



# newsletter

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March is the start of spring and new beginnings; a time of birth and renewal. **meeru** spa & beauty want to help you to get reacquainted with your body and well being after the big cover up of Winter.

With **meeru** your fresh start begins here.....

March is a time to celebrate the important woman in your life. With **Mothers Day on 22<sup>nd</sup> March**, **meeru** have marvellous offers to treat those magnificent mums.

**Mamma Mia package**  
*(available throughout March)*

### Murad mini facial (30mins)

consultation, cleanse, exfoliate, face massage, masque, tone, serum, eye treatment & moisturise with Murad products to suit your skin type. A fantastic introduction to the Murad range

### Back & shoulder massage (30mins)

relaxing & soothing massage to create a sense of calm & well being

**Only £25.00 (SAVE £7.00)**

**meeru** also offers a wide range of Murad and MY Skincare products that are sure to melt mum's heart. Often we forget to show our love and appreciation and take our mum's for granted.

Say thank you this year with a treat from **meeru**.

**All Murad & MY Skincare – Buy two products & receive the third FREE!**

## Yummy Mummies!

New mums can pamper their tiny tots with the unique and organic MY Baby range available @ **meeru**.



"One of the top three natural baby skincare ranges" Prima Baby Magazine

With prices starting at just £4.99, this wholesome and healthy range is free from nasty chemicals, leaving your baby's skin naturally nurtured and mums peacefully pleased!

Perfect gifts for a newly born baby, christening, birthday, christmas or simply to treat your little tots.

The MY Baby range includes:

- Babeeze Bath Wash & Shampoo with Honey & Rosehip Oil
- Babeeze Cradle Cap Oil with Sweet Almond Oil & Safflower Oil
- Babeeze Massage Lotion with Honey & Olive Leaf
- Babeeze Nappy Rash Balm with Green Tea & Jojoba Oil
- Babeeze Powder with French White Chalk & Clay

or our beautifully packaged gift boxes including all products listed above @ £35.00



## skincare

Murad facials have been used on **Channel 4's '10 Years Younger'** to show the anti ageing effects of facials over surgery and have come out with the highest number of years off in the final age poll.

The '**Resurgence**' facial & skincare range has been used as the facial includes a glycolic peel, eye renewal treatment with a firming & lifting face mask. This 90 minute facial will leave your skin noticeably smoother & firmer. With a course of 6 monthly facials & home care routine, you could turn your skin back 10 years in just 6 months (if not sooner!)

AS SEEN ON.....



Call into the spa to discover our fantastic Murad range of skin-renewing heroes, e.g:

**STEP ONE** *Renewing Cleansing Cream* – Gently cleanse & exfoliates the skin with this ultra nourishing wash.

**STEP TWO** *Age Diffusing Serum* – Apply under moisturiser day or night to firm & tone the skin whilst reducing the appearance of wrinkles.

**STEP THREE** *Age Balancing Night Cream* – Apply before bedtime to deliver maximum hydration increase elasticity & firm the skin. This night cream has also been clinically proven to inhibit unwanted facial hair growth by 22% in 12 weeks!

## diet & exercise



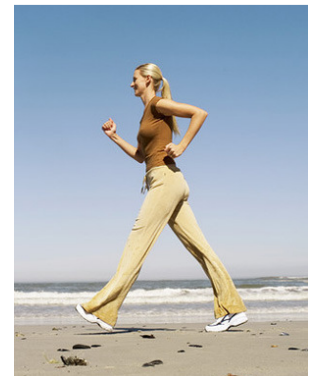
We all know how important it is to aid our exercise, skin and wellbeing, so start this Spring by adding some of these seasonal vegetables to your diet:

**Rhubarb, radishes, parsley, broccoli, rosemary, spinach, watercress, asparagus, cherries, sea bass & Spring lamb.**

Spring is the perfect season to re-think your relationship with food and with these seasonal produce will support and nourish your body and taste delicious!

**Walking** is an easy but extremely effective exercise routine and its **FREE!** Walking gives you the benefits of other cardio workouts without the risk of injury.

The fantastic thing about walking is that it gets you outside into the fresh air. So grab your shoes and get yourself outside, the Spring sunshine will lift your mood and it's a great way to unwind, recharge and energise your batteries.



A pedometer measures the number of steps you take. Experts tell us to aim for 10,000 steps a day (approx 5 miles). Here are some ways to help you reach your target:

- *Pace while on the phone/waiting for bus or train*
- *Never use the remote control*
- *Don't email colleagues – visit them at their desk*
- *Park in a bay furthest from the building you're visiting*
- *Run up & down stairs during commercial breaks*
- *Don't use the nearest bus stop – walk to the next*
- Now.....**Happy Walkina!**

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).

Happy **Mothers Day** to you all.

Lots of Love

*Kelly & Lauren x*

### Happy Thoughts

*Its doing small things for the love of each other – just a smile, or showing some simple kindness....*

*It's not how much we give, but how much love we put in the doing*

**-Mother Teresa-**