

## Our Promise: To deliver a luxurious spa experience.



*I find it hard to believe that we are nearing the end of the year again! How fast has 2011 flown by? When my nine-year-old says the year has gone by fast, you know it really has.*

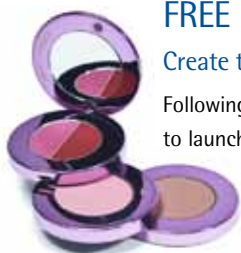
*I am looking forward to summer, as it's my favourite season. We have lots of wonderful Christmas ideas and voucher offers. I hope you make the most of them, either as a treat for yourself at this busy time, or as a Christmas gift that will give real pleasure. Thank you for your continued support and patronage of Woman - we can't do it without you. I wish you all a very Merry Christmas and a prosperous 2012.*

Best wishes *Tracy*

PS. We will be closing Saturday 24 December at 2pm and re-opening Wednesday 4 January at 9.30am.



From a lovely lunch at Melrose Café, we wish you all a very Merry Christmas and a cheerful New Year. Jo, Hayley, Holly, Julie-ann, Hollie, Janika and Tracy (absent: Carol and Tania).



### FREE Mystikol with lesson

Create that soft smokey eye effect

Following our successful Jane Iredale evening in November, to launch 'Just for Me', we are offering a free Mystikol with every purchase of Jane Iredale's 'My Steppes™ Makeup Kit'. And we'll give you a free make up lesson to help you create a soft, smoky eye effect.

### Just Arrived

Pure Fiji Christmas Gift Packs

An amazing range of Pure Fiji gift packs is now available. Come and take a look.



PURE FIJI

## Want to feel refreshed and renewed? Then try our Summer packages

### O<sup>2</sup> Facial

- ♥ Revitalise
- ♥ Rehydrate
- ♥ De-stress

Rejuvenate your skin for Christmas with hyperbaric oxygen technology

**BONUS:** Purchase hydration gel for home care and receive a FREE spritz and holiday bag valued at \$109.

**JUST \$99**  
USUALLY \$155  
YOU SAVE \$56

### Full Body Delight

A great experience to share with a friend as an end of year treat.

- ♥ 15 minute foot exfoliation and massage with herbal tea
- ♥ enjoy a full body massage
- ♥ glass of bubbles and chocolate.

**JUST \$99**  
USUALLY \$159  
YOU SAVE \$60

### Summer Sensation

Take some time out.

Everyone deserves to receive!

- ♥ Relaxing 30min back, neck and shoulder massage
- ♥ 1 hour spa facial
- ♥ eyebrow tidy
- ♥ mini manicure
- ♥ glass of bubbles and chocolate.

**JUST \$140**  
USUALLY \$225  
YOU SAVE \$85

### Get 'Shellaced'

Say 'hello' to manicure and pedicure elation.

- ♥ Thin and flexible looks natural
- ♥ resists dullness
- ♥ resists chipping
- ♥ delivers up to 14 days of flawless nails.

**JUST \$30**  
USUALLY \$46  
YOU SAVE \$16



## Chemical vs Physical Sunscreen

There are two types of sunscreen: chemical and physical. But what are the differences between the two?

### Chemical Sunscreens

These contain synthetic chemical substances that absorb rays. They are colourless, odourless and feel lighter on the skin. Most chemical sunscreen ingredients generate free radicals, which can lead to skin aging. They can also cause allergic reactions and irritations.

PS: Be wary of high SPF. For instance SPF 70 or 50 plus will contain high levels of chemicals.



### Physical Sunscreens

Also known as sunblocks, these contain ingredients like titanium dioxide or zinc oxide, which physically block and scatter ultraviolet radiation.

They offer protection against UVA and UVB rays and don't cause free radicals. They rarely cause allergies or irritations because they don't get absorbed. However, sometimes they are quite thick and tend to leave a white cast on the skin. Fortunately, science has worked wonders with micronizing these compounds to give a much lighter feel.

At Woman we prefer and recommend physical sunscreens, and supply Invisible Zinc and Rad by Environ.

**Summer Special**  
to get beach ready!  
**SunFx spray tans**  
only \$45

## Yoga @ Woman

Join our popular yoga group. Summer classes are as follows:

- Aging gracefully for over 50s.  
Mondays @ 10am
- Stretch, relax and restore.  
Wednesdays @ 10am
- Beginners / Open  
Wednesdays @ 5.30pm



## What's new?

### New - Microneedle Therapy System!

'Collagen Induction Therapy' (Free Consultation)

The solution to rolling away wrinkles and scars is here! Microneedle Therapy is a break through device, simple in concept but yielding magnificent results for the skin.

A safe and non-invasive treatment that is great for aging, wrinkles, skin damage, scarring, pigmentation, enlarged pores, alopecia, cellulite, uneven skin tone and stretch marks.



### Free 1 Hour Active Vitamin Infusion Valued at \$155

Take advantage of our latest offer. Have your microneedle treatment in December, January or February and receive a voucher for a free Vitamin Infusion Facial. (one per client)

# WIN the Ultimate Indulgence

Purchase a Woman Beauty Day Spa Gift Voucher in December and enter the draw to win...

the Ultimate Indulgence of a **Spa Package for two plus Lunch for two** at Awaroa Lodge with Tasman Bay Helicopters (valued at \$1,000). Just drop in to Woman Beauty Day Spa or call (03) 548 0030 and we'll post a voucher to you.

woman  
beauty  day spa

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To find out more about us and the extensive range of treatments and products we offer.

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