

WEEKLY BULLETIN

6th October to 12th October

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

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 or foundation. **Choose one of the following gifts.**



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. One to be skincare.

MAKE-UP MASTERCLASS

Join our Clarins Expert as they guide you through the latest make-up trends and looks.

£10 booking fee redeemable when you purchase **two** or more Clarins products after the workshop. **Held daily in the Beauty Shop at 11:00am.**

A GIFT FOR YOU...

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



Worth £90

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. **Booking in advance required.**

ADVANCED 3D SKIN ANALYSIS - £15

Offering 8 comprehensive observation modes that allow you and your skincare professional to understand your skin's health. Find the best skincare product for you. Recommending Clarins, ELEMIS, Sea Magik and Medik8 skincare products.

Bookable via Beauty Shop. Available everyday. £15 booking fee redeemable against the purchase of two recommended products after consultation.

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 - ELEMIS

Thursday - ELEMIS

Held in the Beauty Shop 5:00pm.

HIGHLIGHTS

OF THE WEEK

STRICTLY BALLROOM

Tuesday and Sunday | 11:00am | Soul Studio | Complimentary

No dance experience or partner required as our instructor will take you step by step through easy-to-follow routines that will put sweat on your brow and a smile on your face.

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.

MENOSTRONG

Thursday | 11:00am | Soul Studio | Complimentary

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

EXERCISE FOR THE MENOPAUSE TALK WITH SOPHIE

Saturday | 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.

TREATMENTS

REBALANCING MASSAGE | £113 | 75-MINUTES

Relax your body, restore your energy, and ease muscle tension with this result-driven treatment. Choose between 'Tonic' Oil to help stimulate the body and mind or 'Relax' Oil to invoke a feeling of absolute calm.

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.