

WEEKLY BULLETIN

Join the conversation



1st April to 7th April 2024

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Receive a FREE Clarins gift set, when you purchase 2 or more Clarins products, 1 to be skincare. Choose your 4 favourites from the collection.



CLARINS MINI TREATMENTS

- Radiance Boosting Facial
- Sculpt Uplift Facial
- Soothing Hand Ritual
- Conditioning Foot Treatment
- Make-up in minutes

£20 booking fee, redeemable against the purchase of two full size Clarins 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.

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. 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 at 5pm Wednesday and the Beauty Shop.

Booking fee is redeemable against 2 or more ELEMIS 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.

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

TREATMENTS

MICRONEEDLING - 40 MINS - £98 - NEW

Microneedling is a non-invasive rejuvenation treatment which harnesses your skin's natural ability to repair itself. Using very tiny needles to puncture the surface of the skin, it stimulates a healing response, causing your skin to kickstart its collagen and elastin production. Microneedling is commonly used to improve the appearance of various skin concerns, including fine lines, wrinkles, acne scars, enlarged pores, and uneven skin texture.

Available from the 2nd April

FLOATAWAY - 45 MINS - £57

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. This unique treatment begins with deep yoga breaths and gentle acupressure on the shoulders and feet, as your body readies itself to be immersed in sound. The warm tones from Koshi chimes invite you on a journey of tranquillity, whilst the vibrations from Tibetan singing bowls move through the chakras, positively influencing brain waves, rebalancing, and calming the nervous system. The dry floatation will give the body a sense of weightlessness, whilst the harmonious tones offer peace to your mind, body, and soul.

HIGHLIGHTS

BEAMFIT- 45 MINS - £10

This unique class combines yoga, Pilates and strength moves all performed on a soft beam on the floor, improving muscle tone, posture, mobility and balance through a gentle, whole-body, sensory exercise experience. Held Tuesday at 3:45pm in the Heart + Soul Fitness Studio, Please book your space at 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.

CRYSTAL MEDITATION - 20 MINS - £11

Reset your goals, dreams or simply rebalance your energy with crystal meditation.

Held Monday, Tuesday and Wednesday in The Retreat at 8:30am

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