

WEEKLY BULLETIN

20th October to 26th October

The final chapter of the year, recharge your batteries and rest the body and mind. This is the season to nourish.

MENOPAUSE

Month



THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Available Monday only

Spend £50 or more on Sea Magik products and receive **one** full sized product of your choice from the below selection.



seaMAGIK

MINI TREATMENTS

Available Monday only

- Pro Ageing Mineral Facial
- Mud Scalp & Shoulder Soother
- Salt and Mud Foot Experience
- Salt and Mud Hand Experience

£25 booking fee redeemable against two or more Sea Magik PRO products.

ELEMIS MINI TREATMENTS

Available Tuesday to Friday

- 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. **Booking in advance required.**

A GIFT FOR YOU...

Available Tuesday to Friday

Receive a FREE ELEMIS gift set when you purchase **two** of more ELEMIS products.



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

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Thursday - ELEMIS

Held in the Beauty Shop 5:00pm.

A GIFT FOR YOU...

Available Saturday & Sunday only

Receive a FREE Clarins gift set, when you purchase **two** or more Clarins products, **one** to be skincare or foundation. Choose one of the following gifts.*



The Firming Collection is pictured.

*Choose from the Clarins Firming, Restoring, or Hydrating collections.

HIGHLIGHTS OF THE WEEK

EXERCISE FOR THE MENOPAUSE TALK WITH SOPHIE

Tuesday | 3:45pm | Heart Studio | Complimentary

Whether you're navigating perimenopause, menopause, or post menopause, this talk will offer practical tips, evidence-based strategies, and inspiration to help you to take control of your health through movement.

RESTORATIVE RELAXATION

Tuesday and Saturday | 5.00pm | Soul Studio

Employing a mix of techniques to soothe both body and mind this class is suitable for all levels and ideal for anyone looking to recover, destress or simply find stillness in their day.

SLEEP SUPPORT FOR WOMEN

Wednesday | 8:30pm | Pavilion | £15

Designed specifically for women experiencing menopause-related sleep challenges such as night sweats, insomnia, early waking, and restless nights, this workshop will offer practical tools to help you reclaim restorative sleep. Please wear comfortable clothing.

THE ART OF SELF REIKI

Wednesday and Friday 12.00pm | Soul Studio | £15

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.

THE TREE OF LIFE GUIDED MEDITATION

Thursday | 3:00pm | Soul Studio | £15

Join Jenifer for an immersive sound meditation session that harmonises the soothing tones of a mini hand drum with guided reflections on nourishment and self-discovery. Each session invites you to focus on nurturing ourselves and finding strength in stillness.

MENOSTRONG

Friday | 9:00am | Soul Studio | Complimentary

A carefully designed resistance training addresses both problems, improving bone health and maintaining muscle, helping you to build lasting physical resilience.

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.