

# NEWSLETTER

November/December 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](http://www.theretreat-hairandbeauty.co.uk)

email: [enquiries@theretreat-hairandbeauty.co.uk](mailto:enquiries@theretreat-hairandbeauty.co.uk)

Facebook/Twitter/Instagram: @TheRetreatCR0

### Events...

#### Sparkling Bonfire Night

Saturday 3<sup>rd</sup> November 9.30am-5.30pm

Get your nails sparkling for fireworks night with **HALF PRICE Deluxe Manicure** (Just £17.50)

Includes nail soak and exfoliation, cut, file and shape nails, cuticle work, hand mask and heated mittens, hand and arm massage and nail paint.

#### Beauty Product Give Away!!!

We are feeling generous so thought we would treat you to a product give away when you book a hair or beauty treatment on selected dates with selected staff members. Each member of the team will have their own give away day so book in with them and choose which product you want to take home from our goody bowl of treats. Products worth up to £40!

Helen Tuesday 6<sup>th</sup> Nov, Pru Saturday 10<sup>th</sup> Nov, Rosie Wednesday 21<sup>st</sup> Nov and Sam Tuesday 20<sup>th</sup> Nov.

#### Rosie and Helen's Anniversaries

Tuesday 4<sup>th</sup> December 9.30am – 6pm

We are giving you **30% off all Beauty appointments** with our Beauty Therapists, Rosie and Helen on this day only!

Rosie is celebrating 4 years and Helen 3 years at The Retreat.

#### Celebrating 13 Years at The Retreat!

Wednesday 5<sup>th</sup> December 9.30am – 6pm

We are proud to be celebrating our 13<sup>th</sup> birthday at The Retreat. We've worked hard to be a success and would like to thank you all for your loyal custom. Get a free goody bag when you have any hair or beauty appointment on this day.

#### CHRISTMAS JUMPER DAY

Friday 14<sup>th</sup> December

We will be wearing our festive knits and making our donation to the Text Santa appeal who are supporting Save the Children charity.

Why not join us and wear your Christmas jumper and make a donation too.

#### November Offers

✧ **Massage...** Our most popular offer each year, don't miss out...

**Aroma Hot Stone Full Body Massage Just £29! Usually £60**

Indulge with one hour of pure bliss! Using warm oil and hot stones to massage the body to ease tensions and relax muscles. This holistic treatment also balances chakra energy points and brings harmony to body, mind and soul. A must try! (Note this offer gets booked up very fast as it is extremely popular. We can only book a certain number each day so please book ahead where possible. The last week of this offer especially books fast so get organised to avoid disappointment)

✧ **Foot care...**

To launch our 2 **NEW Pedi Spa Chairs**, we are giving you the chance to indulge in some foot care with a friend or family member and enjoy some catch up time whilst having your pedicure. **Both book in for either a ZenSpa Pedicure, Deluxe Pedicure or Gel Pedicure and your friend gets theirs for FREE! A saving of up to £42!**

Both pedicures must be taken at the same time and the cheapest pedicure will be free. You do not need to have the same type of pedicure. Appointments can also include men's pedicures and children's pedicures.

✧ **Teeth Whitening...**

**£150, usually £200!**

Our highly experienced Teeth White Technician can lift teeth colour by up to 12 shades in an hour. Completely safe and works instantly, this treatment can take 10 years off you!

#### December Offers...

✧ **Festive Hair...**

Get a **FREE Keune Glitter Hairspray** when you have a Blow Dry! Enjoy this Limited edition gloss glitter and add some sparkle to your hair. While stocks last. Limited to one per customer.

✧ **Lashes...**

**Lash Lift!!!! Just £35, usually £50.**

This amazing treatment is completely safe and effective, lifting the lashes and lasting around 6 weeks. Includes an Eyelash tint to give the mascara effect. Perfect for those wanting lovely lashes with no make up and great for holidays. (Patch test is required before your first treatment)

## ✧ Face...

**Get 25% off Thalgo Silicium facial... Just £52.50, usually £70!**

This premium Super Lift anti ageing facial is great for all skin types wanting to turn back the years. Using specific unique lifting massage movements to lift and contour the face and neck and a dual mask to plump lines and lift the neck and jaw line, this relaxing and deeply nourishing facial is 75 minutes of pure bliss. Also includes head or hand massage.

Sign up to our mailing list to keep up to date with offers and events. Just email enquiries@theretreat-hairandbeauty.co.uk

## News, Treatments & Products...

### News...

October in summary... Another busy month full of organizing for the end of the year. Christmas stock is already selling out fast and we have the last batch arriving now. We are also busy getting your bookings timed just right for your festive pampering. Keeping me even busier has been the renovation of the shop floor which we have finally gotten around to. It was the most difficult to schedule and the biggest area so took quite a bit of planning. We are so pleased with it so far but still have a few finishing bits to do. We've plastered, painted and changed our colour scheme, hung wallpaper, rewired electrics, changed and added lighting, changed our retail areas and shelving and added two new pedi spa chairs. Please feel free to give us feedback with thoughts and ideas when you are next in the salon.

We've got a busy time coming up with Kim's birthday this month then in December our Christmas Party and Caroline and Angels birthdays. We do love a Retreat catch up! We also have the salons 13<sup>th</sup> anniversary to celebrate. The years seem to be flying by! Personally I have also been busy planning for my baby Bella's first birthday coming up. I cannot believe she is about to turn 1!

Our top 3 most popular treatments for October were Eyebrow Shapes, Cut and Blow dries and Gels so back to our usual mix.

Follow us on our facebook page to keep up to date on our adventures and see our photos. Sarah x

### Treatments...

Our **Thalgo Koh Tao Facial** is now out of stock and being discontinued. Thalgo launch a yearly pop up facial and the Koh Tao was so popular this year that it finished earlier than expected. There will be a new one launched next year and we will keep you updated when we find out more.

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... November... Fallen Leaves...** A new brick red crème

**Nail Colour of the Month... December... Ginger Snap...** A glittery unusual tone perfect for this festive time of year.

Get **10% off** your manicure and pedicure appointments if you have these colours.

### Christmas Gifts and Products...

We have a fantastic range of gifts this year with each hair and beauty supplier offering their best yet. We have already sold lots of kits but have the next batch arriving soon. This will be the last lot we can get so don't miss out! From Thalgo box sets, Candles and room diffusers, Keune hair kits and Scratch cards, Jessica nail sets and more...

#### Jessica nails... MOST SETS SOLD OUT!

Still available **Into the Wild** Pouches FREE when you buy 3 Jessica products including sponges. **Santa hats** that sit on nail varnish Just £2 or free when you buy a nail varnish and a basecoat or top coat. **Light up the night** box set which contain nail varnish plus top coat. £10.50.

#### Keune hair products...

**Winter Survival Kits** Keune bag containing Brilliant Gloss Spray, Dry Shampoo, Society Hairspray. RRP £17 VERY LIMITED STOCK

**Glitter Hairspray** RRP £5.95 or FREE when you have a Blow dry in December.

**Scratch cards** Buy 2 Keune products and pick a free gift card from our retail tree. Scratch off to reveal your discount. Up to 25% off available.

#### Spongelle...

Turn on the water and a Spongelle body wash infused buffer becomes the last word in pampering. Spongelle will transform your bathing ritual into a beyond cleansing experience. Ranging from £6.50 to £18.95 and products include Men's and Childrens range plus Anti cellulite glove, body buffer, pedicure buffer and body wash sponge. Perfect for stocking fillers!

**New Mens Supreme Buffer** available in large and mini, Dry woody cedar absolute scent. RRP £9.95/£13.50

**NEW Romantism Collection** inc Baltic Rose, Sugar Daisy, Blue Iris and Tea blossom. Beautifully boxed containing cocoa butter, shea butter and mango butter. 14+ washes RRP £12.95 NEARLY SOLD OUT!

**NEW Ornament Collection.** Small sponges that can be hung from the tree making the perfect gift. 6 new scents. 5+ washes RRP £7.95 NEARLY SOLD OUT!

**NEW Shimmer Body Souffle** coming this month... Whipped body soufflé containing shea butter, Vit E and a touch of shimmer. £17.95

#### Thalgo gift boxes...

**Source Marine Radiance, Source Marine Hydration, Cold cream Marine, Collagen, Hyaluronic, Silicium, Thalgo Men and Marveille Arctique plus xmas crackers.** RRP £18-£79

#### Soy Lights Home Fragrances...

**New Christmas scents coming soon** including Candy Cane, Cranberry, Mistletoe and more... RRP £3-£21.50

**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. **Offer...** Buy any Steam Cream tin and get a FREE mini tin. (while stocks last)

### The Team...

**Staff profile November... Kim...** I am passionate about all natural healing, continually reading up on different holistic remedies, new treatments and energy healing. I am a reiki healer and also do Tibetan head and shoulder massage which is a very relaxing deeply spiritual treatment. I have been working at The

Retreat for 12 years and we are like one big family, with evening meals together and wonderful events which our partners also come to, we have lots of fun.

**Staff profile December... Tereza...** I started at The Retreat as a make up artist many years ago using my training in skincare and make up. I was drawn to a holistic approach to beauty from the outside as well as what makes a woman happy and balanced on the inside so I trained as a counselor and Life Coach to bring harmony and calmness to our clients. Sarah creates a beautiful, harmonious space at The Retreat and the girls have always been warm, welcoming and supportive. I love how Life Coaching empowers women to love their best lives.

#### **Recruitment...**

**We are looking for Freelance people to join our team including Hair stylists with their own client base who wish to rent a space plus a Lash expert with or without their own clients. We are also always looking for anyone with unique treatments to offer who wish to use a room.**

#### **Salon Info**

**Data Protection...** Please allow extra time before your appointment to fill in a new Consultation form. We have to comply with the new Data Protection Law and therefore need new consultation forms filled in by all clients on arrival. This gives us permission to hold your personal data for our personal use which we will never pass on to any third parties.

**Social Media...**Please like our **Facebook** page to keep up to date with all latest offers and news. We regularly post any updates and news as it happens so its a great way for us to communicate with our clients. We also post last minute offers so please like our page and we 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. **@TheRetreatCRO**

**Gift Vouchers...** 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.

**Cancellations...** 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. Please call the salon to cancel as we cannot always pick up emails and messages instantly. If we cannot answer the phone then please leave a message.

**Book Swap...** 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.

### *Christmas is less than 8 weeks away...*

The Christmas period is already very busy with lots of clients booking in advance. Saturdays for hair appointments is extremely limited and nearly fully booked.

Don't forget we have gifts perfect for xmas, from stocking fillers to bigger gifts and gift vouchers. Why not choose one of our spa packages or a treatment of your choice. Gift vouchers are valid for 6 months and can be used for treatments or products.

Christmas sets include Steam Cream, Jessica nails, Tanning, Thalgo skincare, Hair products, brushes and clips and our new Spongelle body wash sponges. Prices start from around £5 so we have something for everyone.

### *12 Days of Christmas*

Starting 4<sup>th</sup> December we will be running our 12 days of Christmas, posting a different offer each day on our Facebook page. It will run every Tuesday to Friday throughout December so make sure you keep your eyes peeled for extra special offers...

### *Christmas Opening Hours*

We are open until 5.30pm on Saturday 22<sup>nd</sup> December. We then re-open with normal hours on Friday 28<sup>th</sup> and Saturday 29<sup>th</sup> December, re-opening Thursday 3<sup>rd</sup> January. Please be sure to call to book as early as possible to avoid disappointment.