

# NEWSLETTER

May 2019

## THE RETREAT

### Hair and Beauty Salon

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Facebook/Twitter/Instagram: @TheRetreatCR0

We are recruiting for a new person to join our team. We need a Qualified experienced hairdresser who is confident in Colouring, Cutting and styling. The candidate also needs to be either trained in some beauty treatments or willing to do training and can also cover reception.

Please apply to [retreat.recruitment@gmail.com](mailto:retreat.recruitment@gmail.com) with a current CV.

### May Events...

#### Sam and Sue's 11 year anniversary...

To celebrate Sam and Sue working with us for 11 years we are offering you the chance to take part in our FREE raffle. Simply have any treatment with them throughout May and be in within a chance to win a FREE treatment with them in June.

Winners will be announced on Saturday 1<sup>st</sup> June.

### Bank Holiday Competition

Starts Saturday 4<sup>th</sup> May, winner will be announced on the Spring Bank Holiday Monday 27<sup>th</sup> May.

Share our Facebook page and be entered into our prize drawer to win a goody bag or products plus a Gift Voucher.

### May Offers...

#### ❖ Spring Scrub...

**Exfoliating Marine Body Scrub** ONLY £22.50, usually £35.00

This luxury exfoliation removes dry, dead skin before a nourishing body moisturiser is applied and massaged into the skin to leave the body feeling silky soft and relaxed. Perfect for pre and post holidays, before a spray tan and also for dry skin needing some pampering.

*Add a Full Body Massage on for just £47, usually £52!*

#### ❖ Spring Relaxation...

**Book a Reiki session and get a FREE Tibetan Head Massage worth £40!**

These holistic treatments bring balance to the body, mind and soul to enable you to feel the best you can.

**Reiki** is a Japanese treatment meaning Universal energy and as a therapy is an effective and simple way of tapping into energy to transfer it to the receiver to stimulate the body's own natural healing potential. No matter what your particular complaint, the general affect of Reiki seems to make you feel more laid back, calm, less stressed and more able to cope. It seems to boost energy levels, raise spirits and make you feel positive about things. It can also accelerate the healing of physical problems and balance emotions. Also very effective at helping to shift attitudes for various things such as improving diet, having more rest or leisure time.

**Tibetan Head Massage** is a blend of modern and western massage methods with Tibetan acupuncture points and working over the head, face, neck, shoulders and upper arms. This wonderfully relaxing massage also brings balance, reduces tension, promotes hair growth and improves scalp conditions, eliminates toxins and relieves headaches. The perfect way to spend 90 minutes!

#### ❖ Spring Skincare...

**Thalgo Maupiti Facial** ONLY £35, usually £50!

Maupiti takes inspiration from French Polynesia to hydrate the skin and relax the body and mind. Includes a deep cleanse, exfoliation and signature massage on the face, neck and shoulders to deeply relax and finished with a replenishing mask to nourish plus a luxury hand and arm massage or head massage.

Sign up to our mailing list to keep up to date with offers and events. Just email [enquiries@theretreat-hairandbeauty.co.uk](mailto:enquiries@theretreat-hairandbeauty.co.uk) and don't forget we are on Facebook!

### News, Treatments & Products...

#### News...

April in summary... April always seems to fly by and it certainly did this year with Easter right in the middle. We've been busy interviewing for new staff to add to our team as we are getting increasingly busier. We are hoping to fill the role this month so will keep you informed with details of our lucky new staff member. With the nice spell of weather we've been manic with waxing, Manicures and Pedicures plus a boost in highlights to get hair ready for the summer. We are expecting a very busy May and are also faced with some staff holidays and two bank holidays so please try to book in advance where possible. We are so busy at the moment.

At home, we've tackled more chicken pox with Bella getting it after Henry leaving me with a month of hibernation. Me and hubby did manage to escape for a night though and enjoyed Tina the musical at the theatre which I can highly recommend. We also found out Henry's school place for starting in September and was thrilled with him getting his first choice. Think I'm more excited for him to start school than he is!

Sarah xx

Follow us on our facebook page to keep up to date with what's happening in the salon and see our photos.

## Products...

**Nail Colour of the Month... May... Pinkies Up** A dusty rose crème.

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

## Products

**Steam Creams...** NEW limited edition Steam creams are now in stock. RRP £13.95 plus a free mini tin while stocks last. Ideal for face and body, all skin types and ages and completely natural and vegan. Take a look on our Facebook page for images of the tins available.

## Nails

NEW Jessica natural shades from the Sheer Delights Collection. A mixture of 3 beautiful natural soft shades, ideal for a French manicure, bridal look or sophisticated natural style.

## Spongelle

NEW Zodiac sponges now in stock. These scented sponges are filled with shower gel to ensure your shower experience. Great as gifts for yourself or others at only £11.95.

## Hair...

### Keune haircare...

We have started to bring in the new STYLE range from Keune. With a mixture of new products plus improved formulas for existing favourites and sleek new packaging, this range comes with 8 new signature looks. Take a look on our facebook page for images and videos.

**NEW Humidity Shield...** A weightless finishing spray to shield hair for 24hrs from humidity. Protects sleek blowouts and styled curls and waves. Contains UV Filter, Hold 1 and Shine factor 3. RRP £14.95 We sold out of the new Humidity Shield within a few days but will be getting more in stock soon.

**NEW Volume Powder...** Matte powder for sexy texture, buildable grip and big volume. Leaves hair free and flowing. This amazing easy to use powder literally builds the hair with minimum effort. Hold 7 and Shine 1. RRP £14.95

**NEW Dry Texturizer...** This invisible dry texturizing spray adds volume and tousled texture with a medium hold. Features dry cleansing complex and zeolite to absorb oil. Contains UV filter. Hold 6 and Shine 1 RRP £14.95

**NEW Derma Sensitive Shampoo...** Specially created for those with a sensitive scalp actively works to combat redness and irritation. It calms a dry scalp, alleviates itching while softening strands and adding a healthy shine to the hair. Sulphate free RRP £16.95

**NEW Keune Sun Shield Shampoo and Conditioner travel kits** coming soon RRP £9.50! Ideal for holidays and gym bags.

### NEW Grow by Hair Gain...

We've been trialing these vitamins for the past two months and have seen great results. This amazing Hair vitamin is designed to stimulate hair growth, giving longer, thicker and shinier hair. Great for anyone wanting to condition their hair naturally, anyone that has thinning hair or suffered hair loss, post pregnancy, post illness and as an anti ageing product for hair. This vitamins key ingredient is pea shoots and has fantastic results and is only £34.99 for a months supply. Results are visible within a month and recommended to use for 2-3 months. RRP £34.99

## The Team...

**Staff profile May... Kim...** I have been at The Retreat since October 2006 and love being part of the Retreat team, we are like a family and enjoy socializing regularly with partners too. I'm very passionate about natural healing and am continually reading different remedy books and going on courses to learn new treatments. I love doing Reiki and Tibetan Head Massage as it is a wonderful spiritual relaxing treatment. All of my clients feel amazing afterwards and go into a deep state of relaxation. I look forward to meeting some of you soon. Love Kim xx

*Be sure to look at our staff profile folders in reception when you are next in. They have information and news from each of us, our qualifications, interests and tips from our specialist subjects.*

## Recruitment...

**We are recruiting for a new person to join our team. We need a Qualified experienced hairdresser who is confident in Colouring, Cutting and styling. The candidate also needs to be either trained in some beauty treatments or willing to do training and can also cover reception.**

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**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.

Every year we have lots of clients who leave booking until the last minute then are unable to get an appointment or their vouchers expire. Please book as soon as you get your vouchers to avoid disappointment. We can take bookings in advance for the whole year so even if you don't wish to have an appointment straight away, call and book in advance.

**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.