

WEEKLY BULLETIN

13th October to 19th October

The final chapter of the year is an ideal time to retreat inwards, recharge your batteries, and rest the body and mind. This is the season to nourish.

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS



BEAUTY SHOP

A GIFT FOR YOU...

Available Monday & Tuesday

Spend £50 or more on Sea Magik products and receive **one** full sized product of your choice from the below selection.



seaMAGIK

MINI TREATMENTS

Available Monday & Tuesday

- Pro Ageing Mineral Facial
- Mud Scalp & Shoulder Soother
- Salt and Mud Foot Experience
- Salt and Mud Hand Experience

£25 booking fee redeemable against two or more Sea Magik PRO products.

ELEMIS MINI TREATMENTS

Available Wednesday to Sunday

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

£25 booking fee, redeemable against the purchase of **two** full size ELEMIS products.

Booking in advance required.

ADVANCED 3D SKIN ANALYSIS - £15

Offering 8 comprehensive observation modes that allow you and your skincare professional to understand your skin's health. Find the best skincare product for you. Recommending Clarins, ELEMIS, Sea Magik and Medik8 skincare products.

Bookable via Beauty Shop.

Available everyday. £15 booking fee redeemable against the purchase of two recommended products after consultation.

A GIFT FOR YOU...

Available Wednesday to Sunday

Receive a FREE ELEMIS gift set when you purchase two of more ELEMIS products.



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 - ELEMIS

Thursday - ELEMIS

Held in the Beauty Shop 5:00pm.

HIGHLIGHTS OF THE WEEK

RESTORATIVE RELAXATION

Tuesday and Saturday | 5.00pm | Soul Studio

Employing a mix of techniques to soothe both body and mind this class is suitable for all levels and ideal for anyone looking to recover, destress or simply find stillness in their day.

WHAT THEY DON'T TELL YOU ABOUT OSTEOPOROSIS TALK

Tuesday | 3:45pm | Heart Studio | Complimentary

This informal but informative talk will explore the causes, risk factors and early warning signs of osteoporosis. You 'll learn about bone health, strategies for prevention, nutritional advice and lifestyle considerations. Proactive steps to develop a healthy skeleton.

THE ART OF SELF REIKI

Wednesday and Friday 12.00pm | Soul Studio | £15

A gentle, meditative practice that empowers you to channel healing energy into your own body. Whether you're new to Reiki or deepening your practice, this session offers a chance to reconnect with yourself, restore balance, and experience a deeper sense of mindfulness.

MENOSTRONG

Saturday | 9:00am | Soul Studio | Complimentary

A carefully designed resistance training addresses both problems, improving bone health and maintaining muscle, helping you to build lasting physical resilience.

THE ALCHEMY OF WOMEN

Thursday | 3:00pm | Soul Studio | £15

Guided by the steady beat of the drum, we 'll explore the wisdom of ancient traditions and reconnect with the inner knowledge that supports transformation. This circle is deeply rooted in honouring the natural cycles of womanhood, including the profound shift that comes with menopause.

Each session includes a crystal, a welcome drink, and a letter filled with words of wisdom for you to take home as a gentle reminder of your personal journey toward self-discovery and empowerment.

TREATMENTS

REBALANCING MASSAGE | £113 | 75-MINUTES

Relax your body, restore your energy, and ease muscle tension with this result-driven treatment. Choose between 'Tonic' Oil to help stimulate the body and mind or 'Relax ' Oil to invoke a feeling of absolute calm.

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

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