



# WEEKLY BULLETIN



Join the conversation



28th October to 3rd November 2024

## THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

### BEAUTY SHOP

#### A GIFT FOR YOU...

Available Tuesday to Friday

Receive a **GLOW BOOSTING MINIS** gift set when you purchase **two** or more ELEMIS products.



Worth: £88

#### 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 - CLARINS

Wednesday - CLARINS

Thursday - ELEMIS

Booking fee is redeemable against **two** skincare products

Held in the Beauty Shop at 5:00pm

#### ELEMIS MINI TREATMENTS

- Pro-Collagen Facial
- Sculpting Neck and Jaw Treatment
- Revital-eyes Treatment
- Best Foot Forward
- Hand & Arm Treatment

£20 booking fee, redeemable against the purchase of **two** full size ELEMIS products.

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

#### MAKE-UP MASTERCLASS

Do you feel stuck in the same make-up routine? Join our Clarins Expert as they guide you through the latest make-up trends and looks.

£10 booking fee redeemable when you purchase one or more Clarins products after the workshop. Held daily in the Beauty Shop at 11.00am.

#### NEW

#### OBSERV - SKIN ANALYSIS

Offering 8 comprehensive observation modes that allow you and your skincare professional to understand your skin's health, from the deepest layers to the surface. This in-depth analysis makes it easy to find the best skincare product for you and bring your skin back into balance. Bookable via Beauty Shop £15 booking fee redeemable against the purchase of two recommended products after consultation.



### TREATMENTS

#### HEAVENLY HAND - 40 MINS - £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.

#### SOOTHE AND RESTORE SCALP RITUAL- 30 MINS - £56

Begin with a deep breath as the scalp is gently massaged, combining a nourishing oil, massage tool and therapist hands. A mineral-infused mud mask nourishes the hair and scalp whilst cocooned in a warm towel, as you enjoy a blissful neck and shoulder massage to release tension and enhance relaxation.

#### BODY BALANCING -50 MINS - £85

This treatment commences with breathing exercises, followed by a gentle massage to the feet, hands, shoulders and scalp. Reiki and a cleansing of the aura completes this treatment. A great recharge for your whole system and a very popular choice for those wishing to unwind and release tension held in the head and arms.

### HIGHLIGHTS OF THE WEEK

#### PILATES REFORMER TASTER SESSION - 45 MINS - £10

An introduction to this popular equipment-based practice that improves strength, mobility, and posture through a range of dynamic but controlled movements.

#### SOUND BATHING - 45 MINS - £12

Embedded within many ancient cultures, using bowls, gongs, percussion, chimes and even the human voice to create deep state of both physical and mental relaxation.

#### BOOST IMMUNITY., MIND AND BODY WITH DR. HELI - 4.45PM - £15

Join Dr Heli to learn how to nourish your body, correct vitamin and mineral imbalances, and discover key nutrients to enhance energy and strengthen your immune system. Enjoy a cup of wellness tea and explore practical tips for thriving all year round.

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

