

WEEKLY BULLETIN

Join the conversation



26th February to 3rd March 2024

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Receive FREE Clarins gift set, when you purchase 2 or more Clarins products, 1 to be skincare. Choose your favourite collection from:



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 Wednesday at 5pm in the Beauty Shop Booking fee is redeemable against 2 or more Clarins products purchased, 1 to be skincare.

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.

£20 booking fee redeemable when you purchase 2 or more Clarins products 1 to be skincare.

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.

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.

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 Thursday in the Beauty Shop. Booking fee is redeemable against 2 or more ELEMIS products, 1 to be skincare.

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

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.

SHIATSU MASSAGE - 55 MINS - £85

Our experienced Shiatsu Practitioner will massage to help improve energy flow, release stress and target tension in your body using traditional hands-on Japanese healing therapy.

HIGHLIGHTS

LEADING THOUGHTS ON SKINCARE WITH CLARINS' JULIA - THE IMPORTANCE OF NURTURING YOUR SKIN- 30 MINS - COMPLIMENTARY

Whatever our age the health and condition of our skin is a concern, join our Clarins Expert as we discuss the importance of caring for your skin to maintain a healthy skin barrier. Discover our favourite skin care essentials and create a routine personalised to you for every phase of life. Held Thursday in the Lounge at 2.30pm 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.

DO-IN - SELF SHIATSU - 45 MINS - £10

Join us for a 'Do-in' experience led by our highly skilled practitioner, Jon, who will guide you through a sequence of self-shiatsu and acupressure techniques to open the energy channels, release blockages, and encourage the flow of energy in the body. Held Monday in the Heart Studio at 2:30pm. Please wear loose fitting clothing. To book your space visit Treatments Reception or call Ext 525

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