True recovery requires more than just sitting back on the couch—it calls for active contrast therapy and targeted thermal circulation to flush out metabolic waste, lower cortisol, and restore the body's natural state of ease.

The Midweek Thermal & Wellness Circuit

Hit the reset button before fall arrives. For a limited time, our exclusive 4-hour midweek pass combines full gym and pool access with our signature thermal circuit to target muscle inflammation at its source. Bonus: Add any spa service to your day pass and receive \$25 off the added service!

- Phase 1: Active Circulation: Warm up fascia with light movement in the gym, then take a gentle swim to move stagnant lymphatic fluid without joint stress.
- Phase 2: Thermal Contrast: Deep-heat muscles in the dry sauna, plunge into cold water (1-3 mins) to reduce tissue swelling, and finish with a hydrotherapy soak in the outdoor hot tub.
- Phase 3: Deep Restoration: Relax in a plush robe on our private patio with a chilled botanical mocktail and hydrating post-sun complimentary collagen face sheet mask.

EXCLUSIVE MIDWEEK REST DAY PASS —

\$50.00

**Enjoy 4 hours of pure relaxation,
Pool | Gym | Spa**

Mon–Thu. Add a spa treatment and get \$25 off the added service!

(Occupancy limits apply. Please contact us directly for questions and availability.)

Product of the Month: Cause Medic Therapeutic Cream



- **What It Does:** Engineered for deep muscle relief and rapid recovery, this concentrated botanical cream combines water-soluble CBD with active ingredients like menthol, camphor, and clove. It targets localized ache, soothes inflammation, and eases deep joint stiffness upon contact.
- **How to Use It:** Massage a small amount directly onto sore muscles, tight shoulders, or aching joints. Use pre-workout to warm up stiff areas or post-treatment to extend your recovery.
- **Therapist's Tip:** "Apply Cause Medic Therapeutic Cream right after your hot tub soak or thermal circuit. Warm, relaxed muscle tissue absorbs the active botanicals deeper, giving you double the relief!"

Spot light Interview



Book Today!

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Meet Sandee Davis, LMT

Deep Tissue & Thermal Recovery Specialist

- **Years in the Experience:** 10+ years helping Topeka unwind and recover.
- **Signature Modality:** Precision Deep Pressure & Custom Lymphatic Drainage Therapy.
- **Guiding Philosophy:** "True wellness isn't just about relaxation—it's about releasing stored physical stress so your body can function at its absolute peak."
- **Pro-Tip for Guests:** "Pairing a lymphatic drainage massage with our Midweek Thermal Circuit is the ultimate cheat code for inflammation. Cold plunge immersion + targeted massage speeds up recovery tenfold!"
- **Fun Fact: Sandee's** hands are legendary in Topeka for finding knot locations you didn't even know you had—and melting them away effortlessly.

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.

Aug 8 /22, Sept 5 /19

