

# WEEKLY BULLETIN

Join the conversation 

22<sup>nd</sup> - 28<sup>th</sup> September

## THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

### BEAUTY SHOP

#### A Gift For You

Purchase 2 or more Elemis products and receive 'Refine and Rebalance' gift. Limited to one gift per customer, whilst stocks last



#### ELEMIS MINI TREATMENTS

- Pro-Collagen Facial
- Sculpting Neck and Jaw Treatment
- Revital-eyes Treatment
- Best Foot Forward
- Hand & Arm Treatment

£25 booking fee, redeemable against the purchase of two full size ELEMIS products

#### CLARINS MINI TREATMENTS

- Get the rosy glow
- Quick fix make up
- Create stand out eyes
- Get a perfect base

£25 booking fee, redeemable against the purchase of two full size Clarins products. 1 to be skincare.

#### 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 - CLARINS

Wednesday - CLARINS

Thursday - ELEMIS

Held in the Beauty Shop  
5:00pm

#### 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.

### HIGHLIGHTS OF THE WEEK

#### WILD WALK

Every Wednesday at 12.00pm and Saturday 3.00pm | Outdoors  
Focusing on walking technique and your natural environment can become a form of meditation in motion. In addition to sunlight providing essential vitamin D, a key ingredient for healthy bones, the great outdoors can re-energise your brain, calm adrenaline levels and create a sense of clarity.

(Please wear suitable outdoor footwear for all weather conditions.)

#### THE ART OF SELF REIKI

Every Wednesday and Friday 12.00pm | Soul Studio | £15

Step into a peaceful, candlelit space and be guided through the Art of Self-Reiki, a gentle, meditative practice that empowers you to channel healing energy into your own body. Whether you're new to Reiki or deepening your practice, this session offers a chance to reconnect with yourself, restore balance, and experience a deeper sense of mindfulness.

Together, we'll move through a simple, accessible sequence of hand placements, breathing techniques, and mindfulness cues to awaken your body's natural ability to heal. You'll be gently guided to tune into your energy and leave with a self-care ritual you can carry into your daily life.

### TREATMENTS

#### CRYSTAL RETINAL AGE-DEFYING FACIAL 60-MINUTES | £155

A rejuvenating facial powered by Crystal Retinal and enhanced with a transformative sculpting massage. This facial is tailored to your skin's needs and is clinically proven to visibly reduce wrinkles, enhance radiance, and increase firmness in just one treatment.

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.