



Second Nature News!

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Hello Ladies!

And welcome to the **Christmas/Winter** edition of our newsletter. You are probably just as surprised as us that 'that time of year' has come around again so quickly! It seems no time at all since we were all planning our summer holidays and looking forward to the lighter nights – when suddenly the clocks have changed and we seem plunged into winter once more. However, here at Second Nature we have lots of great things in store over the coming months to help chase away the winter blues!

If you are lucky enough to have a couple of parties coming up, or get-togethers with friends and family our December offer has not one, but two ways to help you not only look good, but feel good too in the festive season. It's all too easy to forget our own needs as we rush around frantically buying and wrapping presents, planning and cooking meals, and just generally seeing to everyone else, so why not treat yourself to The Big Chill? It is a lovely facial and massage at a special price see the offers box for more details. Or why not look glam for the party with our fab Full Body Fake Bake offer- guaranteed to get you glowing.

Do remember at this time of year skin can really suffer what with chilly outdoors, centrally heated indoors, and of course the party food and drink we all love at this time of year. We all know that a hangover is a beauty no-no, but if your willpower slips it's worth remembering to go for the 'paler' drinks like vodka, white wine etc, which contain fewer congeners – toxins that give alcohols like red wine or brandy their colour and cause the pounding head! A herbal supplement called Milk Thistle cleanses and protects the liver – it may be worth checking out (but do check with your doctor before taking any supplements.). Remember to rehydrate from within by continuing to drink plenty of water, and take care of the outside with gentle cleansing and a good moisturiser – for the more mature amongst us Algoritherm's Photo-Corrective cream, is rich enough to protect against the winter weather, but doesn't feel at all greasy. Pop in for a chat if you'd like some advice with your skincare routine.

Moving in to 2009, but still on the subject of skin, we showcase our one hour facial and eye treatment with Fresh Face, our January offer guaranteed to get the New Year off to a beautiful start- check out the offers box for details.

Our final offer for the quarter focuses on that often neglected, but hard working area - our hands, with our February offer which is quite literally a facial for hands! Check out details overleaf.

Remember too that when you spend £30.00 or more in December you will receive a 15% discount voucher to spend in January and February, as well as free entry into our prize draw to win a bag of goodies worth over £70.00!

What's New at Second Nature?

Looking for a lift?

We are pleased to announce the launch at Second Nature of our non-surgical face lift facial! Some of you may be familiar with the concept of this type of facial already, and here at Second Nature we are really excited about the addition of this to our portfolio of fab facials. This facial incorporates electrical impulses to tone and lift muscles of the face as well as improving skin tone. This is all done in a pain free way – we promise, and it's for those of us looking for that bit 'more' from a facial. (When it was first demonstrated on one half of my face my eyebrow was about half an inch higher than the untreated side, and my whole face just looked more lifted and 'awake' – Lynne)
To really see benefits it's best taken as a course of treatments, though it's fine to book an individual treatment too. To launch the offer we are offering a course of six one hour treatments (pay for five and receive the sixth free) at just £150.00, or as a single facial at £30.00. These are introductory offers, and won't be around for ever, so catch it while you can!

Gorgeous Gifts

Let us take the strain out of Christmas shopping we have everything from trios of Mavala polishes for just £9.50, beautiful swarovski crystal pocket mirrors for just £7.95, as well as something that might be on your own wish list - beautiful silver boxes from Algoritherm containing a cleanser, toner, eye makeup remover and moisturiser of your choice worth approximately £65.00 for just £47.95! There are also body care boxes and gifts for the man in your life too. But hurry, the numbers of these gifts are limited, so don't miss out.