

WEEKLY BULLETIN

27th October to 2nd November

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

MENOPAUSE

Month



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. *Advanced booking required.*

CLARINS

MAKE-UP IN MINUTES

Book a 25-minute one-to-one Clarins makeover to discover your make-up must haves and a fresh new look. Learn how to:

- Get the rosy glow
- Quick fix make up
- Create stand out eyes
- Get a perfect base

£25 booking fee redeemable when you purchase 2 or more Clarins products after your makeover.

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

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.

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.

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.

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.

MENOSTRONG

Thursday | 11:00am | Soul Studio | Complimentary

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

AROMATHERAPY ASSOCIATES MINI TREATMENTS

Available Wednesday

- Scalp Melt Away
- Leg & Foot Revival
- Hand & Arm Indulgence

£25 booking fee redeemable against the purchase of £70 or more on Aromatherapy Associates products.

Advanced booking required.

A GIFT FOR YOU...

Available Wednesday

Receive a FREE Aromatherapy Associates gift, when you purchase two or more on Aromatherapy Associates products. **Worth £71**



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.