



# WEEKLY BULLETIN

29th January to 4th 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  
£66.00

#### 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.

#### 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 Tuesday and Thursday in the Beauty Shop.**

Booking fee is redeemable against 2 or more ELEMIS products, 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.

#### 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 Wednesday at 5pm in the Beauty Shop.**

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

### TREATMENTS

#### NUMEROLOGY - 60 MINS - £60

During the session, the numerology practitioner will analyse and interpret the numerical values associated with names, and birthdates to gain insights into personality traits, relationships, and potential life paths. Different numerology systems exist, each with its rules and interpretations. subject to availability.

#### FLOATAWAY - 60 MINS - £54

Float away into deep relaxation with the power of chimes and singing bowls whilst cocooned in the Dry Floatation for a holistic sound healing experience. The dry flotation will give the body a sense of weightlessness, whilst the harmonious tones offer peace to your mind, body, and soul.

### HIGHLIGHTS

#### DO-IN - SELF SHIATSU - 50 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**

#### 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.**

#### FASHION SHOW

Join Carol, Trudy and Bizzle as they guide you through a fashion workshop, so you can update your wardrobe this season.

You'll also receive a £10 voucher for attending, redeemable when you spend £60 or more in the Boutique.

**Held Monday, Wednesday and Friday in the Lounge at 3pm.**

### GIVE THE GIFT OF QUALITY TIME

If you are looking for the perfect gift this Valentines, our vouchers start from £25, giving you the chance to spend some quality time together. To purchase your vouchers online scan the QR code or call our team on **01664 433 030.**



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 treatments and sessions, call 01664 433 043 or ext. 525.