

October 2016 Newsletter

Greetings!

I've probably told you this before, but I love the autumn. The nights drawing in, being able to draw the curtains, get my jim jams on early and forget the outside world. "Cutching up" on the sofa as the heating comes on and watching Strictly at the weekends.....perfect!

Now I know this is probably a dirty word still, but I'll say it really quickly... *Christmas* is just around the corner as far as appointments are concerned, so if you know that you will need a treatment before your party night then get it booked in as soon as possible. Believe it or not people have been making their December appointments since July!!

NOURISH AND REJUVENATE YOUR SKIN WITH AN AUTUMN GLOW FACIAL

Extracts of Mulberry and Pomegranate are known for their anti-oxidant, brightening and anti-inflammatory effects.

Your skin will be softened, soothed and refreshed.

This is ideal for sensitive skin.

£25

45 minutes of peace.

Available throughout September and October.

**This great offer is still
available to the end of
October!**

Give your skin a treat this autumn with one of our Autumn Glow facials.

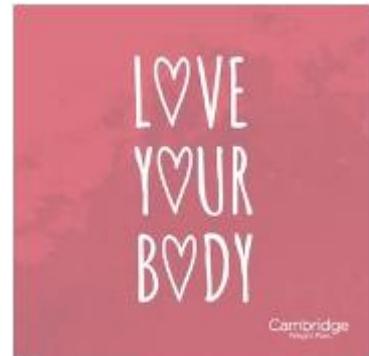
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YOUR AUTUMN INSPIRATION

I thought long and hard about what to put in this newsletter, that you would find interesting and informative. Skin care tips? Nail care tips? General health tips? Then as I was looking for inspiration I came across this online and thought, why try and re-invent the wheel when it's all here. Take a look and see what you think...

[LEARN MORE](#)



WOULD YOU LIKE TO LOSE WEIGHT QUICKLY AND SAFELY?

We are delighted to be chosen as the centre for Hereford's only Cambridge Weight Plan Clinic.

Last month we introduced Maria and the Cambridge Weight Plan to you. Wendy has actually embarked on a month or so of the plan to be able to get into her holiday clothes for November. Read next month about how she got on and what the food was like!

In the meantime if you would like more info, click on the link below.

[LEARN MORE](#)

Don't forget you can book your appointments in the comfort of your own home at any time of the day or night.

Don't Put Off Feeling Great Any Longer!

[Book your next appointment online](#)

With Warmest Wishes



Wendy

Senior Therapist and Proprietor.

[Book your next appointment online](#)

97 B Old Eign Hill, Hereford. HR1 1UA

01432 370550

www.beautonics.org

beautonics@btconnect.com