

WEEKLY BULLETIN

Join the conversation  

14th - 20th July

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 exclusive gift. Limited to one gift per customer, whilst stocks last. Excludes accessories.



On the go and in need of a quick pampering? Or just fancy treating yourself to an extra bit of 'me time'? Book in for a 25-minute taster treatment from the following options and leave feeling replenished and rejuvenated.

CLARINS MINI TREATMENTS

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

£20 booking fee, redeemable against the purchase of two full size Clarins 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 - ELEMIS

Wednesday - CLARINS

Thursday - CLARINS

Held in the Beauty Shop at 5:00pm

HIGHLIGHTS OF THE WEEK

SELF REFLEXOLOGY

Monday 14th July | 2.00pm | Heart studio | £15

Summer is the peak of our energy. Everything we planted and manifested back in spring has come to fruition and our souls are dancing in the longer lighter days. Our souls are alight and our confidence is riding high.

Sam will guide you through a meditation, settling you into the workshop before we explore reflexology points in the face, empowering you to put wellbeing and self care in your hands.

LIVING IN TUNE WITH THE SEASONS

Thursday 17th July | 10.30am | Main Lounge | £15

Join Jenifer for a stroll around the stunning grounds as she shares insights on how to align with nature's rhythms during this vibrant season. She will guide us through simple rituals that honour the power of summer and encourage us to appreciate the beauty surrounding us.

After our walk, we'll come together for a refreshing fruit mocktail in the lounge as we reflect on the goals we've accomplished and what lies ahead for us.

Using our journals, we'll take a moment to acknowledge our achievements and set intentions for the future. We'll delve into how the energy of summer energises our spirits, infusing us with the vitality needed to thrive during this season

TREATMENTS

SHIATSU

55-Minutes | Price: £94

Shiatsu is a traditional hands-on Japanese healing therapy. It can help in a wide range of conditions – from specific injuries to more general symptoms of poor health. Our highly experienced Shiatsu Practitioner will consider your state of health, the symptoms you are experiencing and, depending on your constitution and general energy levels, will use a variety of techniques to improve your energy flow. Shiatsu is a deeply relaxing experience and would be recommended as a one off to relieve a symptom or help prevent stress blockage

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