



# newsletter

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It's April already and with Easter just around the corner its time to enjoy the celebration whether it's with family & friends or social activities your pampering & gifts are available with **meeru spa & beauty**

## Prom packages @ meeru spa & beauty

Girls everywhere are becoming excited as prom season draws near and **meeru** is giving you all another reason to be delighted. Available all year round and to suit all gorgeous glamour-zon's!!, **meeru** would like to introduce our pre-prom & prom packages:

### Pre prom package (1 hour) £25.00 – Save £7.00

½ leg wax, underarm wax, eyebrow wax & eyelash tint

### Prom package (1hour 30 mins) £40.00 – Save £6.00

Full body spray tan, mini manicure, mini pedicure & lash extensions

### Additional treatments

Receive an extra 20% discount off any other treatment when added to the above packages

### Group Bookings

Book 4 friends for a full body spray & receive the 5th FREE  
Total cost £60.00 – works out @ only £12.00 per tan!



These packages are ideal for all girls wishing to achieve the perfect look for any party or prom. **Meeru** also offers many other money saving packages for all occasions; including weddings, hen parties, teen spa days, little angels pamper parties & fabulous holiday essential packages.

**Please feel free to call in the spa or contact us on 0191 385 7580 for more details.**

*Further packages can be tailored to meet your requirements*

## beauty



With manicures & pedicures starting at only £8.00 @ **meeru** you can now afford to give your nails the attention they deserve. Using Creative nail enamels and products you're guaranteed to leave with your nails groomed & glamorous! With a wide range of colours to choose from or to make your manicure 'French' at no extra charge, indulge NOW!

**Meeru LOVES NEW colours available @ £6.95**

**'Hot Pop Pink' 'Company Red' 'Nail Noir'**

### 1/2 PRICE MANICURES IN APRIL.....

Get booked in for a ½ price manicure this month.

Our lovely Lauren, who is currently training in beauty therapy, will be available throughout April for either a quick file & polish or marvellous manicure. Limited spaces available, so call now to book your place for this fantastic offer.



## skincare

### Which eye cream is right for me?



#### 20+ Moisture Silk Eye Gel

Concern: *Looking for first eye cream*

- **“Prevention is better than cure”**
- Light weight formula
- Helps to prevent first signs of ageing
- Reduce puffiness



#### 25+ Essential C Eye Cream SPF15

Concern: *Dark circles*

- **Brightens & firms**
- Reduces puffiness
- SPF15 Protection
- Softens fine lines

#### 30+ Eye Treatment Complex SPF8

Concern: *Fine lines & Wrinkles*

- **Encourages cell renewal**
- Restores youthfulness
- Smooths and refines

#### 40+ Renewing Eye Cream

Concern: *Deep lines & wrinkles, puffiness*

- **Diminishes puffiness & dark circles**
- Brightens & illuminates
- Increases firmness, elasticity & hydration

## diet & exercise

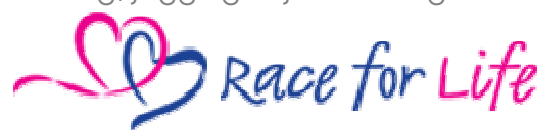
**Easter Eggs!!! Eggs are one of the most nutritious foods money can buy. They contain a range of protein, vitamins & minerals and as they are not high in saturated fat, they make a healthy food for all the family.**

They're low in calories with only around 80kcal per medium egg – so they are great on a diet, especially combined with vegetables & salads as part of a healthy balanced meal.

**For advice, information and recipes check out [www.britegg.co.uk](http://www.britegg.co.uk)**



Women all over the country are uniting to support a wonderful cause by taking part in the Cancer Research 'Race For Life'. With races being held in a selection of areas, there is no better time to dig out your trainers & start running, jogging or just walking....it's the taking part that counts!!



We would like to encourage all our clients to support such a worthy cause, whether taking part or sponsoring friends & family – show your support today. For further information on races held in your area & registration details log onto [www.raceforlife.org](http://www.raceforlife.org)

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 [relax@meeruspa.com](mailto:relax@meeruspa.com).

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

Lots of Love

Kelly & Lauren x

### Happy Thoughts

Happy thoughts are the path to happiness.  
We are all angels with one wing & we can only fly holding hands.