

## Special Interest Articles:

- A word from Corinne
- It's a Wrap – The new Sculpturing Wrap
- Fake Bake Spray tan
- What do your feet say about you?
- Does your choice of nail varnish mean anything?

*Using 'Fucus' a brown algae that stimulates micro-blood circulation and essential oils rosemary, lavender and eucalyptus*

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## From me to you...



Sam & I

Can you believe it's another year over?

I don't know about you, but I don't like New Year, particularly, as it is that time of year the Tax man comes knocking, as well as all my children's school club fees. To cheer myself up, I booked our family holiday for a deposit of £25. Bargain! Off to the Isle of Wight for us.

## It's a Wrap!

We are so excited to be able to offer you a fabulous new treatment in our Sothys range. The Sculpturing Escapade wrap. It really is a fabulous treatment.

It helps the body with detoxification and increased firmness. The thermal fondant is applied to the body and you are cocooned in a transparent film whilst lying on a heated blanket. As you relax and allow the

I know I must bore you all to tears, but if you are going on holiday, please remember your sunscreens, as I have told you all before, it's important to wear a good sun protection even in the winter. I have also explained in my last newsletter the benefits of low SPF with high antioxidants compared to high SPF's. If you missed this article, and would like to receive a copy, please let

us know and I can send one out.

With the buzz of the New Year and fresh ideas, we have redecorated one of our treatment rooms, see the photo below, I am sure you will enjoy the new atmosphere that the changes have made, and we look forward to getting the other rooms redesigned in the near future..

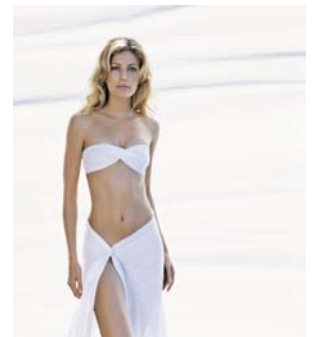
**By Corinne Bull, Owner**



fondant to do its work you will receive a head massage. The fondant ingredients include 'Fucus' a brown algae, that stimulates micro-blood circulation. It also uses essential oils of rosemary, lavender and eucalyptus to boost the slimming process. The treatment is completed with the Sothys Total Resculpting serum.

Clients that have indulged in this wrap have been extremely pleased with it

and many have rebooked. We hope you will look forward to trying it for yourself.



## Have a tan in your lunch hour



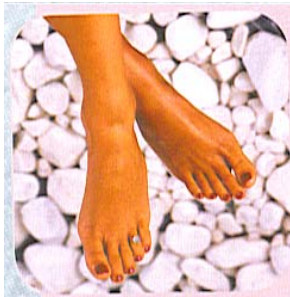
Some of you will already have tried the lovely Fake Bake self-tan treatment at Pure Serenity. We have previously offered you the hour long treatment which includes an exfoliation followed by the application of the Fake Bake cream treatment. Great if you are

planning to go on holiday and don't want to be the palest on the beach, as it lasts between 7-10 days, and as a lot of you know, this is the preferred product of the WAGS during the World Cup, when they flew 2 Fake Bake Therapists over to the England camp, to keep their tans topped up.

But, what if you are going to a wedding and only need the tan to last 5-7 days, and you haven't got the time to treat yourself to a full hour off. Then the Fake Bake spray tan is your answer.

Give yourself a healthy glow in 10 minutes. We are now offering Fake Bake Spray tan, only £20.

## What do your feet say about you ?



In a recent poll by *Your Beauty Spot* they asked 'Would you notice if someone didn't look after their toe nails'. A resounding 82% said yes they would.

Its not just about having pretty shaped and painted toe nails, how many of you have been going up escalators and noticed how badly cracked the heel of the lady going up in front of you are? I know I have.

Don't get caught out when the sun starts to shine, start getting your feet in shape,

you have locked them away during the winter months, we are a few months from spring, so get them prepared.

In the meantime, why not invest in a pair of Gelucious Moisturising Bootees by Jessica. Wear them around the house like slippers Consumer tests reveal that within 14 days of wearing gel products, dry calloused skin is conditioned and moisturised. Buy your pair from Pure Serenity £19.95, in Pink or Baby Blue.

*\* Information from Your Beauty Spot, Australia*

## Best foot forward

Regular pedicures and basic hygiene may be all that's needed to keep your feet in good health. But when normal feet turn into problem feet, it's best to seek professional help.

Some problems are inherited, and some develop from illnesses in middle age, or from the pressure of ill-fitting shoes.

David Power, our chiropodist, is trained in all

aspects of care for the feet, including the most common foot problems, here we discuss calluses.

Most calluses are symptoms of an underlying problem like a bony deformity, a particular style of walking, or inappropriate footwear. Some people have a natural tendency to form callus because of their skin type. Elderly people have less fatty tissue in their skin and this can lead to callus forming on

the ball of the foot.

You can control a small amount of hard skin by gently rubbing with a pumice stone, or chiropody sponge occasionally when you are in the bath. Use a moisturising cream daily. If this does not appear to be working, visit David at Pure Serenity for advice and help with their removal.

### **\*Does your choice of nail varnish mean anything?**

**Red:** Ambitious and want more energy

**Turquoise:** You want freedom & independence

**Pink:** You want to attract more love and affection

**Green:** You want calmness, harmony and relaxation

**Magenta:** You want compassion & nurturing

**Brown:** You want comfort and security

**Blue:** You want honesty, integrity and tell