

WEEKLY BULLETIN

MONDAY 1ST AUGUST - SUNDAY 7TH AUGUST 2022

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A Gift For You...

Receive this **FREE** ELEMIS Gift Set, when you purchase 2 or more ELEMIS products!



Worth £71

Purchase 3 or more ELEMIS items and receive this full-size product too!



Complimentary Skincare Workshop

Discover hints and tips at this interactive event, where you will get the chance to try out the perfect skincare routine for your skin.

Leave this workshop, with your skin looking and feeling brighter and more hydrated.

ELEMIS Skin Lab - 15 mins - £10

Available daily in our Beauty Shop

Using state-of-the-art scanning technology to analyse your skin, the results can determine how you can maintain, improve and protect your skin using a tailored skincare regime*

*£10 booking fee redeemable when you purchase 2 or more ELEMIS products.

Decl or Taster Treatments Available Wednesday 3rd**

Choose from:

- Foot and Leg Energiser
- Satin Hand Treatment
- Glow to Go Facial
- Brightening Eye Rescue

**£20 booking fee redeemable when you purchase 2 or more Decl or products.

Book your mini treatment or masterclass by visiting the Beauty Shop or calling Ext 303.

Make-up Masterclass With Clarins

11am daily in the Beauty Shop.

Join our Clarins Expert as they guide you through a fresh make-up look with some useful tips.***

***£10 booking fee redeemable when you purchase 1 or more Clarins product after the workshop.

TWILIGHT BAR

Relax with one of our refreshing signature cocktails or toast to a day well spent with a Raspberry Mint Julep.

FITNESS

Bespoke Fitness Programmes Pairs Pilates Session

If you need help to start your journey to a fitter, healthier you, our range of Bespoke Fitness Programmes are the perfect tool to achieve your fitness goals! **From £32pp**

Enjoy a bespoke Pilates session with your friend or partner during your visit.

£33pp now £30pp

Group Tennis Session

Our group tennis sessions are the perfect way to develop your technique and improve your performance.

£15pp, held every Tuesday at 2pm on the courts.

For more information and how to book these treatments and fitness sessions, call 01664 433043 or ext. 525

TREATMENTS

Decl or Face "Workout"- 40 mins - £45

A targeted anti-ageing "workout" facial which includes a unique anti-ageing toning and firming massage. Powerful essential oils will leave the skin looking smoother, firmer, sculpted, and luminous.

Food Intolerance Test and Nutrition- 50mins - £92

This simple, non-invasive, kinesiology test with Dr. Heli Goode is a valuable tool to improve your immune system and detect any intolerances. Subject to availability.

Crystal Meditation- 20mins - £10

Reset your goals, dreams or simply rebalance your energy with crystal meditation.

Held Monday & Wednesday in The Retreat at 8:30am



Download our app to access the current Fitness Timetable and a digital version of this bulletin. PLUS request notifications for future offers and short notice availability.

Join the conversation

