

WEEKLY BULLETIN

29th June to 5th July 2026

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

ELEMIS

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



Gift Selection: Pro collagen hydrating cleaning mousse, Pro collagen future restore serum, Pro collagen marine cream, Pro collagen skin protection fluid spf50 **While stocks last.**

ELEMIS

TASTER 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. **Must be redeemed on the day of treatment.***

PREMIUM SKINCARE WORKSHOPS - £10

Join our Clarins or ELEMIS Experts at one of our VIP evening workshops. With expert advice.

Tuesday - **CLARINS**
Wednesday - **ELEMIS**
Thursday - **CLARINS**

Held in the Beauty Shop 5:00pm.

CLARINS

Available Monday to Thursday

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. **Must be redeemed on the day of makeover.***

HIGHLIGHTS OF THE WEEK

ENERGY RESET MEDITATION

Tuesday and Saturday | £18 | The Retreat | 10.30am

Gently awaken the body and mind with mindful breathing, quiet reflection, and an uplifting story. As you release tension and set a positive tone for the day ahead, you'll feel ready to welcome new experiences and embrace the adventure woven into the everyday.

THE ART OF SELF REIKI

Wednesday | 12.00pm | Soul Studio | £18

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.

SHI-BA-SHI with Jon Jarvis

Friday | 12.00pm | Soul Studio | £18

Join Jon for a restorative Shi-ba-shi session, where gentle, flowing movements and mindful breathing help you slow down, release tension, and reconnect with yourself. This is your moment to pause, breathe, and step into a quieter kind of adventure. Whether you're new to Shi-ba-shi or returning to deepen your practice, Jon's thoughtful guidance creates a peaceful space to unwind, reset, and leave feeling centred and refreshed.

SOUND BATHING

Monday | 2:00pm | Friday | 5:00pm | Soul Studio | £20

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.

TREATMENTS

CLARINS SENSORY ESCAPE MASSAGE | 70 MINS | £116

A face and body experience that renews harmony through rhythmic massage techniques. Using the power of Clarins' essential oils and the expert hands of the therapists, this wellness treatment detoxifies the body, promotes better sleep, and leaves your skin radiant, supple, and glowing with positive energy.

NEW

Medik8 30% OFF

*When you purchase two or more Medik8 products.
Available Thursday to Sunday only*

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

6th July to 12th July 2026

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

ADVANCED 3D SKIN ANALYSIS - OFFER



Unlock the full potential of your skin with a comprehensive look at its health.

*£10 booking fee required, redeemable against the purchase of two recommended products after your consultation. Book your session at the Beauty Shop. Subject to availability.

A GIFT FOR YOU...

Available Monday to Thursday

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



Gift Selection: Multi Active Day Cream, Beauty Flash Balm, Lip Comfort Oil, Cryo-Flash Mask, Fresh Scrub, Renew Plus Body Serum. **While stocks last.**

seaMAGIK[®]
MINI TREATMENTS &
GIFT WITH PURCHASE

Available Monday to Thursday only

ELEMIS

Available Friday to Sunday

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



Gift Selection: Pro collagen hydrating cleaning mousse, Pro collagen future restore serum, Pro collagen marine cream, Pro collagen skin protection fluid spf50 **While stocks last.**

PREMIUM SKINCARE

WORKSHOPS - £10

Join our Clarins or ELEMIS Experts at one of our VIP evening workshops. With expert advice.

Tuesday - **ELEMIS**

Wednesday - **CLARINS**

Thursday - **ELEMIS**

Held in the Beauty Shop 5:00pm.

ELEMIS

Available Friday to Sunday

TASTER 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. **Must be redeemed on the day of treatment.**

HIGHLIGHTS OF THE WEEK

ENERGY RESET MEDITATION

Tuesday and Saturday | £18 | The Retreat | 10.30am

Gently awaken the body and mind with mindful breathing, quiet reflection, and an uplifting story. As you release tension and set a positive tone for the day ahead, you'll feel ready to welcome new experiences and embrace the adventure woven into the everyday.

THE ART OF SELF REIKI

Wednesday | 12.00pm | Soul Studio | £18

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.

SHI-BA-SHI with Jon Jarvis

Friday | 12.00pm | Soul Studio | £18

Join Jon for a restorative Shi-ba-shi session, where gentle, flowing movements and mindful breathing help you slow down, release tension, and reconnect with yourself. This is your moment to pause, breathe, and step into a quieter kind of adventure. Whether you're new to Shi-ba-shi or returning to deepen your practice, Jon's thoughtful guidance creates a peaceful space to unwind, reset, and leave feeling centred and refreshed.

SOUND BATHING

Monday | 2:00pm | Friday | 5.00pm | Soul Studio | £20

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.

COCKTAIL DEMONSTRATION

Thursday | 3.30pm | Twilight Bar | £5 Redeemable

Experience a live cocktail demonstration with our expert mixologists. Watch as they craft signature drinks, learn about the balance of flavours and techniques, and enjoy tasting each creation. This session tests your knowledge with a fun quiz, and the winner receives a perfectly made cocktail. *£5 off cocktail voucher will be given to redeem against the price of a cocktail in the Twilight Bar.

