

Prom & Wedding Season

Exciting times, need assistance for your special occasion? Think ahead, we have fabulous ideas and advice to make your day awesome. Dresses make an entrance on the big day/night but don't forget about your hair, make-up, nails, eyelashes, eyebrows, a tan; the list is endless to achieve the desired look. We can design packages how ever big or small you would like, what ever colour or style you have in mind.

Please speak to a member of staff about booking a consultation about designing your personal plan.

About Your Hair!

Hair is our crowning glory or should be. Let us prescribe a regime to enhance your hair density-curly-straight-colour, your general health effects all these things. We have solutions for what problems you have. What about a total overhaul? Come and book in a free consultation. Start the Spring & the holiday seasons with vigour.

Cloud Nine

Exchange your old GHDs or any other make for new styles, £20 allowance against your purchase. Truly professional equipment, 2 years guarantee.

Supporting Race Against Dementia

We are continuing to support Race against dementia with Sir Jackie Stuart, and hope you will participate in our events. We hope to have support from some large organisations to double what we raise. Thank you for your kind support. Hopefully this year will be as successful as last year (£1500) or even better!

Remember whatever illness and health issues our brain controls it all.

Concessions

- ◆ Spring clean your skin with double the size cleanser and toner from both Guinot and Thalgo.
- ◆ Put some hydration back into your skin after the cold months and the central heating with Guinot/Thalgo hydration ranges. 20% off during April.
- ◆ Exfoliating helps with the penetration of your creams allowing them to work even better. Make sure you check out Thalgo's extra sizes for the same great price.
- ◆ Book a course of 6 Thalgo body palp slimming treatment & receive the 6th one free.
- ◆ Receive a complimentary eyeshadow with the purchase of a Masters Colours make up product.

Wishing you all a Happy Easter! We will be closed on 22nd,23rd,24th April!



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Google Street View



GUINOT CROWN SALON

We have been gifted with some beautiful days this year already, and we are only into April! The warmer, lighter nights will soon be with us!

We should now start to be thinking about preparing our bodies for the Summer! Whether its down to slimming, tanning, or caring for hair and skin, we are here to give you our advice!

Lets have a spring clean with our skin! We have many cleansers and toners to offer, for every skin type and texture of your skin.

Many women will wash there face with a cleanser but forget to tone! Lets ask ourselves the question, what is the benefit of using both a cleanser and a toner together?

Cleanser is to get rid of the dirt and impurities. After cleansing your pores open up, so it is very important that you close them, which is done by the toner. If you are not toning after cleansing your pores get clogged and they become visible on your face. You should also be doing this same routine in a morning to remove any sebum that has produced during the night and to level your skins PH balance!

We have double size cleansers and toners in Thalgo and Guinot at a special price &

20% off Guinot's NEW Clean Logic & Revitalising Toner

(Must be brought as a pair)* *For mature and sensitive skin this revitalising duo will restore a more youthful appearance and eliminate dead skin cells that build up. Treatment action from both products ensures long lasting results. Care active ingredients will magnetise bacteria and makeup as well as boosting youth.*



Next up! The importance of exfoliating! Exfoliation is the removal of dry/dead skin cells on the surface of the skin and is one of the most important aspects of your home skincare routine for face and body. Exfoliation not only helps many skin problems, it also increases blood circulation, which in turn helps you to achieve healthy and glowing skin. What is the point in buying beautiful creams to treat a layer of dead skin?

After the cold months our skins may be feeling slightly under the weather and most likely dehydrated from central heating and environmental factors. This means your skin lacks the water it needs to remain healthy, resulting in an oily, sensitive, or dull skin tone.



20% off all products in both Thalgo and Guinot's Hydration Range! This month only!

Please ask our therapist for a skin consultation and advice on skin care, we can point you in the right direction!

Lets kick off April with our fabulous slimming products. Even if we may have had a slow start to dieting, getting back into the gym, it is not too late. We have effective treatments and products to go along side your new healthy diet & exercise routines to give your body a real boost.

Nutrition - Our Top 3 Nutritional Products!

1 - Activ Detox- (Preparation!)



(10 Day Course) Activ Detox is recommended before starting an intensive slimming or beauty programme. By triggering the elimination and weight loss processes, Activ Detox prepares the body for slimming programmes.

2 - Coach Anti Orange Peel (Anti Cellulite!)

A corrective solution to the appearance of orange peel skin, targeting all the parameters involved in the appearance of cellulite in order to restore the skin's smooth feel.

COACH Anti-Orange Peel Effect contains a patented melon concentrate, clinically tested on cellulite reduction, fat-burning green tea extracts, and grape marc extract which aids tissue drainage.

3 - Active Refining Burner (Refining!)

Activ Refining Burner helps to burn fat from all over the body it contains a patented phytocomplex called Sinetrol®, clinically proven to reduce waist and hips circumference by 5 cm on average. Minimum 3 boxes to see best results.

Thalgo Body Palp Slimming Treatment

Offering concentrated performance and effectiveness, this made-to-measure, zone-to-zone, professional slimming treatment combines Thalgo cosmetic expertise with patented Body Palp technology. An ultra-exfoliating peel and a highly active hot/cold-effect double body wrap are combined with Body Palp to visibly resculpt your figure, smooth cellulite and firm and tone your skin.

Lets take a look at proven results:

EXCESS FAT

Up to -3cm in hip circumference and up to 2cm in thigh circumference.

CELLULITE

93% thought skin appearance was smoother and 87% thought less visible dimpling.

SAGGING

100% felt skin was firmer and

87% thought it gave a push up effect (more shapely bottom). **Results obtained from a survey 15 women doing a course of 6 treatments (2 per week).*

Book a course of 6 and receive your 6th treatment free!



8 Healthy Tips For Loosing Weight!

1 Don't skip breakfast! You may end up snacking on more throughout the day because you feel hungry.

2 Eat regular meals. Eating at regular times a day helps burn calories at a faster rate & reduces temptation to snack on foods high in fat and sugar.

3 Eat plenty of fruit and veg. Low in fat and high in fibre and contain plenty of vitamins and minerals.

4 Get more active. The key to loosing weight and keeping it off, exercise will cut the calories off that you can't cut through diet alone.

5 Drink plenty of water. Sometimes we confuse thirst with hunger, when really you may just need a glass of water.

6 Eat high fibre foods. Foods containing lots of fibre help to keep you feeling more full (Fruit & veg, oats, wholegrain bread, brown rice and pasta)

7 Don't ban foods. Especially foods you like, banning foods from your weight loss plan will only make you crave them more. You can still enjoy the occasional treat within your daily allowance.

8 Cut down on alcohol. A standard glass of wine can contain as may calories as a piece of chocolate and over time can easily contribute to weight gain.