



WEEKLY BULLETIN



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24th February to 2nd March 2025

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A Gift For You...

Available Monday to Saturday
Purchase 2 or more Clarins products* one to be skincare or foundation and receive 4 of your 'Big Beauty Gift Treats'.



PREMIUM SKINCARE WORKSHOPS - £10

Join our Clarins or ELEMIS Experts at one of our VIP evening workshops. With expert advice on skincare and a chance to win a full sized product too!

Tuesday - CLARNS
Wednesday - ELEMIS
Thursday - CLARINS

Booking fee is redeemable against two skincare products
Held in the Beauty Shop at 5:00pm

For more information and how to book your sessions, call 01664 433 043 or ext. 525.

For more information and to book your workshops or masterclass, visit our Beauty Shop or call Ext 303

A Gift For You...

Available Monday to Wednesday
Spend of £50 or more on SeaMagik products receive the choice of ONE of the following full-sized products



Receive a free 50ml Pink Salt Shampoo & 50ml Pink Salt Conditioner when you book in for a Sea Magik Treatment



Pro Ageing Mineral Facial

A full cleansing, massaging and toning sequence, plus a nourishing mud mask to suit your skin type to leave your skin refreshed and glowing.

Mud Scalp and Shoulder Soother

Soothe your senses whilst reducing stress and tension from scalp, neck, and shoulders.

Salt and Mud Foot Experience

A warming treat for the feet that will leave them feeling nourished.

Salt and Mud Hand Experience

A gentle massage using our warmed Himalayan Salts to help renew your hands.

****£20 booking fee redeemable against two or more Sea Magik PRO products.

TREATMENTS

HEAVENLY HANDS - 40 MINUTES - £52

This hand treatment begins with a soothing hand soak and gentle exfoliation, followed by nail filing, cuticle care, and buffing. A warm stone massage melts away tension, leaving your hands and arms relaxed and rejuvenated. The treatment concludes with a rich moisturiser that softens your hands and nails, leaving them feeling supple and smooth.

HIGHLIGHTS OF THE WEEK

CANDLE POOL SOUND MEDITATION - 8.00AM - £15

Every Monday, Tuesday, Wednesday

The Candle Pool Sound Meditation offers a peaceful escape, allowing you to unwind as the warm water, perfectly matched to your body's rhythm, eases away tension. As you float, surrounded by the glow of candlelight, the calming sounds of Tibetan singing bowls guide you into a state of mindfulness and deep relaxation. This unique experience provides the perfect opportunity to reconnect with yourself, calm your mind, melt away stress, and restore balance to both mind and body.

ROLL, RELEASE, RELAX - HEART STUDIO -

COMPLIMENTARY

Every Tuesday and Saturday - 4.15pm

Experience deep tension relief and enhanced mobility in this class that focuses on releasing tightness and discomfort in the body's connective tissues, or fascia, through targeted self-massage techniques and gentle stretching. Using tools like foam rollers and massage balls, together with your body's natural pressure, you'll learn how to release knots, enhance mobility and reduce chronic pain.

MINDFUL FUSION - SOUL STUIDO - COMPLIEMENTRY

Every Wednesday 5.10pm and Friday 6.00pm

A mix of stretching, core strengthening and gentle toning exercises combined with breathwork and relaxation techniques. The focus on awareness helps you stay present and grounded, this class is not just a whole-body workout but a reset for your busy life. Perfect for all fitness levels, this is a refreshing way to enhance flexibility, reduce stress and cultivate inner peace.