



WEEKLY BULLETIN



26th May - 1st June

Join the conversation  

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A Gift For You

Purchase 2 or more Clarins products* one to be skincare or foundation and receive our 'Big Beauty Collection' exclusive gift. Limited to one gift per customer, whilst stocks last. Excludes accessories.



CLARINS MINI TREATMENTS

- Plump & Hydrate
- De-stress & Glow
- Firm & Revive
- Rejuvenate & Replenish
- Nourish & Restore
- Energise & Soothe
- Feel Good moments
- Eye Ritual
- Complexion Perfection
- Lip Perfection
- Personalised Make Up Consultation

PREMIUM SKINCARE

WORKSHOPS -

COMPLIMENTARY

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 - ELEMIS

Wednesday - CLARINS

Thursday - CLARINS

Held in the Beauty Shop at 5:00pm

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 two or more Clarins products after the workshop. Held daily in the Beauty Shop at 11.00am.

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

TREATMENTS

NEW - BUCCAL SCULPTING FACE MASSAGE - £65

A unique treatment designed to enhance facial contours and relieve tension. Combining traditional facial techniques with an internal massage of the cheeks to target tightness around the jaw and temples. This treatment promotes smoother, firmer skin, reduces puffiness, and boosts circulation, leaving you with a refreshed, glowing complexion. Ideal for those seeking a natural lift.

HIGHLIGHTS OF THE WEEK

HYPNOTHERAPY FOR STRESS AND ANXIETY WITH DR. HELI

Every Monday - 4.30pm - £35 - The Retreat

Join us for a transformative group hypnotherapy session focused on reducing stress, easing anxiety, and fostering a positive mindset. In a peaceful, supportive environment, Dr. Heli will guide you into a deeply relaxed state, using techniques to activate your subconscious mind, release tension, and shift towards positive thinking. Following the session, you'll have time for reflection to process your experience and insights. Leave feeling empowered, focused, and armed with the knowledge that the gift to overcome stress and anxiety is within you.

BALANCE FIT -

Every Tuesday 10.45am & Saturday 8.45am - Complimentary.

This unique class combines yoga, Pilates and strength moves all performed on a soft beam that is 5 feet long, 6 inches wide but importantly, only 3 inches the floor, providing a safe way to master balance skills. In addition, you'll improve muscle tone, posture, and mobility through a gentle, whole-body, sensory exercise experience. Falls are a serious threat to quality of life as we age so don't miss this ultimate way to protect your health by improving your balance.

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

WIN One Night Taster Break for Two

We're finalists in the Good Spa Awards 2025 in two categories, and as a thank you for your vote, you'll be entered into a prize draw.



To vote for us as 'Best Destination Spa' and 'Best Spa for Wellness' scan the QR code, or visit www.goodspaguide.co.uk/awards

Voting closes 31st May 2025