

WEEKLY BULLETIN

3rd November to 9th November

The final chapter of the year, recharge your batteries and rest the body and mind.

This is the season to nourish.

NOURISH

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...



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

Pick **three** products to create your own gift.

Gift selection include: Pro Collagen Moisture Essence 28ml, Pro Collagen night Cream 15ml, Pro Collagen Marine Cream SPF 30 15ml, Pro Collagen Cleansing Balm 10g, Pro Collagen Energising Marine Cleanser 30ml, Frangipani Monoi Body Cream 50ml, Pro Glow Boost Exfoliator 15ml, Frangipani Monoi Body Oil 35ml

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.**

CLARINS

MAKE-UP IN MINUTES

Book a 25-minute one-to-one Clarins makeover to discover your make-up must haves and a fresh new look. Learn how to:

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

£25 booking fee redeemable when you purchase 2 or more Clarins products after your makeover.

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.**

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 - **CLARINS**

Held in the Beauty Shop 5:00pm.

HIGHLIGHTS OF THE WEEK

AROMATHERAPY MASTERCLASS

Monday | 1:30pm | Twilight Bar | £35 per person

Join Sam, aromatherapy expert and holistic wellbeing specialist, for a hands-on masterclass exploring the therapeutic benefits of essential oils. You'll create your own luxurious bath and body oil blend to nourish mind, body, and soul, and take home your personalised creation. Perfect as a thoughtful Christmas gift or an indulgent treat for yourself.

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.

STRICTLY BALLROOM

Tuesday and Sunday | 11:00am and 10:00am

Soul Studio | Complimentary

Combining the elegance of ballroom with the energy of Latin, this fun and effective workout is suitable for all ages and abilities. No dance experience or partner is needed, our instructor will guide you step by step through easy-to-follow routines that will leave you smiling and energised.

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.

TREATMENTS

REBALANCING MASSAGE | £113 | 75 MINS

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.

CRYSTAL RETINAL AGE-DEFYING FACIAL 60 MINS | £155

A rejuvenating facial powered by Crystal Retinal and a sculpting massage, tailored to your skin's needs. Clinically proven to smooth wrinkles, boost radiance, and improve 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.

WEEKLY BULLETIN

10th November to 16th November

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Receive a **FREE** Clarins gift when you purchase **two** of more Clarins products. *1 to be skincare of foundation.*



Gift selection include: Hydra-Essential Mask, Hydra-Essential Day Cream, Moisture-Rich Body Lotion or an Exfoliating Body Scrub. **While stocks last.**

OR

Purchase **three** of more Clarins products and receive a step up Clarins gift too!

Gift selection include: Beauty Flash Balm, One Step Gentle Exfoliating Cleanser, Lip Comfort Oil 01. **While stocks last.**



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THE ART OF HAPPINESS

Thursday | 10:30am | The Retreat | £15 per person

Join us for a guided journey to the centre of your being, nurturing the garden within. Through meditation and a candle ritual, you'll connect deeply with yourself, embrace your emotions, and create a sacred space for reflection and growth. Take home this meaningful practice to cultivate peace, intention, and the vibrant energy of winter.

LAUGHING YOGA

Friday | 6:00pm | Soul Studio | £10

Laughter Yoga is a seated mind-body exercise that combines unconditional laughter with yogic breathing and meditation. Developed by Dr. Madan Kataria, it focuses on the health benefits of laughter rather than comedy, helping to reduce stress, boost energy and build emotional resilience.

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