WEEKLY BULLETIN

30th November to 6th December 2026

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Wednesday to Sunday only

Purchase **two** or more Clarins products one to be skincare or foundation and choose 4 skincare items from the 'Big Beauty Gift'.





Gift Selection:
Velvet cleansing milk, Total eye lift Tonic bath and shower, Super Restorative night cream AST, Moisture rich body lotion ,Hydrating toning lotion, Hydra essentiel cream, Hand & Nail cream, Hydrating gentle foaming cleanser, Extra firming day cream AST.

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.

A GIFT FOR YOU...

Monday to Friday only

Purchase £50 worth of Sea Magik and receive **one** of the following full-size items.



Purchase £75 worth of Sea Magik and receive **another** full-size product.

Gift Selection:
Refreshing Bath Shower Gel 300ml, Silky Smooth Body Lotion 300ml, Skin Softener 75ml, Gentle Cleansing Facial Wash 150ml, Seaweed Energy Wash 250ml Seaweed Energy Lotion 250ml, Superfood Bath & Body Oil 100ml or Radiance Toner 250ml

sea MAGIK MINI TREATMENTS

Monday to Friday only

- 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.

PREMIUM SKINCARE WORKSHOPS - £10

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

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

Held in the Beauty Shop 5:00pm.

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

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.

SOUND BATHING

Monday | 2:00pm | Friday | 5.00pm | Soul Studio | £22

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.

THE ART OF SELF REIKI

Wednesday | 12.00pm | Soul Studio | £20

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.

COCKTAIL DEMONSTRATION

Tuesday &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.*

ORACLE CARDS & GUIDANCE *with Jenifer Taylor*

Thursday | 3.00pm | Retreat | £20

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. ***Limited space available.***

QIGONG *with Jon Jarvis*

Friday | 12.00pm | Soul Studio | £20

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.

For more information and how to book your sessions, call 01664 433 043 or ext. 525.