

Early June 2020 Newsletter

Greetings!

What glorious weather we've been having. I'm feeling so grateful right now that I have been able to get out in the garden and enjoy it. Usually what happens is the weather is brilliant when I'm at work and then on my days off it's not so good. No worries there at this moment in time!

So I've now finished all my major decorating and gardening tasks at home, which leaves me with maybe a month to "potter around" until the salon opens again. Let's see what a month of "pottering" feels like - it may give me a better idea of what retirement could hold in store!

Initially retirement seemed like a good idea right back at the beginning of the lock-down, but then I had plenty to keep me occupied, let's see how I feel at the end of June!

\*\*\*\*\*

**My Beautiful Cats One Year On**



Can you believe that I was telling you about these 2 bundles of joy a whole year ago when we had them at the age of two and a half weeks because their mum had died? Look at them now! Quite a bit bigger, but just as much joy and they still love being together. I can't wait to tell you more when I see you about their individual characters and how they've changed over the year.

\*\*\*\*\*

**Home Made Face Mask Recipes**

I thought that as I won't be able to offer facial treatments for the time-being in the salon, you may want to treat yourself at home to some lovely natural masks, so that your skin needn't feel that it's missing out too much. Hopefully you should be able to source the ingredients easily too!



#### BRIGHTENING EXFOLIATOR

Mix half a cup of white or brown sugar with enough olive or coconut oil to make a paste. Apply to clean skin in lovely circular movements for a minute or two, then wash off with warm water. Et voila, lovely brighter, fresher skin!

#### RADIANCE MASK

Combine half a banana or avocado with 2 tbsp of natural yoghurt and 1 tbsp of honey. Apply with a spatula or your finger tips (you can always enjoy licking them off afterwards!). Leave on for 20 minutes and then rinse off with warm water. Apply your usual toner and moisturiser after.

#### OXYGENATING MASK

Combine 1/4 cup of cocoa powder with 1/4 cup of oatmeal, 3 tbsp of honey and 2 tbsp of yoghurt. Apply the paste onto the face and leave for 20 minutes. Rinse off with warm water and apply your usual toner and moisturiser.

\*\*\*\*\*

I hope to give you some more information about our re-opening next time provided the virus stays under control and our date of 7th July isn't pushed further back. Until then you can make appointments online, buy vouchers online and purchase some products online too, see all the links below.

[Buy Gift Vouchers Here](#)

[Book Online Here](#)

[Buy Products Online Here](#)

Warmest Regards,



Wendy  
Senior Therapist and Director

Beautonics  
97B Old Eign Hill, Hereford. HR1 1UA  
[www.beautonics.org](http://www.beautonics.org)  
[beautonics@btconnect.com](mailto:beautonics@btconnect.com)

**01432 370550**