

Spa Where You Are Easter News Letter 2018

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For advice or bookings please contact me on 07773 795045 or cathy@spawhereyouare.co.uk

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Easter News Letter 2018



spa where you are

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Hi Everyone,

Well, what a winter we've had over the last few months, I can't remember ever having so much snow but I'm sure that spring and some warmer weather is just around the corner – fingers crossed!

Unfortunately, due to the impact of the cold many more of you have been

really suffering with dry, sore, sensitive skin as the effects of the bitter chilly winds and central heating take their toll.

To counteract these effects, adjust your skin care routine. Cut down on facial washes and toners, which can cause an acceleration of dehydration on the skin, and switch to cream cleansers. That tight feeling, often experienced after washing your face or using toner, isn't your pores closing but your skin drying out. Also, apply a richer night time product, than you would normally use. Ones which contain hyaluronic acid are very good at rehydrating and nourishing.

Hands and nails have also been struggling with the temperature, even with those of you that don't usually have any problems, with nails breaking, flaking and peeling. To return your nails to their former glory remember to use a cuticle cream or oil everyday, massaging your chosen product into your cuticles very thoroughly.

Once a week, before bed, apply some hand cream and your cuticle cream/oil liberally and put on a pair of reusable cotton gloves (£2.59 from Boots). This regular treatment will help you to achieve strong, healthy nails and beautifully soft hands.



During my many years of being a massage therapist a few of you have been encouraged by me to visit the Doctor if I think a mole or skin blemish looks a bit 'odd'. As a profession we're encouraged by the health and beauty industry to look for anything unusual on our clients skin. We get to see certain areas close up, on a regular basis, that maybe you can't – such as during a back massage. Thankfully, I've never encountered anyone who's returned from the Doctor with bad news but if you do have any concerns it may be worth downloading The Miiskin app.

Over the last 10 years there has been a 36% rise in skin cancer as 1 in 4 adults fail to keep tabs on changes in their moles.

This new App reminds you to take regular photos of a particular area, enabling you to track any alteration in the skin which may occur. I think it's a great idea as it removes any doubts that you may have about a certain mole/blemish changing, not just on yourself but loved ones and family members as well.

This Months Beauty Tip



The effects of cold weather and central heating can lead to dry, flaky and uncomfortable skin on your body too. Continual wearing of tights, jeans and socks can also make the condition worse as well as rubbing hairs off causing them to ingrow. Make sure you use a body mitt, brush or exfoliator 2-3 times per week and follow with a nourishing moisturiser

This Month's Offers



simple
4 step
system

Quick & easy
callus removal
with 99% natural
ingredients

**Suitable for Diabetics
and during Pregnancy**

After just one treatment!

 **Quality UK Manufacture**

With summer on it's way, what better time to get your feet ready? If you've found yourself avoiding mules or slingback shoes because of the appearance of hard, cracked skin on the back of your feet then I've just taken on a product that you may want to try.

UK callus peel is a new product that softens hard calluses on the soles of the feet or helps to improve cracked heels and is also suitable for diabetics and mums to be.

After an application of the callus peel the feet are wrapped in clingfilm for at least 20 minutes, leaving the active ingredients to break down the hard skin. After removal, a foot scraper helps to buff away any hard skin, leaving your feet soft and smooth. This can be a stand alone treatment or combined with any other treatment.

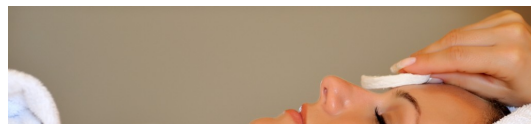
Usual price:- £25 x 1 area (heels or soles)

£35 x 2 areas (heels and soles)

£15 or 20 when combined with another treatment

Introductory offer £10 or £15 when added on to any other treatment

Get your skin back in to Tip Top condition with a facial to rehydrate, nourish and re-balance



nourish and to balance.

All facials include a 25 minute massage which is a brilliant way to brighten your complexion, drain away tension and fluid, as well as lift and sculpt muscles resulting in more radiant skin. **Clarins facial £35** (usual price £40)



[Click here for more info @ www.spawhereyouare.co.uk](http://www.spawhereyouare.co.uk)



Finally, I need to supply you a few updates relating to the new General Data Protection Regulation (GDPR) (EU) [2016/679](https://www.eugdpr.org/) that becomes enforceable from 25 May 2018. I will be contacting you all directly at your next appointment to complete new consultation cards. If you wish to continue receiving our news letters please **click this link below** and send me the linked email. In advance many thanks for your support.

For further information go to:- <https://www.eugdpr.org/>

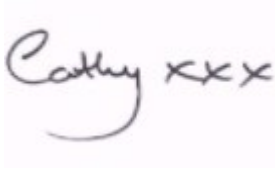
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Hope you all had a relaxing Easter break and if you're off to the slopes don't

forget sunblock for your face and lips and plenty of hand cream.

Hope to see you soon,

Best wishes,



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