

Members Newsletter

Christmas 2010

CHRISTMAS OPENING HOURS

Monday 20 th December	: 8am - 1pm	4pm -7pm (last workout 6.15pm)
Tuesday 21 st December	: 8am - 1pm	4pm - 7pm (last workout 6.15pm)
Wednesday 22 nd December	: 8am - 1pm	4pm - 7pm (last workout 6.15pm)
Thursday 23 rd December	: 8am - 1pm	4pm - 7pm (last workout 6.15pm)
Christmas Eve	: 9am – 12 noon	CLOSED
Christmas Day	: CLOSED	
Boxing Day	: CLOSED	
Monday 27th December	: CLOSED	
Tuesday 28th December	: CLOSED	
Wednesday 29 th December	: 9am - 12 noon (last work out 11.15am)	
Thursday 30 th December	: 9am - 12 noon (last work out 11.15am)	
New Years Eve	: 9am - 12 noon (last work out 11.15am)	
New Years Day	: CLOSED	
Monday 3rd January 2011	: CLOSED	
Tuesday 4 th January 2011	: 8am – 1pm	4pm -8pm (last work out 7.15pm)

From Tuesday 4th January 2011 normal opening hours will resume

All classes will stop between Monday 20th December and Monday 3rd January. They will resume on Tuesday 4th January.

Treatments with Dr Tom Watcyn-Jones

Dr Watcyn-Jones is extending his range of treatments after Christmas. As well as Botox and Fillers he will be offering:

- ❖ Hyper hidrosis – combats excess sweating
- ❖ Obagi / Nuderm Skin treatments – helps correct pigmentation, acne, fine lines & wrinkles, skin laxity & volume
- ❖ Obagi Blue Peel – Chemical Peel rejuvenates the skin
- ❖ Under Eye Collagen Stimulator

Coming soon!

Stretch Mark Removal and Teeth Whitening.

For more information or to book a consultation please book via Reception or call 01326 372458.

Food Sensitivity Testing

The next food sensitivity day is:

❖ **Thursday 13th January 2011**

There are leaflets at the club entrance and bookings are taken at Reception. Deposit is also required with the booking.

Clothes Closet

Do you have any old party frocks you no longer wish to wear – why not pop them in our clothes closet to sell and earn yourself some extra pennies for Christmas as well as saving some penny's for someone else? Re-shape will take small commission. If you are interested please speak to Debi or Emma.

Extreme weather conditions

Last year we experienced a long spell of extremely cold weather, including ice and snow. Debi and Emma both live 5 miles or more from the club and although we will make every effort to try and get in should we experience these conditions, we will air on the side of caution should we think it unsafe for us to travel in to the club. If in doubt please ring the club before venturing down (01326 372458), if we are not there leave a message and will contact you to let you know when we do get in. Please be very careful on the steps and car park although will salt as much as possible.

Megan's Beauty Spot Offers

Festive Nails

Enjoy perfect nails for matching your festive evening wear with a **Luxury Manicure** for just £20 (normally £30)
Delicate Nail Art (extra 2.50)

Hot Stone Facial £20 (normally £30) Christmas Extra Special

This is a relaxing facial with all the benefits of hot stones the skin will be cleansed, toned and exfoliated followed by a shoulder, neck and face massage performed with hot stones. This is then continued with a mask and finished with a moisturiser to suit your skin type a real winter warmer.

Megan's Christmas opening times will be the same as Re-shapes Christmas opening hours.

Christmas Gift idea's from Megan's Beauty Spot Beauty Gift Bag

Gift bag includes:

OPI hand and Body Lotion in fragrance of your choice.
NSI cuticle oil
Hive peach and pomegranate lip balm
PLUS Free nail file

Beauty Vouchers

Why not treat a loved one or friend or even yourself to a beauty voucher – vouchers can be sold for a specific amount of money or for individual treatments.

New Offer to Megan's Beauty Spot Buy any 5 Facials and get one FREE

To get beautiful skin we all know that we have to look after it and there is no better way than a facial, and the more regular the better! Why not take up on this fantastic offer and keep your skin glowing. Conditions five facials must be purchased within 12 months to qualify for the six free this also excludes offer prices.

Christmas Gift Ideas from Re-shape

Bed Head Shampoo and Conditioner Duo's - £24.00
Bed Head Gift Packs - £23.90 normally £39.25

There is also a wide variety of jewellery in our display cabinet

Christmas Classes

Christmas Festive Classes:

Wear something Festive for the class.

Tuesday 14th December
Wednesday 15th December
Thursday 16th December

There will be no classes from Monday 20th December through to Monday 3rd January 2011.

From the 4th January 2011 all classes will resume as normal.

Shiatsu Special Offer

£25 per session

Every Wednesday up until December 22nd.

Pain Clinic Special Offer

All massages and reflexology £20 (usually £30) (45 mins) on Monday evenings throughout December. **Gift Vouchers available at special offer price too!** A great idea for a Christmas or birthday present.

Relaxed Inspirations Special Offer

25% off all treatments in December

Kinesiology - £26.25 (normally £35)

Indian Head Massage - £18.75 (normally £25)

If you refer a friend for a treatment you will receive **50% off** your next treatment.

If you buy a block of 3 you receive special discount prices of:

Kinesiology – £87.50 saving of £17.50

Indian Head Massage - £62.50 saving of £12.50

Please Book at Reception

A big thank you

To everyone who attended our coffee morning on Tuesday 9th November it was a great success and we raised a total of £172.80 of which £86.40 will go to The Precious Lives Appeal and £86.40 will go to FLEET (Frontline Emergency Equipment Trust). FLEET is a charity which provides emergency equipment of all the frontline ambulances in Cornwall. Debbie Slater will be running the London Marathon again in 2011. The money raised for FLEET will help her achieve her total for London

Wishing All
Our Members A Very



From Us All
@ Re-shape