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**Don't Forget!**

**Mothers Day**

**Sunday 22<sup>nd</sup> March**

Thai Wellbeing has the perfect present... gift vouchers. Let your Mum relax and indulge in the treatment of her choice.

We are now offering **Tai Chi classes** in the studio on a Wednesday lunchtime where you can experience the original Yang family Tai-chi programme, only taught in the West in recent years. Discover how your power is rooted in the feet & learn mind/ body "softening" exercises to promote calm awareness, flexibility, core strength and the flow of *chi*.



There is a free taster session on Wednesday 4<sup>th</sup> March 1-1.45pm followed by regular classes every Wednesday. Members £3.50 and non-members £5.

To book your place call reception on 01603 666 050



### Treatment Packages

If you are trying to save money at the moment then our package plan is just what you need. Packages are available for all treatments and when you block buy we will give you a treatment for free. There is no time limit for it to be used up by and you

# Spring Newsletter

Bare Escentuals is the original mineral make up made from pure crushed minerals. It looks like a powder but feels like a cream, giving skin a natural luminosity, so pure you can sleep in it.



If you are new to this product there are great value starter kits available. These contain the essential products needed to achieve beautiful radiant skin. Including a skin primer, three brushes, two foundations and a finishing powder costing only £45. It also has a CD showing how to apply the make up.

If you prefer the personal touch in finding the right shade for your skin tone then we are offering a **FREE** 15-minute make up lesson. Call reception to book your appointment.



We also have a limited edition gift kit from Bare Escentuals. With its contents worth £75 it includes two brushes, two eye shadows and a blush. If you purchase four products from any of our retail ranges at the same time (Australian Bodycare, Nimue or Bare Escentuals) we will give the kit to you for free.

### Holistic Healing at Thai Wellbeing

**Crystal Healing** uses crystals placed on or around the body to promote healing. Since the earliest times, crystals have been used to heal and restore balance. They help in releasing and clearing negative energy, thereby assisting in energy healing.

The earliest records of crystal healing have been traced to Ancient Egypt. India's Ayurvedic records and traditional Chinese medicine also claim healing with the use of crystals, dating back 5000 years ago.

Treatments last an hour and cost £35

can give away time from your package as gifts to friends and family. So if you buy five 30-minute massages costing £117.50 we will give you one 30-minute massage free or if you buy ten 1 hour massages for £400 we will give you two 1 hour massages free. Ask reception for more details or to tailor make your own package.

Finally spring has sprung!

Days are staying lighter for longer, there is a hint of warmth in the air and flowers are slowly emerging. The official first day of spring is March 21<sup>st</sup> when the Vernal Equinox, which is when the sun sits directly above the equator, occurs. The word equinox comes from latin meaning equal nights.

Spring is a time of renewal and for starting all those things you have put off over the winter months. So the perfect time for trying a new brand of make up, a new gym class or even a new treatment at Thai Wellbeing!

A **complimentary** Back, Neck & Shoulder Massage is waiting for you at Thai Wellbeing. All you have to do is recommend a friend to Thai Wellbeing and when they spend £20 or more then you will receive your free BNS Massage.

