

NEWSLETTER

January 2018

THE RETREAT

Hair and Beauty Salon

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Wishing you a very Happy New Year from The Retreat Team.
Here's to a relaxing 2018!

January Events...

Relax Day

Tuesday 9th January 9.30am – 6pm

£10 each 20min appointments

Choose any of the following for only £10 per treatment.

Scalp massage, Leg and foot massage, Manicure, Pedicure, CACI Light therapy.

Revive and Refresh Friday...

Friday 12th January 9.30am – 6pm

Enjoy 55 minutes of pampering for **ONLY £35!**

Revive, Refresh and Relax...

Refresh with a **deluxe foot soak and scrub** followed by a **reviving Indian head massage** and finished with a **relaxing Reflexology** session.

Revive, Refresh and Detox...

Revive dry skin with an **invigorating body brush exfoliation** followed by a **refreshing body cream massage** and finished with a **detoxifying face scrub and mask** to deep cleanse the skin.

January Offers...

❖ New Body & Mind...

Thalgo Marine Wellbeing Massage!

We are celebrating a year of the launch of this fantastic treatment.

Full 85min Ritual £45 (usually £70) **or 50 min full body massage £35!** (Usually £55)

This amazing massage combines powerful techniques of Shiatsu and Swedish massage with ocean inspired movements. This full body massage soothes away stress and fatigue, activates circulation and helps to flush away toxins, making it the perfect treatment for the new year. Choose from a selection of prescriptive oils to add to the massage giving extra benefits such as slimming, detoxifying, energising and relaxing. We also now have a new Mahana Polynesia oil.

The full ritual includes a deeply relaxing hand, foot and scalp massage offering you 85minutes of pure bliss!

This treatment is available with Rosie, Helen, Pru and Sue.

❖ New Hair...

Half head highlights – Only £45, usually £60!

❖ New Face...

CACI Ultimate Facial – Just £49 per session, usually £70!

This 1hour facial really is the ultimate in skin technology. Combining crystal free orbital microdermabrasion to smooth and prepare skin and LED light therapy to aid anti ageing, plump wrinkles and treat skin concerns such as spots, blemishes, sun damage and pigmentation and also treating dark circles under the eyes as well as skin cell renewal. Micro current is then used to lift and firm the muscles on the face and neck whilst giving the skin a youthful glow. This is the ultimate non surgical face lift! Add our new Jowl lift, hydratone mask (inc. extra light therapy) or lip plump onto this facial for only £10 per treatment.

This treatment is suitable for all ages and can be used to treat problems as well as a preventative to ageing. For best results a course of treatments is required.

Next month's events will include Valentine's Day packages or why not give gift vouchers which also make the perfect gift!
Sign up to our mailing list to keep up to date with offers and events.

News, Treatments & Products...

News...

We would like to thank all of our wonderful clients who visited us throughout last year. We are grateful for your loyalty and custom and as a result had our best ever year since opening in 2005, topping 2016 which is a huge achievement for us. We are so thankful to you all and hope you continue to enjoy your hair and beauty treatments with us in 2018. As always, we will have lots of new and exciting things to entice you with throughout the year including new treatments and products. We pride ourselves in keeping you up to date in the newest and best treatments and product ranges.

2017 in summary... We've enjoyed lots of new treatments and products throughout the year and hope you've enjoyed The Retreat too. We've also enjoyed many days and nights out together including afternoon teas, spa days and my baby shower. Our team has grown as we also welcomed baby Bella Sophia to the retreat clan. Born on 6th December after a very fast water birth, weighing 7lb 5. It's been a busy time juggling Bella, her big brother Henry and the salon but with a strong team behind me, I know that 2018 will just get even better! I will be popping in regularly so hope to see you and introduce you to Bella. We are looking forward to kicking off the new year with Rosie and Sam's birthdays in January and I'm sure we'll have lots more fun to tell you about throughout the year. Follow us on our facebook page to keep up to date on our adventures and see our photos.
Sarah x

Products...

Nail Colour of the Month... January... Very Vinyl... A new dark grey purple tone from the Street Style collection. Get **10% off** your manicure and pedicure appointments if you have this colour.

NEW Scented... These new scented balms contain up to 25 essential oils to give wellbeing on the go and are available in 6 unique blends. Choose from **De-Stress, Sleep Well, Be Happy, Escape, Love and Focus**. Simply apply to pulse points, inhale and rest your mood. These scents work depending on mood so the best way to choose is to have a smell and see what your body needs the most. Available in Candles, Baubles, Tins and collection mini sets and range between £14.95 - £26. Great as gifts or those looking for some TLC. Don't forget to ask for them to be applied during your treatments in the salon as a complimentary wellbeing extra.

Staff tip...from Sarah...

Make this year one for you and make sure you schedule in some 'me time'. This can include some quiet time maybe with a good book, a nice relaxing bath or booking in for a regular treatment maybe once a month. It could be something you've always wanted to try or your favourite treatment or even try something different each month. It could be as easy as getting an Eyebrow reshape, a new hair cut or some relaxing massages.

Salon Info

- ✧ **Please note that our Facebook page has changed. Please like our page** to keep up to date with all latest offers and news. **@TheRetreatCR0**
- ✧ *Please be aware that we cannot extend gift vouchers beyond the expiry date. They are valid for 6 months from date of purchase and can be redeemed against products or treatments. Please make sure you book in advance to avoid disappointment.*
- ✧ *Please be aware that we have a 24 hour cancellation policy. If we have less than 24 hours notice, we will charge 50% of your treatment price. This is to ensure we have spaces to fit you in to avoid disappointment.*
- ✧ *Don't forget our Book Swap in the Relax Lounge. Simply bring a book, place it on the shelf and take one of ours home with you.*