

News...



From the Belmore Centre

Happy New year from all the staff at The Belmore Centre!

Spring is just around the corner so why not get ready by spoiling yourself with one (or more) of our wide range of treatments.



Gift Vouchers...

With Valentine's Day approaching and Mothers Day on 18th March, why not treat your loved ones with a Gift Voucher from the Belmore Centre? Vouchers can be purchased in denominations from £10 upwards or for specific treatments. They are valid for 6 months from date of purchase and can be used to buy Beauty treatments or products.

Or why not treat yourself and your partner to one of our :

Specials for Valentines...

"His and Hers Treatments for Two" available throughout February so you can enjoy a special treat together :

- Share a His and Hers Doctor fish session - £15 for a 15 minute session for 2 people
- Or enjoy a pampering treatment at a special price by booking yourself and your partner in for a manicure, pedicure or prescription facial. When taking these two treatments at the same time, you will get the cheapest treatment half price. So....book a manicure and a men's manicure for the special price of **£32.50** (normal price £42), a pedicure and a men's pedicure for the special price of **£38.50** (normal price £50) or a prescription facial and a men's facial for the special price of **£71.00** (normal price £91)

Booking terms: Both of you must book at the same time and for the same treatment. Note that treatments will not be carried out in the same room. Treatments subject to availability. Book now to avoid disappointment!

Watch this space for our "Mother's Day Specials"!

Universal Contour Wrap

If you are looking to lose a few extra inches after the excesses of Christmas and New Year, why not try the Universal Contour Wrap?! You could always join a gym or attempt the latest diet, but if you want instant results, chose the Universal Contour Wrap and you're guaranteed to lose at least 6" in just two hours. This perhaps sounds too good to be true but with an average loss of between 10-14 inches from just one treatment we are confident you will be impressed!

Price **£78.00** for a single wrap or **£210** for a course of 3 - recommended to help you maintain that inch loss.

The Belmore Centre - "a unique combination of treatments for the inner and outer self"

01296 612361



New from Clarins

We now have in stock this years' Spring Make-Up Collection from Clarins - "Colour Breeze". This season colour washes over a flawless complexion as the first signs of Spring are encapsulated in radiant tones of delicate candy colours to enhance and illuminate, for perfect and breezy beauty.

Limited Edition Colour Breeze Face & Blush Powder. This soft compact glides over the skin, leaving it smooth and perfectly matte. Three shades of skin enhancing blush embossed into a delicate powder which can be used alone, or blended together for a subtle touch of radiance. Price **£30.00**

Limited Edition Instant Light Blush. super light skin enhancing liquid cheek colour that glides on to create high definition radiance, yet natural colour. Available in 2 natural shades. Price **£19.00**

Limited Edition Eye Quartet Mineral Palette. Four satin smooth, wet and dry formula mineral eye shadows in subtle spring shades of turquoise and grey green, partnered by a soft flannel grey to define the eye and an illuminating white for highlighting. Price **£30.00**

NEW Gloss Prodiges Intense Colour and Shine Lip Gloss. Lip perfecting and ultra-glossy, this non-sticky gel-like gloss with a delicious blackberry and liquorice scent and flavour delivers intense colour, fuller looking and smoother lips.

Lips look naturally fuller thanks to the exclusive Clarins Maxi Lip™ peptide with hyaluronic acid and colour is smooth with a mirror like shine due to a 100% natural high-shine polymer. Price **£15.50**
Our staff think these lip glosses are fab!!

There are also new shades of Jolie Rouge Lipstick available as part of the new Spring Collection.

Think you may be suffering from stress? Acupuncture can help!

Up to half a million people in the UK experience work-related stress every year, which often results in illness. Other factors that affect stress levels include alcohol, smoking, exams, pregnancy, divorce, moving home, death in family, lifestyle, drugs, poor nutrition and unemployment. The signs of stress can vary from one individual to the next. They may manifest physically as an illness, tiredness or lethargy, or as symptoms such as sore, tight muscles, dull skin, lank hair or erratic sleep patterns. Mental stress can result in depression, mood swings, anger, frustration, confusion, paranoid behaviour, jealousy or withdrawal. Conventional treatments include medication such as anti-anxiety drugs, cognitive behavioural therapy and relaxation techniques. Acupuncture is a holistic treatment which treats the root cause of these symptoms by treating the physical, emotional and mental aspects of the individual thus reflecting what people see as the connection in the different aspects of their life.

If you think Acupuncture might help you, call The Belmore Centre now to make an appointment to see Penny Upchurch. An initial one hour consultation costs **£55**; half hour follow-up appointments cost **£41**.

*If you need an appointment before a special occasion, please book well in advance to ensure you get the date and time you require. 01296 612361
Follow us on Facebook and Twitter to receive exclusive deals and special offers. Just search either - The Belmore Centre or Whitethorn Fields MediClinic. And join us today!!! Or add your name to our mailing list next time you visit the Centre!*

The Belmore Centre Loyalty Card!

Receive 1 stamp each time you spend £40 or more on treatments. Collect 5 stamps and receive £10 OFF your next treatment. If you don't already have a card, please ask at Reception on your next visit!