



WEEKLY BULLETIN

12th December to 18th January 2026



THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

CLARINS

Purchase two or more Clarins products one to be skincare or foundation and receive this Clarins gift set.



Gift selection include: Gentle Foaming Cleanser 50ml, Soothing Toning Lotion 50ml, Fresh Scrub 15ml, Cryo Flash Mask 15ml. While stocks last.

CLARINS TASTER TREATMENTS

Book a 25-minute Clarins taster treatment and leave feeling refreshed and revived.

Choose from:

- Plump & Hydrate
- De-stress & Glow
- Firm & Revive
- Rejuvenate & Replenish
- Nourish & Restore
- Energise & Soothe
- Feel Good Moments
- Eye Ritual
- Complexion Perfection
- Lip Perfection
- Personalised Make-Up Consultation

£25 booking fee, redeemable when you purchase 2 or more Clarins products (one to be skincare or foundation). Subject to availability.

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 daily. £15 booking fee redeemable against the purchase of two recommended products after consultation.

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.

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.

HIGHLIGHTS OF THE WEEK

ENERGY RESET MEDITATION

Tuesday and Saturday | £15 | The Retreat | 2.00pm

A 20-minute mini-practice to gently awaken the body and mind. In just a short time, mindful breathing, quiet reflection, and an uplifting story that focuses the mind can help release tension and set a calm, positive tone for your day.

OVERCOMING BARRIER TALK with Dean Hodgkin

Thursday | 3.45pm | Heart Studio | Complimentary

Why is it so difficult to start exercising and even harder to keep going? In this relaxed session, we explore the real obstacles that can get in the way, such as lack of time, low motivation, confidence worries, and physical limitations. You'll learn how simple adjustments, flexible goals, and alternative approaches can help you stay consistent and build a healthier, more active lifestyle.

GENTLE BREATHWORK AND CHANTING with Jon Jarvis

Thursday | 12.00pm | The Retreat | £15

Step into a calming sound awakening experience to reset your mind and reconnect with your inner rhythm. Through gentle breathwork, soothing humming, and rhythmic OM chanting, release tension, harmonise your breath, and ease the body. No experience is required, just bring an open heart and a willingness to connect with your breath and your voice.

IMMERSIVE MEDITATION WITH NUMEROLOGY

Thursday | 3.00pm | The Retreat | £15 with Jenifer Taylor

With guided meditation by Jenifer, release what no longer serves you and move into 2026 with gratitude, clarity & renewed energy. Through numerology, reflection and meditation, you'll let go of the past, ground your intentions & emerge from this session open to new exciting possibilities.

TREATMENTS

ELEMIS EXPERT TOUCH FACIAL | 50 MINS | £89

ELEMIS hands-on facials use expert touch and advanced formulas to prepare the skin, enhance absorption, and deliver visible anti-ageing results. Combining proven actives with skin-lifting massage, each treatment leaves your complexion refreshed and renewed.

Choose from:

Expert™ Touch Renew Facial – Hydrates, lifts, and firms while reducing the appearance of fine lines and wrinkles.

Expert™ Touch Reveal Facial - Resurfaces and smooths skin using Tri-Enzyme technology for a radiant glow.

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

19th December to 25th January 2026



THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Available Friday to Sunday

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



Gift selection include: Pro collagen energising marine cleanser 30ml, Dynamic resurfacing pads, Pro collagen cleansing balm, Pro collagen marine cream spf 30 15ml. While 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. Booking in advance required.

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.

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.

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 - **ELEMIS**
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Thursday - **CLARINS**

Held in the Beauty Shop 5:00pm.

HIGHLIGHTS OF THE WEEK

RESTORATIVE RELAXATION

Tuesday, Thursday and Saturday | 4.00pm & 4.30pm | 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.

ENERGY RESET MEDITATION

Tuesday and Saturday | £15 | The Retreat | 2.00pm

A 20-minute mini-practice to gently awaken the body and mind. In just a short time, mindful breathing, quiet reflection, and an uplifting story that focuses the mind can help release tension and set a calm, positive tone for your day.

OVERCOMING BARRIER TALK *with Dean Hodgkin*

Thursday | 3.45pm | Heart Studio | Complimentary

Why is it so difficult to start exercising and even harder to keep going? In this relaxed session, we explore the real obstacles that can get in the way, such as lack of time, low motivation, confidence worries, and physical limitations. You'll learn how simple adjustments, flexible goals, and alternative approaches can help you stay consistent and build a healthier, more active lifestyle.

GUIDED AWAKENING MEDITATION *with Jenifer Taylor*

Thursday | 6.00pm | The Retreat | £15

Welcome the new year with a guided meditation and sound journey led by Jenifer. Blending gentle hand-drum rhythms with breathwork and reflection, this calming session invites you to release the past, reconnect with yourself, and enter 2026 feeling nourished, grounded, and clear.

TREATMENTS

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