

WEEKLY BULLETIN

Join the conversation



8th April to 14th April 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.



OR spend £150 and receive in addition a choice of travel size ELEMIS products.



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.

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 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 Thursday 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.

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

IN CONVERSATION WITH DEAN HOGKIN, IN THE BALANCE-COMPLIMENTARY TALK

Discover how balance affects you every day, how it impacts your health and how to improve it to keep you fully functional for life. **Held Monday in The Retreat at 3.00pm Please book your space at Treatments Reception or call Ext 525.**

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**

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.**

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