

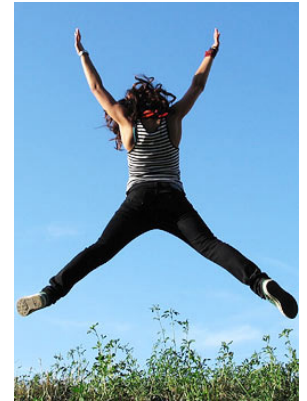


newsletter

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WELCOME to the very first edition of the **meeru spa & beauty** newsletter.

The purpose of our newsletter is to bring you hints, tips and advice on beauty & skincare, along with information for hair, diet, exercise and general well being. Our hope is that through the newsletter we can create a community for all, where you can learn more about **meeru** and we can learn more about **you.....simply enjoy!**



What is **YOUR** New Year resolution?
Want to look and feel fabulous in 2009?
Get gorgeous this year with **meeru**

If you've been sinful during the festive season, the New Year is the perfect opportunity to turn around your health & beauty routine for 2009.

skincare

problem: over indulgence, central heating & lack of water over Christmas got your skin looking dull & dehydrated?

solution: Monthly Murad AHA Anti-Ageing Facials - brighten dull skin with this deeply exfoliating facial to resurface and renew your skin - £38.00 (60 mins)

book course of 5 and receive 6th free

homecare: AHA/BHA Exfoliating Cleanser - This gentle but efficient exfoliator works two ways. Salicylic, lactic and glycolic acids encourage clarity and brightness by dissolving skin cell build-up, plus Jojoba beads to further polish and retexturise.
£23.50 (200ml) **receive 20% discount in January**

beauty

Five key beauty rules:

1. don't forget your SPF
2. drink plenty of water - at least two litres a day will ensure your skin is hydrated and plumped up from the inside out
3. invest in a good skincare routine
4. eat well and exercise
5. stop smoking

hair

It's also important to make a resolution to book regular appointments for haircuts. Even if you have long hair it needs regular trims. Book appointments every four to six weeks to keep your hair looking at its best.

We recommend **Cream Hair Design @ Front Street, Chilton Moor**
Tel: 0191 385 4646



diet

Oh no the dreaded 'D' word! Most of us will be looking to lose a few (if not more) extra pounds that we collected over Christmas. Help is at hand with Slimming World.

Experience a world of support that makes a world of difference. Discover the no-diet secret of weight loss without hunger!



To find out more contact **Janet Grifton, Slimming World on 0191 584 3613 or 07881 981 455**

exercise

Pilates focuses on building your body's core strength and improving your posture through a series of low repetition low impact stretching and conditioning exercises.

By core strength, we are talking about your back, abdominal and pelvic muscles. Through pilates, you will be able to develop these muscles without adding bulk, increasing your flexibility and agility and at the same time toning your stomach and thigh muscles.

Pilates goes far beyond your core muscles however and not only provides a complete body workout (you will be working muscles you didn't even know you had!), but also helps you develop an awareness of how your body works, helping your mind and body to work in harmony.

benefits of pilates:



- Full Body workout without complicated machines
- Improved Posture
- Stronger Body, without bulking up
- Improved Flexibility
- Better body awareness
- Relief from Back Pain
- Injury Prevention
- You will look and feel younger

For further information contact **Houghton Sports Centre on 0191 553 6466**

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.

We hope you have enjoyed our first newsletter and hope to see you in **meeru** soon.

A happy, healthy new year to you all.

Kelly & Lauren

x

Happy thoughts...

a smile is the cheapest
most effective rejuvenating
face cream
-Helen Thompson-