



## newsletter

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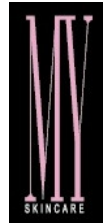
meeru are celebrating **Valentines Day** with fantastic offers, hints, tips & lots of lovin'!

We are going to get up close and personal, so you can too!

Whether it's with your special someone or you're treating yourself to some much deserved TLC, **meeru** will help you love yourself inside and out.

## meeru ♥ 's.....

Whether you're loved up or a sassy singleton we all need to share in the **valentines** love. **MY Skincare** range is 100% natural and 100% organic giving your skin the 100% love and attention it deserves.



As **meeru** loves you, then love yourself and take advantage of our **3 for 2 offer** on our whole **MY Skincare** range including cleanser, moisturisers and masks. This unique and natural skincare range will have your skin glowing and gorgeous. Romance your skin with MY Skincare @ **meeru spa & beauty**

### beauty

## body "bootie"ful!

get your "bootie" back  
with Murad's 3 step body  
firm & tone regime



### step one

**Activating Body Scrub:** improve skin elasticity whilst gently polishing away uneven tone & texture. This scrumptious scrub also encourages stimulation & detoxification.

### step two

**Firm & Tone Serum:** improves overall appearance of skin upto 80% by increasing skin firmness & elasticity. Helps reduce the appearance of cellulite by upto 69%.

### step three

**Body Firming Cream:** increases all over firmness by 20% in just 10 minutes and restores maximum moisture.

### MURAD BODY PROMOTION

Purchase Firm & Tone Serum & receive FULL SIZE Activating Body Scrub AND Body Firming Cream **FREE!** YOU PAY £39.50 **YOU SAVE £58!**

LIMITED STOCK AVAILABLE

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## diet

a romantic meal doesn't have to include full fat foods – you can still indulge & be good. Try out heart hugging dish that will boost your health & powers of seduction.....

### love soup

tomatoes are the main ingredient in our super healthy roasted tomato soup. They give your heart a boost in more ways than one because they're high in blood-pressure lowering potassium and they contain lycopene, a powerful antioxidant associated with a reduced risk of heart disease.....*Lycopene (found in red fruits & vegetables) also stimulates the production of hormones that increase libido!!*



**Ingredients:** 6 large tomatoes, 1 red onion, 2tbsp balsamic vinegar, drizzle olive oil, 3 sprigs of thyme, 560ml vegetable stock, 1 slice of bread

1. preheat the oven to 180°C. Slice the tomatoes in half & cut onion into wedges, put them in a bowl & pour over the vinegar & a little oil. Add the thyme & season. Mix it all together well & put into a roasting tin.
2. Roast for an hour. When the tomatoes & onion are browned & soft, turn them out into a large saucepan & add the stock. Simmer for 30 mins until the vegetables start to fall apart.
3. Let the mixture cool down, then liquidise & sieve.
4. Cut small heart shapes out the bread (try using a heart shaped pastry cutter for ease! & toast in a dry frying pan until golden.
5. Serve with love

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## exercise

too shy to get your kit off this **Valentine's Day**? Be less body conscious with our exercise tips for smaller love handles...

- ♥ lie on the floor on your left side – your shoulders & hips should be straight & in line, while your knees & ankles lie a little in front.
- ♥ pull your stomach muscles in towards your spine.
- ♥ kick your right leg smoothly upwards towards the ceiling, using your tummy muscles for control.
- ♥ make sure your pelvis doesn't tilt backwards when you kick up, and keep your hips & shoulders steady.
- ♥ As you bring your leg back down, tighten your abs once again – this is one rep.
- ♥ Repeat for 10 reps on your right leg & another 10 reps on your left.

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

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

Happy **Valentines Day** to you all.

Lots of Love

*Kelly & Lauren*

x

**Happy thoughts...**

**"all you need is love"**  
-Lennon/McCartney-