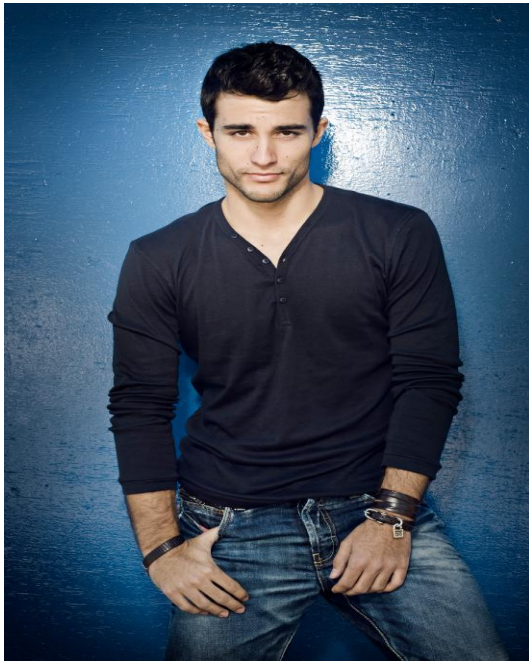




## INTRODUCTION

Welcome to the third e-news from Manifique.



Spring has sprung; summer is just around the corner so it's time to get serious and get ready for the warmer weather.

So what can you do to get yourself summer ready?

- ✓ Have those hands and feet checked - nails need to be nourished and cuticles treated
- ✓ A massage will aid in reducing stress and those unwanted toxins from your body to promote well being - treat yourself!
- ✓ It's time to start removing that unwanted body hair and tidying up those important regions

Remember - trim the bush and the deck looks bigger!

- ✓ Facials are an excellent way to have those dead skins cells exfoliated so your skin feels fresh and looks brighter
- ✓ A body scrub will do the same thing - check out my special deal further on in this newsletter

## What's new!

Manifique is now stocking for retail sales:

- Professional hand and body moisturiser with tea tree oil – this is a fantastic product as a moisturiser and also to help stop any of those ingrown hairs after waxing was \$27.50 **NOW \$22.00**
- Exfoliating gloves were \$7.50 **NOW \$6.00**
- Exfoliating cream / body scrub was \$25.00 **NOW \$20.00**

Call in soon and get some while stocks last!

**Special Deals**  
**until the end of OCTOBER**

Book a full body massage valued at \$60.00 and receive a complimentary 20 minute express facial worth \$30.00 or a 20 minute back and leg scrub worth \$30.00.

20% Discount on all waxing

Book a full facial treatment and receive a complimentary eye brow shape

Facial cleansing in the morning and evening helps to keep the skin free from dirt, dead skin cells and excess oil. It also refreshes the skin and gives it a glow or some colour rather than a dull appearance. Keep some facial cleansing gel in the shower. Put some in your hands, rub them together and apply to your face. Leave on for a couple of minutes and then wash off.

**Tip**

Don't use soap or soap based products as these are alkaline and can dry your skin out excessively. Our skin is acidic and soap can destroy the delicate pH balance. Dry skin can aggravate acne and aid in the development of fine lines and wrinkles.

**What is an Indian Head Massage?**

Indian Head Massage is based on an ancient healing system called Ayurveda. It is a holistic therapy which aims to bring balance between mind, body and spirit to promote physical, emotional and spiritual health and well being.

**How does it work?**

The shoulders, neck and head are all energy centres where tension can build up and can cause problems like a sore / stiff neck and shoulders, eye strain and headaches. By massaging these areas it can help unknot any build up of unwanted tension.

**What is the treatment?**

It is a 30 minute shoulder, neck and head massage whilst seated. The client remains fully clothed and has the choice if they would like oils used on their head and in their hair or not.

The oils can aid in the healing process and help to provide 'balance' depending on any ailment. They add a very calming effect - my favourite is Amla Oil.

This treatment costs \$30 and excellent as a one off treatment or tagged onto another treatment such as a body massage or facial - this would be pure indulgence and bliss!

**Remember:**

*Gift Vouchers are available for any denomination or any treatment.*



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