

# meeru spa & beauty

## newsletter

issue fourteen: January 2011

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HAPPY  
NEW YEAR  
2011

**HAPPY NEW YEAR....HAPPY NEW YOU.** January...the best time of the year to start looking after number one, YOU!! So we've come up with some little treats for you to kick start your New Year with our feel good January Promotions...Instant beauty boosters which will give you a spring in your step & put a smile on your face ☺

**So what is YOUR New Year Resolution???**

**New Body? New Start? New Haircut? New Job? New Man!?!  
Whatever it is, BELIEVE IT CAN HAPPEN & you can make it happen.**

**THINK IT, WANT IT, GET IT.**

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### JANUARY PROMOTIONS

*treats for £10.00*

\*manicure £10.00

\*MINX fingers £10.00 (save a MASSIVE £15!!)

\*full body spray tan £10.00

\*back massage £10.00

\*lash extensions £10.00

**Book your treat TODAY. Call us on 0191 385 7580**



# clinics available @ meeru spa & beauty

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## Acupuncture & Physiotherapy

Marguerite Harvey joined the meeru team last year to offer Acupuncture & Physiotherapy treatments & is continuing to offer her treatments from our tranquil treatment room.

Marguerite's clinic will be running EVERY Monday evening from 5pm to 9pm.

**ABOUT MARGUERITE:** Marguerite Harvey BSc Honours, MCSP, MHPS, AACP has been a practicing qualified Physiotherapist for over 8 years and has been practicing Acupuncture for over 4 years. She is a specialised therapist in treating neurological problems and chronic pain management.

Acupuncture treatments are a truly holistic, natural and drug free way of maintaining your health and wellbeing, giving proven results and a treatment plan tailored to your specific needs. Acupuncture is a complementary therapy that is a well known treatment for pain relief and reducing daily muscle tension.

Acupuncture can improve a number of problems some of which include **back pain, headaches, tennis elbow and muscle stiffness.**

Acupuncture (60 mins) includes deep tissue massage..... £35.00

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## Remedial & Sports Massage with Kevin Bryden

Kevin's clinic will run EVERY Tuesday evening from 5pm till 9pm.

Kevin has a Diploma in Remedial Massage from the Northern Institute of Massage and is a member of the National Association of Massage and Manipulative Therapists (NAMMT), a professional body set up to represent the interests of professional therapists. As a remedial massage therapist Kevin assess each problem fully before discussing treatment with the client and coming to a decision. Notes regarding the case are taken with a record of treatment carried out and progress.

***If you are Injured? Aching? Sore? In Pain?*** Remedial & sports massage may be the answer.

An effective way of treating a wide range of condition including:

- Joint & Muscular Pain
- Muscular Dysfunction
  - Repetitive Strain
- Excessive Scar Tissue
- Sciatic & Back Pain
- Tension Headaches
  - Migraines
  - Arthritis

Appointments approx 1 hour..... £35.00

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## TEETH WHITENING & BOTOX TREATMENTS

# UBER<sup>®</sup>

the wakeup beautiful company

We are continuing to work alongside **UberMedics**, the wake up beautiful company, who offer Professional Teeth Whitening & Botox treatments.

**This clinic runs once a month, see dates below.**

A full consultation is given prior to every treatment and after care advice and contact numbers for any queries you may have.

**UberMedics** are an established 'clinic based' company who hold the above specialist treatments within reputable salons and spas all over the UK. They offer the most advanced technology offering many satisfied clients a whiter smile, helping to turn back the clock.

### Price List

**PROFESSIONAL TEETH WHITENING – ONLY £99**

**BOTOX - 1 area £90/2 areas £150/3 areas only £199!!**

For more information please contact salon or visit [www.ubermedics.com](http://www.ubermedics.com).

### Next available clinics

**Tuesday 25<sup>th</sup> January – appointments limited**

**Monday 7<sup>th</sup> February – appointments still available**

If you would like to make an appointment for either of the above clinics or have any queries, please contact the salon.

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## **meeru love's students**



**Tuesday's, Wednesday's & Thursday's only.**  
**Valid NUS card to be shown.**

Students receive 10% off beauty treatments with a valid student card. To redeem the discount please show a valid student card at reception. Discount is not available on gift vouchers & not used in conjunction with other salon promotions. meeru spa & beauty reserve the right to terminate this discount without notice. meeru spa & beauty reserve the right to not accept ID that they deem invalid or fraudulent.

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# Recommend A Friend & Receive a £5.00 Gift Voucher

Due to popular demand we are bringing back our **Recommend A Friend** vouchers – as all of our lovely clients continue to spread the **meeru** love to your friends and family & we want to say a huge thank you.

**How it works:** When you visit the salon, you will receive a '**Recommend a Friend**' voucher – you simply tear off the section for your friend to complete. When your friend comes in for their first treatment (with their voucher), they will receive a 10% discount. You are then able to use your £5.00 gift voucher to be redeemed on any of our beauty treatments.

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## Loyalty Cards

*a little thank you from us to you*

*We know that you all love coming back to **meeru spa & beauty** time and time again for your beauty treatments and we love having you. That's why we now have a loyalty card to say thanks.*

Many of you will be familiar with our loyalty card scheme – but for the few who aren't aware, we would just like to give you the low down.....Every time you visit the salon for a treatment, we will stamp your loyalty card (lovely neat business card sized, which fits perfectly into any purse!) & once you receive just 10 stamps, we will reward you with a £10 gift voucher for you to spend at **meeru** as a little thank you from us to you

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## *Kelly's World*

### **"Hi Ho Hi Ho, it's off to Slimming World I Go!!!"**

Well, after stuffing my face all over Christmas & New Year, I can barely fit into my beauty uniform, never mind any of my clothes. For the first couple of weeks into January I tried to eat super healthy, then as the weeks go on I started giving into a pizza on Friday night, cheese & nibbles (& lots of vino) on Saturday night & an Indian take away on a Sunday Night.....because it doesn't count on a weekend, right? WRONG!!! No, I need some discipline to help me shed this Christmas muffin top!!! So I'm back at **Slimming World** and **LOVE IT**. I'm a week in and lost 3lb ☺. It is amazing how much you can actually eat.

My favourite this week has been **fish, chips & peas!!!** Now that sounds like my kind of diet!!

If anyone has any motivational tips to eating healthy, losing weight & how to keep on track, please feel free to drop us a line at [relax@meeruspa.com](mailto:relax@meeruspa.com) & share your success with everyone.

**Houghton Group: Houghton Bowls Club, Dairy Lane**

**Contact: Janet on 07881 981 455**

**Group times: Every Monday at 9.30am, 5pm, 7pm**



# MISS SIXTY +

***“Flash us your bus pass”***

***& receive 20% discount\* off all beauty treatments***

for all our clients over 60 – just for being so fabulous

*\*Not to be used in conjunction with any other offer*

## **EVERY TUESDAY**

***only @ meeru spa & beauty***

“I actually look forward to getting older, it is certainly better than the alternative, when looks should become less of an issue, & when who you are is the point”

Susan Sarandon, 62

“Sixty is sensual more than sexy, and it’s fabulous”

Stephanie Beacham, 62

“Yeah, I had a facelift years ago. Why not? It gives you all the things you need to be part of the action. I don’t feel like hiding myself away”

Debbie Harry, 64

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*Choose from a wide range of services from our treatment menu, call into the salon to pick up our new & improved treatment list.*

*Facials \*massage\* manicure \*waxing \*MINX \*pedicure \*lashes \*spray tan \*tinting*



## Beauty Tips



### The Do's & Don'ts Of **Keeping Your Smile Bright.**

*Whether you've recently had your teeth whitened by a professional or are just looking to maintain your pearly whites, keep your smile bright with our tips and tricks.*

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#### **DON'T consume stain-making foods and beverages.**

For at least two weeks after whitening, avoid berries, tomato sauce, soy sauce, coffee, balsamic vinegar and other highly pigmented foods and beverages.

#### **DO drink through a straw.**

Enjoy beverages through a straw to minimize the staining effects.

#### **DO hit the baking soda.**

Toothpaste brands picked up on the magic of baking soda long ago, eliminating the need to mix your own whitening paste at home. Choose a whitening, baking soda based toothpaste that effectively cleans surface stains.

#### **DO rise.**

Follow your brushing routine up with a whitening mouth rinse – many brands offer options that include whitening ingredients and have preventative properties.

#### **DO chew your heart out.**

Nibbling on crunchy fruits and vegetables like apples, pears, celery, carrots and more actually scrub the surface of teeth and remove stains.

## KEEP SMILING 😊

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**WIN! WIN! WIN! \*\*COMPETITION\*\* WIN! WIN! WIN!**



facebook

Join the **meeru spa & beauty** community on **FACEBOOK**.....be the first to receive updates, promotions, treatment info & beauty tips.

Join today & automatically be entered into our free prize draw to win a pamper day at **meeru spa & beauty** for 2 people.

(Search: meeru spa) or click link below

<http://www.facebook.com/?sk=messages&tid=1273107925914#!/pages/meeru-spa-beauty/32000465398>

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✉ **Do you have your own beauty hints & tips??**

At **meeru**, we like to think we offer more than your average beauty salon. Yes, we offer wonderful waxing, fab facials & top notch tanning!....but we also like to listen, talk & help our clients in as many ways as we can; such as giving our own personal beauty tips, our latest exercise fads or what we've just bought in the sales! We also like to hear about your and what you get up to such as, classes you maybe taking, tv programmes you like, your favourite restaurant....even what you're having for your tea! So drop us a line at [relax@meeruspa.com](mailto:relax@meeruspa.com) & help is build our own '**meeru community**' - we'd love to hear from you.

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We appreciate and encourage all our **meeru** friends to get involved and ask for your ideas and feedback on **meeru**, our treatments and our newsletter. We will always do our best to answer any questions or queries you may have – please feel free to call into the spa or email us at [relax@meeruspa.com](mailto:relax@meeruspa.com).

Hope to see you at **meeru** soon.

Lots of Love

*Kelly & Lauren*

x

### **Happy Thoughts...**

**“Be a rainbow in somebody elses cloud.”**



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### **meeru spa & beauty**

*a fresh approach to beauty therapy*

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