



WEEKLY BULLETIN

23rd February to 1st March 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 choose 4 Clarins products to create your own gift set.



Gift selection include: Beauty Flash Balm 30ml Lip Comfort Oil, Gentle Foaming Cleanser 50ml, Soothing Toning lotion 50ml, Total eye lift 7ml. While stocks last.

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.

A GIFT FOR YOU...

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



Gift selection include: Black Clay SOS Mask, 21 Mineral Mist, Eye and Neck Rejuvenator While stocks last. Please note if qualifying for a choice of two, each gift must be different.

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.



seaMAGIK[®] MINI TREATMENTS

- 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.

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.

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.

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.

ORACLE CARDS AND GUIDANCE with Jenifer Taylor

Thursday | 3.00pm | The Retreat | £15

For over ten years, Jenifer has guided guests with Oracle Cards, helping bring clarity and insight for the next step of their journey. In this small group of six, a gentle opening meditation is followed by shared readings and reflections, inviting the question, "What do I need to know right now?" The experience offers a calm, intuitive space of connection and wisdom.

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

2nd March to 8th March 2026



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.



Worth £89

Gift selection include: Pro collagen hydrating cleansing mousse, Pro glow boost exfoliator, Pro collagen marine cream and Pro collagen skin protection fluid spf 50. While stocks last.

MAKE-UP IN MINUTES

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- 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

Held daily in the Beauty Shop at 11.00am.

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.

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.

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

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.

THRIVE IN CHAOS

Tuesday and Thursday | 10.45am | Heart Studio | £15

Build resilience and adaptability through a unique mix of traditional exercises, playful games, brain teasers, and team challenges to create a truly holistic workout. Using an unexpected range of props, from musical statues to dodgeball, crawling to karaoke, every session is different and full of surprises.

QIGONG: THE FIVE ELEMENTS *with Jon Jarvis*

Friday | 12.00pm | Soul Studio | £15

Discover the healing power of the Five Elements in this Qigong class. Through gentle, mindful movements and breathwork, you will balance your body, mind, and energy, supporting overall wellbeing and helping you thrive.

ORACLE CARDS AND GUIDANCE *with Jenifer Taylor*

Thursday | 3.00pm | The Retreat | £15

For over ten years, Jenifer has guided guests with Oracle Cards, helping bring clarity and insight for the next step of their journey. In this small group of six, a gentle opening meditation is followed by shared readings and reflections, inviting the question, "What do I need to know right now?" The experience offers a calm, intuitive space of connection and wisdom.

TREATMENTS

CLARINS MUSCLE EASE BODY MASSAGE | 60 MINS | £104

Whether you have overdone it at the gym or work, this intensely therapeutic massage eases tense shoulders, back knots and aches. Aromatic essential oils super-charge the stress-relieving benefits, restoring your sense of well-being.

ELEMIS DEEP TISSUE TENSION- EASE MASSAGE

60 MINS | £112

Designed to relieve the effects of a busy lifestyle, this tailored full body massage targets tension and deep-seated muscle knots, leaving you feeling renewed and grounded. As the treatment works deeply into the muscles, some temporary soreness, discomfort, or light marking may occur.

For more information and to book your workshops or masterclass, visit our Beauty Shop or call Ext 303

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