

NEWSLETTER

March/April 2018

THE RETREAT

Hair and Beauty Salon

146 UPPER SHIRLEY ROAD, SHIRLEY, CROYDON, SURREY, CR0 5HA

TELEPHONE : 020 8656 0066

www.theretreat-hairandbeauty.co.uk email: enquiries@theretreat-hairandbeauty.co.uk

Facebook/Twitter/Instagram: @TheRetreatCR0

March/April Events...

Spring into March... Take home a FREE daffodil for **St David's Day** on Thursday 1st March

Mothers Day...

Treat your mum this Mothering Sunday...11th March

Give your mum a Gift Voucher worth £50 and only pay £35!

She can then choose to book any treatment of her choice or use the vouchers to buy her favourite hair and beauty products.

Gift vouchers are valid for 6 months.

Mothers Day Treat... Saturday 10th March

Thalgo Illuminating Radiance Facial ONLY £23, usually £35!

Why not add on a Wash and Blow Dry after your facial and leave feeling glamorous and pampered. ONLY £15!

Don't forget we have the perfect gifts for your mums this Mothers Day, including our **Steam Creams**. Great value at only £13.95!

Or why not try our **Spongelle** shower sponges between £6.50 - £10.50!

This year we are also offering a duo of your choice of Steam Cream and Spongelle for JUST £18.50!

St Patricks Day... Saturday 17th March

Do you have the luck of the Irish?

Have a treatment done on this day and you get to have a go at our **free lucky dip to win a hair or beauty treatment**. Is it your lucky day?

Book a **Gel Manicure or Deluxe Manicure** with Helen for **JUST £20!** Usually £35!

Easter... Saturday 31st March

Look out for **Easter eggs** hidden around the salon for you to enjoy. If you find them, grab them and eat them before we do.

Half Term Pampering... Tuesday 3rd – Saturday 7th April

Enjoy a mother/daughter (or son) pamper session this half term.

Book any hair or beauty appointment and bring your child in for a treatment for FREE!

Treatments available for children:

Manicure, Pedicure, Eyebrow Shape, Reflexology (only available on Friday) or Indian Head Massage, Facial or Hair Styling

Treatments are 20 mins each, ages 4 – 15 years old. Children can wait in our reception area or relaxation room if adults treatments are longer than 30mins. Please remember that we are a salon offering much needed pampering so we ask that children please be a little quiet when using the Relax room so that clients in the treatment rooms are not disturbed.

St Georges Day... Celebrate with us on Saturday 21st April

Book any **Facial** on this day and get a

FREE 20 minute Back, Neck and Shoulder Massage or Indian Head Massage.

(Available with Rosie, Helen and Pru)

March Offers

❖ Spring Feet...

Deluxe Pedicure... Treat your post winter feet to a Spring Pedicure for **Only £28, usually £39!**

This luxury pedicure includes foot soak and removing hard skin using an electric pumice plus exfoliation, cuticle work, cut and shape nails, relaxing foot and lower leg massage, heated booties and foot mask for extra nourishment of dry skin and finished with a varnish of your choice.

Why not add on a Reflexology session to enhance wellbeing. An hour session is only £40 and balances all systems of the body while calming the mind and helping you to be at your healthiest. This relaxing foot massage is a must try!

❖ Spring Glow...

CACI Jowl Lift Just £20! A saving of £10!

This amazing lower face lift tightens the jowl area, giving lift as well as plumping up lines and wrinkles and leaving skin with an even complexion and glow. This revolutionary non surgical treatment helps to contour the face and can even help to sculpt some cheekbones. Great for all skin types and ages. Good

as a one off but for lasting best results, a course of 10 treatments is recommended. *This facial can also be added onto any other CACI or Thalgo facial. Add on one of our CACI Enhance treatments for ONLY £10each. These include Dermabrasion, Lip Plump, Eye Lift or LED Light therapy. 15mins each*

✧ **Spring Hair...**

The £15 Blow Dry!

Whether you want sleek and straight, volume, texture, bounce, curls or smooth hair, book as many wash and blow dries throughout March as you like and only pay £15 for each one! Usually up to £30. *Add on a conditioning hair treatment ranging between Just £5 to £15 depending on your needs.*

April Offers

✧ **T – Section Highlights ONLY £25, usually £37!**

Give your hair a lift this Spring and add some lights, whether you add it to a tint or just have a few scattered on their own, we can brighten up your look. *Finish your look with a Blow dry for only £23*

✧ **Spring Body...**

HALF PRICE Vani-T Spray Tan... Just £15, usually £30!

It's time to tan that body after a long winter of hiding away. Try our organic Australian tan designed to give a natural glow suited to your skin tone while helping to treat cellulite and anti ageing.

If you can't face the prep then why not book our pre tan exfoliation for only £15. We will scrub you top to toe and get you spray tan ready.

✧ **Spring Glow...**

CACI Eye Revive Treatment ONLY £30, usually £40!

This fantastic non surgical Eye Lift treatment firms this delicate area, helping with under eye bags, tired eyes and tightening the skin to give a youthful and fresh look. This relatively new treatment is a must try! CACI really works magic.

Add on one of our CACI Enhance treatments for ONLY £10each. These include Dermabrasion, Lip Plump, Jowl Lift or LED Light therapy. 15mins each

Next month's events will include the launch of our NEW Koh Tao Thalgo facial, bank holiday treats and lots more...

Sign up to our mailing list to keep up to date with offers and events.

News, Treatments & Products...

News...

February in summary... February is usually our quiet month for the year which we use to catch up on admin, stock takes and prepare and plan the year. We have some exciting new treatments and products coming this year and also hoping to arrange our shop floor to be refurbished including the outside of the building. March and April usually marks the start of the busy period with last year's March being one of our best months ever! Please try to be organised and book your appointments with as much notice as possible to avoid disappointment. You can also be added to our waiting list should you be unable to get the day or time you would like. We love Spring at the salon and look forward to fixing those post winter bodies.

Our top 3 most popular treatments for February were leg waxing, Cut and Blow dries and Eyebrow shaping, which is an unusual mix for this time of year.

We are looking forward to getting together for dinner for Shelley's birthday in March and also busy planning our annual spa day in April. Follow us on our facebook page to keep up to date on our adventures and see our photos.

I've been busy trying to juggle salon life alongside Henry and Bella so you may see me around the salon, working on events and offers plus plans for the salon.

We've got some exciting launches coming up and we have decided to add our staff profiles to the Newsletter. This is a little introduction to a different staff member each month so you can find out more about us. Hope to catch up with you lovely clients soon.

Sarah x

Treatments...

NEW Thalgo Koh Tao Facial coming soon...

NEW treatment list coming soon...

Don't forget to pick up your **loyalty card** when you have an appointment. For every hair or beauty appointment you have, you receive a stamp which then gives you up to £20 off a treatment plus FREE File and Varnish worth £18 and an Eyebrow Shape. (excludes appointments with Freelancers)

Products...

Nail Colour of the Month... March... Haute Hoodie... A new Lavender tone perfect for Spring.

Nail Colour of the Month... April... Sensual... One of our Classic corals.

Get **10% off** your manicure and pedicure appointments if you have this colour.

NEW Candles and Room Fragrances coming soon by *Soy Lights Home Fragrance by Shelley.*

NEW Steam Cream designs now in stock! £13.95 limited edition tins. Use on hands, Feet, Face, Body and Hair. Suitable for all ages, even babies. 100% natural.

The Team...

Staff Tip for March/April... From Sue... Spring is a great time to start a new beauty regime, get a new hair style or colour or just treat yourself after hiding away your body for the winter. We have some great offers which is the perfect opportunity to try out new treatments. Of course being a Reflexologist, my favourite is anything relating to the feet so try out a Pedicure or some Reflexology. Time to come out of hibernation and get ready for the summer!

Staff profile... Sarah... I have owned the salon since 2005 after working at a health club. The shop was empty and in desperate need of renovation when I bought it and since then I have changed the layout etc several times, annually checking what we need and adapting to our clients requirements. I am a qualified Beauty Therapist and teacher and have done more courses over the years than I can count. My latest adventure though is a personal one and I have recently had my second baby, Bella who was born in December. I also have Henry who is 3 and an absolute character. We live in Edenbridge in Kent with my husband Pete, who you may have seen around the salon. I always have a task for him much to his enjoyment ha ha. I have been very lucky with the success of the salon and most of that I owe to Sam and the teams hard work. Sam has been with me for 10 years and is my sidekick. There's rarely a day without us chatting about one thing or another. I am also very lucky to have my mum Sue working with us. It's a real family affair. Hope to meet you all soon. Sarah xx

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. We have also been trying hard to work on building our presence on Facebook so would be so grateful to anyone who shares our page, leaves a review or checks in to us so we can promote our lovely salon. **@TheRetreatCR0**
- ✧ *We will be closed on Good Friday 30th March and reopen as usual on Saturday 31st.*
- ✧ *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.*