

BeCalmed

SPRING 2019 NEWSLETTER



Hello and welcome to our Spring Newsletter. It's that time of year when we get that familiar urge to throw open the windows and scour every inch of our home to get a fresh start on the new season. But what about you? Do you need a spring clean? Have you spent the winter in hibernation mode, eating more, exercising less, and getting less sunlight and fresh air? If your skin needs a spring clean to help it recover from the wind, rain, and central heating, then please read on for our tips, advice and offers.

With best wishes from Caroline & Laura Hurley

Spring Clean Your Skin With Our Advanced Facials

ESPA Pro Optimal Facial - With the aid of a Clarisonic brush, this facial instantly revives and brightens the complexion while helping to protect against the environment damage and delay the early, invisible signs of ageing. Offer price - £48.00, plus you will receive a free ESPA collection worth over £40.00 with your first facial (while stocks last).

Glycolic Peel - A glycolic acid-based treatment that is pH buffered to reduce irritation, giving back radiance and luminosity to the skin. Your first treatment will be at 10% Glycolic Strength and will gradually be increased over the next few treatments. £49.00 for your first treatment. £250 for a course of 5 saving £75.

BeCalmed

WELLBEING & MEDI SPA

At BeCalmed we are dedicated to help your Health and Wellbeing. Our experts will focus on restoring you to optimum skin health and body wellness. To help with the signs of ageing, hair removal, red veins, pigmentation, acne, scars, tattoo removal, nail fungus and skin tags we use IPL, Laser, Microcurrent Glycolic Skin Peels and Dermapen.

We also offer:

ESPA Face & Body treatments • Sports Massage • Pre-natal Massage
Holistic & Beauty Therapy • Wellbeing & Mindful Treatments

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Introducing the Full Tri-Active™ Advanced ProBiome range from ESPA

A Cutting-Edge Skincare Therapy that Defies the Visible Signs of Ageing



Careful research over the last few years has shown that good skin care is key to reducing the signs of ageing. In 2019, further unprecedented discoveries about the skin microbiome have unlocked a new potential for age-defying skincare. Investing in your future means starting with your microbiome, a top skincare trend for 2019.

As the fundamental first line of defence against the damaging effects of modern life, this microbial world is the gateway to slowing the visible ageing process and achieving healthier, rejuvenated skin for life. The science is complicated, but the plan of action is simple. Re-boot your skin microbiome: get stronger, more beautiful skin.

ESPA is renowned for the Tri-Active™ blend of plant extracts, marine extracts, and essential oils. This new range includes a completely new formula, ProBiome Complex, with pre and probiotic technology to enhance the power of this formula. ProBiome Complex is ESPA's newest combination of unique ingredients; Peony Extract, Microalgae and a prebiotic blend. This cutting edge microbiome technology reduces visible signs of stress and

ageing and strengthens skin, preventing further damage.

Formulated by leading experts and lovingly created over the past 3 years, ESPA introduce your new skincare routine for a more biodiverse, and therefore stronger, microbiome. Please call into BeCalmed for more information and to try this great product for yourself.

Time for Calm Package - £49.50



Enjoy the benefits of a relaxing 25 minute Hot Stone Back Massage plus a therapeutic head massage. Also included is ESPA's 'Time for Calm' Gift. This gift contains Restorative Bath Oil, Restorative Body Oil and a Limited-Edition Restorative Balm. This package can be gift wrapped to include a Gift Voucher for the treatments. Please ask for details.

Spring Clean Your Skin

A spring clean is always a therapeutic activity, giving our home a fresh start after the winter. This also applies to your skin. After the winter of dealing with the wind, rain and central heating your skin can feel clogged and look tired. Even those of you who regularly cleanse can sometimes leave behind dirt and oil trapped in your pores. This build-up can make your skin appear dull and hinder the efficacy of your skin care products.

One popular solution to help give your skin a deep cleanse, is a Beauty Lab Glycolic Peel. It is not as alarming as it sounds, this glycolic acid-based treatment is pH buffered to reduce irritation. As well as brightening your skin, this anti-ageing treatment will boost collagen production, significantly reducing the appearance of wrinkles, giving back radiance and luminosity to the skin. It can benefit many skin conditions including hyper-pigmentation, age spots and acne.

Another solution is to ask for a Clarisonic brush to be used in your next facial. The Clarisonic brush is a sonic cleansing brush that gently exfoliates, stimulates circulation, cleans deep pores, and helps your skin care products to penetrate and work more effectively. In just 60 seconds, the oscillating bristles can remove



six times more makeup, dirt and sebum than cleansing with your hands alone. Every pore is unclogged, the results are quick and startling, leaving you feeling fresh and clean

To see the results for yourself, I recommend having the ESPA Optimal Skin Pro Facial at BeCalmed. It is designed to rebalance, hydrate and revitalise. Using a Clarisonic brush, this facial instantly revives and brightens the complexion while helping to protect against the environmental damage and delay the early, invisible signs of ageing. It is the perfect answer to giving your skin a spring clean.

Reader's Offer

See front cover for more information on our spring promotion on these two amazing facials.

The Waterless Pedicure - £30.00



We have introduced the latest trend in pedicures. We will pamper your fatigued feet with an innovative, dual-function foot mask that hydrates and nourishes feet in need. Enriched with a skin-loving dose of

Marine Collagen, Shea Butter and Vitamin E, the anti-ageing mask envelops feet in a veil of rich moisture that thoroughly nourishes skin, whilst a cooling dose of Peppermint ensures they feel refreshed. The treatment will leave your feet soft, youthful with supple skin that is comfortably hydrated. Treatment also includes, nail shape, full cuticle care, exfoliation, filing of hard skin and varnish or nail strengthener to finish. The perfect way to put a spring in your step. Available now at BeCalmed and Finishing Touches.

Have you tried Lash Lifting yet?



Here are my top Lash Lift Benefits:

- A treatment which enhances your natural lashes without the need for ongoing maintenance.
- No need to reach for those eyelash curlers.
- Makes your morning routine quicker.
- There is no need to wear mascara for a few weeks as the treatment includes a lash tint which darkens the lashes.

Special Offer

Lash Lift and Brow Shape for only £45.00
saving over £20.00.

The Island Wellbeing Centre

*Fully-Equipped, Professional
Therapy Rooms Available to Rent*



Services currently being offered are:

PhysioCare Physiotherapy - 01983 812576

G&S Osteopathic Practice - Sylvie Vulliet – 07789320918

Len Goss – The Better Life Coach – 07984132505

With more therapies being added in 2019, now
is the time to get in touch.

*If you are interested in renting a room, please contact
Caroline or Shaun on 01983 243183 for more information.*

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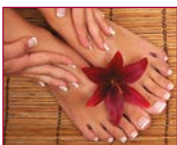
Finishing Touches

BEAUTY – NAILS – TANNING

A Jessica accredited boutique nail bar and beauty salon where you can relax and soak up the atmosphere right in the heart of bustling Cowes.

Treatments include:

Jessica Manicures and Pedicures, Lash Lifting and Extensions, Nail Extensions and a wide range of beauty treatments.



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