

# NEWSLETTER

FEB ISSUE#1



## LET'S TALK ABOUT FACIALS

Spring is a time of renewal and growth, and treating yourself to a facial can be a great way to pamper yourself and boost self-confidence

### **There's so many facials! Which one do I choose?**

If you're new to facials start with Josephines' favourite facial - Guinot Hydradermie. It's her favourite because it treats many skin concerns in one treatment and the results are evident immediately.

The treatment uses gentle massage rollers that transmits energy to the power house of your skin cells, ensuring quick and effective distribution of active ingredients to treat many skin concerns such as ageing, dehydration, congestion, sensitive skin, dullness. Your skin is then massaged with a warm thermal electrode to oxygenate your skin and boost micro circulation.

The facial completes with a relaxing massage and mask leaving your skin luminous and radiant, fine lines smoother and skin concerns improved.

## UPCOMING EVENTS

### **NEW SPRING SKIN EVENT**

Book a Hydradermie or Summum Facial and receive free skincare bag & Express Back massage.

**Worth over £40 - from 1/3/24-30/3/24)**

**Mother's Day - 10th March**

Mother's Day Pamper Gift only £60

# WHAT IS S.A.D?

## SEASONAL AFFECTIVE DISORDER

Sad Syndrome, also known as seasonal affective disorder (SAD) is a type of depression that occurs in a seasonal pattern in the winter months. People with SAD may experience low mood, lack of energy, changes in appetite and difficulty concentrating. The exact cause is not fully understood but it is often linked to reduced sunlight exposure. Lack of sunlight might stop a part of the brain called hypothalamus working properly, which can then affect certain hormones, causes SAD symptoms



## PRACTICAL ADVICE

Lifestyle measures including getting as much natural sunlight as possible, exercising regularly and taking care of your stress levels will help. Light Therapy has proved to be effective to improve the symptoms of SAD

## TREATMENT SPOTLIGHT - CRYOTHERAPY

Cryotherapy is a treatment to safely and effectively remove skin lesions such as skin tags, cherry spots, pigmentation/age spots, warts. Using a Cryopen that emits a fine jet of very cold gas (nitrous oxide) to destroy the skin lesion, the area will darken and over a few weeks new healthy skin will appear. The treatment is painless and takes a few seconds.

**Treatment price from £65.** Check out our website for more info



## SALON AWARDS

We are thrilled to announce we are finalists in The English Hair & Beauty Awards for

**Salon Team of the Year 2024.**

## DID YOU KNOW WE OFFER DISCOUNTS ON TREATMENTS?

This is a great way to save £££ with amazing discounts.

Plus, for a limited period we are offering a Free Gift on courses of intimate waxing, massages & facials. Don't forget to ask us about how you save when you are next in.