

## Special Interest Articles:

- A word from Corinne
- Just arrived! Sothys Beauty Garden Organic Facial
- What is Body Brushing?
- How to change your day look to evening look
- Offers at Pure Serenity Clinic

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## Note From Corinne...

It's been quite exciting for myself and my therapists recently. We were pleased to receive our range of Mineral make-up from Jane Iredale. Wow, what a difference it can make to the complexion. The feel of the make up on your face feels so lightweight and clean, and at the end of the day the face doesn't feel clogged and dirty from make up. We really enjoyed the make up courses we attended and found great hints and tips on how to wear your make up, which I hope we will be able to pass on to you.

We look forward to booking you in for your free of charge perfect colour match and explaining the benefits of this fabulous range.

By Corinne Bull, Owner



## What is Body Brushing?

Body Brushing is an ancient practice designed to clear the body of toxins by brushing the body. Over time, the skin's pores become clogged and less efficient due to pollution etc.

As skin ages it is less able to shed its outer layer of dead skin cells. This is partly the cause of the dry, papery look of older skin.

So body brushing, which is also referred to as dry brushing is designed to restore the skin to its optimal condition and help fight against toxin

damage.

As a bonus, not only does the skin work better it also looks good. Results from body brushing include: renewed glow, suppleness, vitality and softness of their skin. So its well worth the effort involved.

Body brushing is also said to boost and support the immune system, stimulates the nervous system, and circulation, and more even distribution of fat deposits. It also helps reduce infection, and allows the body to heal faster.

Body brushing can be done at home but we now offer

## You asked for Organic...We Deliver!

On a number of occasions we have been asked for skincare products that are totally organic, we have listened and so have Sothys. Their new Organic "Beauty Garden" range is now in stock. Not only are the products organic, but the box is made from recycled cardboard, and the product information is printed on the inside of the box, instead of a piece of paper. The range is suitable for all skin types. The organic ingredients are produced at the Sothys Garden in Corrèze, France and include Helianthus oil, rosemary, cherry bud and lavender.

The facial is a real steal at £35 for the 45 minute facial

this treatment at the clinic.

The treatment consists of dry body brushing over the body, followed by the Sothys Organic Range body cream massaged over the body. The added bonus to the treatment is that you receive the body brush from the treatment to take home with you.

The treatment takes 1 hour and costs £30.

## Congratulations to Sam & Sheila



Both Sam & Sheila have completed and passed their Spiritual Healing courses. Congratulations ladies for such hard work and dedication to the course.

Sam & Sheila will now be offering this treatment at Pure Serenity. The treatment helps the patient to invoke self-healing, often in the most powerful of ways.

Watch this space for more information.

## Take your make up from day to night

At this time of year we can sometimes be invited to evening events at very short notice. If you get that invite and have little time, then here is some tips to make sure you can change from day look to evening look quickly...

Make sure you carry a bright lipstick in your bag. What better way to transform your day make up from your day look to evening look than with a bright and dramatic lip colour? Bright lips were a strong look on the catwalk, in orange, pink or red. If you have fair skin opt for neon pink or bold orange like Jane Iredales Renee Matt lipstick, or Sugar Plum lipgloss, dark skin looks great with red and violet, try Jane Iredales "Laura" matt lipstick, or Strawberry Lipgloss, while red heads should stick to corals, like Jane Iredales Sabrina matt lipstick or their Apricot Fizz lipgloss.

Apply your foundation thinly

over the lips and then apply your matt lipstick this will help to keep the lipstick on your lips and not on your wine glass.

The lipgloss ingredients include cinnamon which helps to plump the lips and this is in a base of organic vegetable oils they have no petroleum based ingredients to dry out your lips.

Revamp the eyes with little effort and maximum effect by applying black eye pencil along the lower lash line then smudging with a cotton bud or finger tip to give an instant smoky sultry look. Perfect for night time glamour,

Another trick to use from the Jane Iredale range is the fantastic 24-Karat Gold dust. Jane Iredale use real 24 Karat gold to gild the skin. Apply it to the cheeks, eyes and lips, but don't stop there – mix it with a moisturiser for the décolleté or into a gel to work into your hair.

Have a great evening!

### Our Latest Offers

Here are some fabulous offers for you to enjoy. Each month we have a different treatment for you to try. To receive these special deals, you will need to book them during the month they are offered. Book them now to avoid disappointment.

#### October 2008

Total Decadence Massage - our top of the range massage which includes a full body exfoliation, and a deeply relaxing full body massage using aromatic muslin bags with hot stones, infused with ginger and nutmeg warming spices and soaked in warm oils and now includes a free scalp massage and lymphatic drainage face massage. £65

#### November 2008

Deluxe Pedicure – During the month of November book the deluxe pedicure and receive a free re-varnish during December (keeping your feet looking tip top for the Christmas season). £32

#### December 2008

The Sothys Organic facial to freshen and revitalise the skin in time for the Christmas festivities, with free eyebrow shape. £35

\*\*These treatments cannot be used in conjunction with any other offers and must be solely for one client as treatments cannot be shared  
Treatments must be taken during the month the offer is available



PureGloss for Lips



24-Karat Gold Dust