

TRIO media group
Immediate Release
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Kai – The Medical Spa Partners with Good Measure Meals

(Atlanta, GA) March 12, 2008 – Kai – The Medical Spa announced today that it will be a pick up location for Good Measure Meals at its Alpharetta, Johns Creek and Sandy Springs locations. These ready-to-eat meals are a convenient and affordable way for Atlantans to get balanced nutrition while enjoying fresh and healthy food options.

“This is the perfect solution for anyone who wants to maintain a healthy lifestyle but doesn’t have the time to prepare gourmet meals everyday,” says Grace Chung, Managing Partner of Kai – The Medical Spa. “Good Measure Meals goes hand in hand with our mission at Kai. We want to offer our clients and friends an entire range of life-enhancing services.”

Designed by expert dietitians, chefs and food scientists, Good Measure Meals promises the highest standards of nutrient content. Each one contains zero trans-fats, and includes whole grains, low fat dairy and seasonal fruits and vegetables.

Starting at just \$19.49 a day, Good Measure Meals delivers three meals a day, five or seven days per week. Always fresh and never frozen, they can be heated in your microwave or oven. The program also offers a "Dinner Plan" for individuals looking for a healthy alternative to take-out dinners. Customers receive five nutritious dinners each week at just \$9.99 per day.

With pick up locations across the metro Atlanta area, Good Measure Meals is as convenient as it is delicious. They will also deliver meals to your home or office twice a week. The Monday delivery carries you through Thursday dinner, and the Thursday pick up/delivery goes through Monday dinner.

In addition to this, 100 percent of the net proceeds go to the support of Open Hand, an Atlanta based non profit dedicated to individuals who cannot afford proper nutrition or are too sick to prepare their own meals. “Not only is this a great way for individuals to maintain a balanced meal plan, but it is a way to give back to a great cause,” Chung says. “You can feel as good on the inside as you look on the outside.”

For more information visit www.kaimedspa.com.

About Kai – The Medical Spa:

Kai – The Medical Spa provides a large selection of treatments for pampering, relaxation, beauty and results. With locations in Alpharetta, Johns Creek and Sandy Springs, Kai has a skincare boutique with the very latest in body care products from around the world. Services are designed for both women and men, and combine medical-grade products to achieve the best results in the shortest time period. Hours are Monday through Friday, 10 a.m. to 6 p.m., Saturday 10 a.m. to 4 p.m. and other times by appointment.