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Thai Wellbeing are excited to introduce some brand new treatments. All using 100% pure ingredients and including. The Thai Wellbeing Royal Honey Facial, Rejuvenating Body Delight, Sukapao Foot Ritual and many more.... Intrigued? Contact us for more details!!

Treat someone special to a Thai Wellbeing Gift Voucher. Tailor made and wrapped with ribbons, you can't go wrong!



Throughout the centuries, poets have described a sense of sadness, loss and lethargy, which can accompany the shortening days of fall and winter. Many cultures and religions have winter festivals associated with candles or fire. Many of us notice tiredness, a bit of weight gain, difficulty getting out of bed and bouts of "the blues" as fall turns to winter.

However some people experience an exaggerated form of these symptoms. Their depression and lack of energy become debilitating. Work and relationships suffer. This condition, known as Seasonal Affective Disorder (SAD) can affect over 5% of the population, while the milder, "Winter Blues" may affect a larger number of individuals.

### Cheer up and thaw out with our soothing seasonal packages!

**Relax and leave glowing** – A deeply relaxing back, neck and shoulder massage and a mini facial to revitalise tired winter skins. (1hour) £40

**Top-to-Toe pamper** – Indian head massage to relieve tense muscles and an oriental foot massage to finish and leave you feeling refreshed and revitalised. (1hour) £40

**Get set to Dazzle** – A file and polish on hands or feet, eyebrow shape and mini make-up. All you have to do is get your party frock on! (45min – 1hr) £30

**Seasonal Spice Indulgence** – Escape the chaos for a couple of hours and enjoy a warming hot stone or Thai herbal massage, combined with a Thai head massage and Hopi ear candles for the ultimate in relaxation and wellbeing. (2hours) £75



We have everything organised to help you with your Christmas shopping.

We have beautiful handmade scarves, pashminas and vases from Thailand.  
100% Natural Bare Escentuals make-up kits and gift packs

We know time is of the essence around this time of year but we still want to look great! We offer a FREE 15 minute makeover with Bare Escentuals -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. PLUS buy a starter kit (£45) and save yourself £77 AND we'll give you a FREE lip gloss (while stocks last)

The definition of a white Christmas in the UK is for a single snowflake to be observed falling in the 24 hours of December 25th.

Thai Wellbeing would like to wish you a very Merry Christmas and a Happy New Year!

