

WEEKLY BULLETIN

12th February to 18th February 2024

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Receive this **FREE** ELEMIS gift set when you spend £100 or more.

**WORTH
£69.00**



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

MAKE-UP MASTERCLASS

Would you like to learn how to create a new makeup look? Do you feel stuck in the same makeup routine? Join our Clarins Expert as they guide you through the latest make-up trends and looks. **Held 11am daily in the Beauty Shop**

£10 booking fee redeemable when you purchase 1 or more Clarins products after the workshop.

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

ELEMIS PREMIUM SKINCARE WORKSHOP - £10

Join our ELEMIS specialists at our VIP evening workshop. With expert advice on skincare and a chance to win an ELEMIS product too! **Held Wednesday in the Beauty Shop**

Booking fee is redeemable against 2 or more ELEMIS products, 1 to be skincare.

CLARINS PREMIUM SKINCARE WORKSHOP - £10

Discover the perfect skincare routine with a free glass of wine and a chance to win a Clarins product too, it's not one to miss! **Held Tuesday and Thursday at 5pm in the Beauty Shop.**

Booking fee is redeemable against 2 or more Clarins products purchased, 1 to be skincare.

VALENTINES O.P.I OFFER ♥

Receive a **FREE** O.P.I Nail Varnish worth £15, when you book a Cuti Tip & Infinite Shine Polish for £42 in the Beauty Express.

Visit the Beauty Express to book your treatment.

ELEMIS HD SKIN

CONSULTATION - 15 MINS - £10

A 3D skin and facial mapping analysis using clinical imaging which works by taking six different photos of your skin. The results can determine how you can improve and protect your skin using a tailored ELEMIS skincare regime.

Held daily in our Beauty Shop, subject to availability.

£10 booking fee redeemable when you purchase 2 or more ELEMIS products.

TREATMENTS

PRO-GLOW ULTIMATE BIOTEC FACIAL+ - 90 MINS - £126

Wrinkles are targeted with microcurrent pulses followed by a blend of massage and sculpting galvanic technology to improve skin tone. The ultrasonic peel and light therapy deliver a smooth, energised and glowing complexion, whilst the oxygen infusion encourages cellular repair for total skin lift and rejuvenation.

HORMONE HARMONY - 50 MINS - £78

This tailored treatment begins with a consultation to help you understand perimenopause and menopause symptoms. While learning to identify the most likely contributing factors, Dr. Heli guides you on how to overcome your symptoms using natural or homeopathic medicines, leaving you feel more in control.

HIGHLIGHTS

SOUND BATHING - 45 MINS - £12

Embedded within many ancient cultures, using singing bowls, gongs, percussion, chimes and even the human voice to create deep state of both physical and mental relaxation. Bath in sound in this meditative class. **Held Friday in the Fitness Studios at 12.15pm. Please book your space at Treatments Reception or call Ext 525.**

CLEANSING STRETCH - 45 MINS - £10

By combining relaxation techniques, flowing movements and use of carefully selected Clarins beauty products we will take you on a sensory journey that is truly cleansing for both body and mind. **Held Tuesday at 4:00pm. Please book your space at Treatments Reception or call Ext 525.**

DR. HELI, HORMONE HARMONY- COMPLIMENTARY TALK

Join Dr. Heli for an expert led conversation on how to help you understand the symptoms of perimenopause and menopause plus advice on how to keep our hormones in perfect harmony. Learning to value and accept these changes with an open mind can give you the confidence and feel more in control of your body. **Held Monday in The Retreat at 2.00pm Please book your space at Treatments Reception or call Ext 525.**

♥ LETTERS OF LOVE ♥

From parents to teachers, friends to partners, we wanted to give you the opportunity to send a Letter of Love to those who you hold dear this Valentine's Day.

To send your letter of love Reception Team for a letter set and post your envelope in the Love Ragdale Post Box. Collections will be made Monday to Thursday at 9am and sent by Royal Mail 1st Class.

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