

OCTOBER 2026

WELLNESS MEMBERSHIP CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Scare Your Wrinkles Away: 50% Off Eye Masks by KNESKO SKIN	2 Free Hot Stones With Additional Spa Service 	3 World Smile Day 
4 World Animal Day 	5	6 Treasure Box Tuesdays: Select a Gift 	7 Leave a Review for R+R Wellness to receive \$25 Spa Credit	8	9	10 World Mental Health Day 
11 Look Good. Do Good. Feel Good.	12	13	14 Spin our Wednesday Wellness Wheel 	15 National Aesthetician Day 	16 Free Hot Stones With Additional Spa Service 	17
18	19	20 Treasure Box Tuesdays: Select a Gift 	21 Tag R+R Wellness @rrwellnessspa in a post and receive a free gift bag	22 Sunrise Yoga Session 	23	24
25 Fall Into Healthy Habits	26 Leave a Review for R+R Wellness to receive 20% Off	27	28 Spin our Wednesday Wellness Wheel 	29	30 Trick or Treat, Boo-tiful Feet: Free Foot Exfoliation with an R+R Massage	31 Halloween 

MONTHLY CELEBRATIONS

Breast Cancer Awareness Month

Emotional Wellness Month

National Physical Therapy Month

OCTOBER 18-24, 2026

National Massage Therapy Awareness Week

