



# WEEKLY BULLETIN



Join the conversation  
f @

17th February to 23rd February 2025

## THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

### BEAUTY SHOP

#### A Gift For You...

Available Monday to Sunday  
Purchase 2 or more Elemis products and receive 'Glow Boosting minis' gift.



#### 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

Do you feel stuck in the same make-up routine? Join our Clarins Expert as they guide you through the latest make-up trends and looks.

£10 booking fee redeemable when you purchase one or more Clarins products after the workshop. Held daily in the Beauty Shop at 11.00am.

#### ADVANCED 3D SKIN

##### ANAYLSIS - £15

Offering 8 comprehensive observation modes that allow you and your skincare professional to understand your skin's health, from the deepest layers to the surface. This in-depth analysis makes it easy to find the best skincare product for you and bring your skin back into balance. Bookable via Beauty Shop

£15 booking fee redeemable against the purchase of two recommended products after consultation.

#### 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 - CLARNS  
Wednesday - ELEMIS  
Thursday - ELEMIS

Booking fee is redeemable against two skincare products  
Held in the Beauty Shop at 5:00pm

### TREATMENTS

#### TOTAL SKIN RESET - 40 MINUTES - £68

Experience a multi-action peel expertly designed to deliver visibly brighter, smoother, and radiant skin. This treatment includes three powerful exfoliation methods for instant results with minimal downtime. It is the perfect introduction to a professional peel, revealing a youthful and perfected complexion.

The treatment time includes a thorough consultation and aftercare advice.

(This treatment is carried out in the Beauty Express)

### HIGHLIGHTS OF THE WEEK

#### CANDLE POOL SOUND MEDITATION - 8.00AM - £15

Every Monday, Tuesday, Wednesday

The Candle Pool Sound Meditation offers a peaceful escape, allowing you to unwind as the warm water, perfectly matched to your body's rhythm, eases away tension. As you float, surrounded by the glow of candlelight, the calming sounds of Tibetan singing bowls guide you into a state of mindfulness and deep relaxation. This unique experience provides the perfect opportunity to reconnect with yourself, calm your mind, melt away stress, and restore balance to both mind and body.

#### ROLL, RELEASE, RELAX - HEART STUDIO -

##### COMPLIMENTARY

Every Tuesday and Saturday - 4.15pm

Experience deep tension relief and enhanced mobility in this class that focuses on releasing tightness and discomfort in the body's connective tissues, or fascia, through targeted self-massage techniques and gentle stretching. Using tools like foam rollers and massage balls, together with your body's natural pressure, you'll learn how to release knots, enhance mobility and reduce chronic pain.

#### MINDFUL FUSION - SOUL STUDIO - COMPLIMENTARY

Every Wednesday 5.10pm and Friday 6.00pm

A mix of stretching, core strengthening and gentle toning exercises combined with breathwork and relaxation techniques. The focus on awareness helps you stay present and grounded, this class is not just a whole-body workout but a reset for your busy life. Perfect for all fitness levels, this is a refreshing way to enhance flexibility, reduce stress and cultivate inner peace.

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.