

News...



From the Belmore Centre

*Prepare for summer.....*

*It must be just round the corner!!*

Summer is a long time arriving this year.....but that gives us no excuse not to be ready when it finally arrives!!! Apart from waxing, pedicures and a range of skin treatments to prepare you to look your best for the sunny weather, we can also offer:

## *Gift Vouchers*

As the end of the school year approaches, why not consider a Belmore Centre Gift Voucher which makes a lovely gift for that special teacher. 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 and Relaxation treatments or products.

When summer does finally arrive, remember the Sun Care Code - Take **CARE** in the sun:

**C**over up by wearing a hat, t-shirt and sunglasses

**A**void the sun between the hours of 11am and 3pm when it is at its most dangerous

**R**emember to use a minimum of SPF15 sunscreen, apply generously and reapply every two hours

**E**nsure that children are adequately protected because their skin is more delicate and prone to sunburn.

Here at the Belmore Centre, we offer the full range of Clarins skin sun protection and after sun care.

A chance to have a slimmer summer – lose at least 6 inches in just 2 hours with a Universal Contour Wrap. This internationally renowned treatment guarantees a 6" minimum inch loss from your first treatment, or your money back. What's more, the inches are guaranteed to stay off for 30 days (subject to you following the after-care instructions) , or receive a free treatment. So you really have nothing to lose, other than the inches! The perfect inch-loss treatment to prepare your body for summer! Price **£78 for a single wrap or £210 for a course of 3.**

Or if a wrap doesn't appeal to you, why not try the Hypno-Band Weight Loss System? If you have tried every diet under the sun, are fed up with the constant struggle, have considered surgery, or find your weight is holding you back from living the life you want,

Gastric Band Hypnotherapy could be the answer. It will allow you to eat less and feel fuller quicker, eat healthily and enjoy your food, feel in control and boost your confidence and .....finally stop dieting. Most people need only 3-4 sessions to get the results they want at a cost of **£60** per session.

## *New at The Belmore Centre*

We are now able to offer Thai Yoga Massage and Ayurvedic Yoga Massage with Nadia Rose Saadi. A massage treatment like no other.....**Thai Yoga Massage** includes flowing sequences of compressions, gentle rocking and deep stretching, opening up tight joints and muscles using assisted yoga and deep tissue release....

While Thai Yoga is performed fully clothed, **Ayurvedic Yoga Massage** uses strokes with the hand and oil to release tension in a blissfully relaxing way. It also includes gentle stretches as is inspired by the wonderful art of Yoga. It improves flexibility whilst relaxing the mind and body.

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

01296 612361



## All aboard for the St Tropez Spraycation 2012!



Have a spray tan with us or spend over £20 on St Tropez products and receive a free scratch off card (while stocks last) for a chance to win either: £1,000 in holiday vouchers (and, if you win, your therapist will win the same!) or £5 off your next tanning treatment at the Belmore Centre or a FREE St Tropez Perfect Legs (75ml).

## BELMORE CENTRE FITNESS REVOLUTION LAUNCHES CAT BOOKER FITNESS CLASSES & PERSONAL TRAINING



Cat Booker Fitness launches 1-2-1 & small group personal training, Peak® Pilates Fitness chair & Mat Pilates, Fitness Yoga, TRX & Kettlebell training at The Belmore Centre.

*A destination for getting **results** and the **motivation** for **better fitness and wellbeing**.*

**FREE PERSONAL TRAINING CONSULTATION THIS SUMMER & FREE Class with a Friend\***

Pilates and Fitness Yoga classes for all levels, sculpting with the MVe Peak ® Pilates Fitness Chair, the only location outside of London!! Boost your metabolism with the Fat Burner Kettlebell & TRX Class

\*Class session prices available on enquiry, Personal Training and packages are online [www.catbookerfitness.co.uk](http://www.catbookerfitness.co.uk)

***Pleased to meet you in fitness and in health**  
**Call: 07595 358565 mail@catbooker.me***



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!

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

We have just launched our new Facebook Page: please like our page for our discounts and special offers and to view pictures of past events at the Belmore Centre. You can also follow us Twitter. Just search either – Belmore Centre or Whitethorn Fields MediClinic - and join us today!!! Or add your name to our mailing list next time you visit the Centre.