

WEEKLY BULLETIN

12th August to 18th August 2024

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Available Tuesday to Sunday

Receive this **FREE** ELEMIS gift set when you purchase two or more ELEMIS products.



ELEMIS MINI TREATMENTS

Available Tuesday to Sunday

- 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.

PREMIUM SKINCARE WORKSHOPS - £10

Join our Clarins and/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 - CLARINS

Held at 5pm the Beauty Shop

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

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.

A GIFT FOR YOU...

Available Monday

Spend £50 on Sea Magik and receive a **one** full sized product of your choice from the below selection:



seaMAGIK® MINI TREATMENTS

Available Monday

- Pro Ageing Mineral Facial
- Mud Scalp & Shoulder Soother
- Salt and Mud Foot Experience

£20 booking fee redeemable against two or more Sea Magik PRO products.

TREATMENTS

SENSORY JOURNEY- 65 MINS - £89 - CREATED BY RAGDALE

Drift off to a place of calm through touch, smell & the harmonising sounds of the chimes as your Chakras are rebalanced. The combination of the healing touch of Reiki and yogic breathing will guide you into a deep state of relaxation creating a sense of inner peace and concludes with a choice of herbal tea.

ELEMIS CLEANSING SALT SCRUB - 30 MINS - £55

Release toxins in the body with this polishing treatment using fragranced salt to slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. A body brush will be used during the treatment to help stimulate blood circulation and aid exfoliation, ready for the skin to absorb the deeply nourishing body oil. You will leave with velvety soft, invigorated skin.

HIGHLIGHTS OF THE WEEK

SOUND BATHING - 45 MINS - £12

Using singing bowls, gongs, percussion, chimes and even the human voice to create a deep state of both physical and mental relaxation, bathe in sound in this meditative class. Held Monday at 12.00pm and Thursday at 4:00pm in the Heart+ Soul Fitness studios. Please book your space at Treatments Reception or call Ext 525.

FASHION TIPS WORKSHOP

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 Main Lounge at 3pm.

XCO WALK- COMPLIMENTARY - 45 MINS

Hand-held cylindrical tubes transform your usual walk into a full-body workout. The rhythm of your walking pace, combined with dynamic resistance, engages your core and enhances your cardiovascular health for an overall wellbeing workout. Held Tuesday at 11am and Saturday at 2pm. Please meet in the Fitness Welcome Area beforehand. To book your space at visit Treatments Reception or call Ext 525.

MEDITATION WORKSHOP - £10 - 45 MINS

Turn your awareness internally and discover your inner-most self. This session provides practical guidelines to help you to master meditation with tips on how to make it part of your daily routine. Held Wednesday at 1:45pm in the Heart + Soul Fitness studios. To book your space at visit Treatments Reception or call Ext 525.

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.