

WEEKLY BULLETIN

Join the conversation



29th April to 5th May 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.



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.

ELEMIS AND CLARINS PREMIUM SKINCARE WORKSHOP - £10

Join our Clarins and 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 - ELEMIS
Wednesday - ELEMIS
Thursday - CLARINS

Held at 5pm the Beauty Shop

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

NEW TO THE BEAUTY SHOP

Inspired by what nature has to offer, Sevin London lets you indulge in the best quality wellbeing products. This beautiful collection will elevate the quality of your relaxation by using four natural fragrances.



SEVIN
LONDON

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.

MEDIK8 TOTAL RESET AND PEEL - 40 MINS - £68 **NEW**

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.

HIGHLIGHTS

GROUPS SINGING WITH BECKY MACDONALD - COMPLIMENTARY WORKSHOP

Through engaging vocal exercises, breathing techniques, and the opportunity to sing a well-known song in harmony, celebrate the power of music and join Becky for an uplifting experience. No prior experience needed. **Held Tuesday at 3pm in the Main Lounge, Please book your space at Treatments Reception or call Ext 525**

YOGA DANCE - 45 MINS - £10

Combining mantric music of different tempos with fluid yoga poses and breathing techniques. As you learn to surrender to gravity you'll discover this is a truly unique form of meditation in motion. **Held Friday in the Fitness Studios at 11.00am. Please book your space at Treatments Reception or call Ext 525.**

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 Friday in the Fitness Studios at 12.15pm. Please book your space at Treatments Reception or call Ext 525.**

BEAMFIT- 45 MINS - £10

This unique class combines yoga, Pilates and strength moves all performed on a soft beam on the floor for a whole-body, sensory exercise experience. **Held Sunday at 12.30pm at 12.30pm in the Heart + Soul Fitness Studio, Please book your space at 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.