

Spa Hours

Monday & Friday 9am-6pm
 Tuesday, Wednesday, Thursday, 9am-8.30pm
 Saturday 9am-4pm

newsletter

spring/summer 09

Spring/Summer - it's the perfect time to focus on looking our best. In the lead-up to Christmas we've packed this newsletter with skincare tips, pampering beauty treatments, fabulous specials and gorgeous gift ideas.

Our return to Summer hours from Monday, 5 October, gives you even more flexibility to book in your treatments and massage.

Spa diary essentials: 15 October for Jane Iredale Personal Makeup Sessions; 31 October for Mercy Ministry Fundraiser Walk and 16 November for OPI manicures and a Guinot Pre Christmas Shopping Evening.

Help us help you by emailing your current email, address and birthday details so we can tell you about our fabulous offers. Contact us this month and you could win either a Spring's Quick Fix pamper OR a Men's Spring Spruce Up.

Enjoy the summer, merry Christmas - and remember to protect that beautiful body of yours.

Monique and the Spa Team

p.s. Your feedback is always welcome
monique@bodytech.co.nz

Spring's Quick Fix

Pampering this good and it only takes an hour out of your day! Your express treatment will reveal a fresher you starting with a relaxing 15 minute neck shoulder massage, followed by an exfoliating salt back scrub, finishing off with a mini facial (great for men too).

Only **\$99**, this special price is limited to one per customer. No gift vouchers with this treatment, offer expires 30 November.



Spring into Summer with the help of our team

Kelsey's tip: Magic mitts from Jane Iredale

This really is a 'magic' mitt, it removes all traces of make up even mascara! No need for cleansers. A traveller's best friend.

Monique recommends: Environs lonzyme range

Enriches the skin with powerful antioxidants and vitamins, helping speed up the restoration of skin cells. The result is a more youthful complexion and smoother texture of the skin. Use the C-Quence Serums along with the C-Quence Crème.

Eva suggests: Massage

Book in for regular massage to help with stress relief and relaxation. Also available at the Spa the Absolute Essential stretch mark oil for pregnant ladies and the gift pack for baby.

Dora's idea: Guinot discounts

Purchase Guinot's 400 ml toner and cleansers for the price of 200mls. That's a 50% savings! Limited stock available.

Jess's treatment: Safe Sun bronzing

This one hour treatment includes a smoothing body scrub which is applied to whole body, followed by full body application of self tanning cream. You'll leave smooth and sun kissed.

INTRODUCING the St. Tropez Tan to BodyTech Spa

Look gorgeous this spring and summer with an all-over golden tan. For flawless results, the St. Tropez tanning treatment begins with an exfoliation followed by a professional application of the tan by one of our spa therapists.

Allow yourself one-hour to look sun-kissed **at the introductory special offer of \$99 (valid until 15 November).**



Congratulations

To the lucky winners at BodyTech's Anniversary Open Day last August:

Susan Whittet who won the Environ pack;

Tanya Bandzova who won the Jane Iredale pack;

and **Dianne Black**, winner of our email change of address competition (Don't forget to keep us posted (email spa@bodytech.co.nz) if you've updated your details to be in for this newsletter's draw).

Spa Newsflash

Welcome to the Spa team - Senior Therapist, Michelle Redman and Massage Therapist, Natalia Kosinska. Michelle joins our two other Senior Therapists, Dora and Jess and comes highly recommended with more than 13yrs experience in the beauty industry. Natalia will be working Thursdays as our Deep Tissue/Swedish Massage Therapist.

Fabulous news that we now have a full team gearing up towards Christmas and Michelle will be working Mondays, Thursday evenings and Saturdays.

Massage Mondays until 15 November

From 9am-5pm Eva is offering 15 minute shoulder/neck massages for the great price of \$20.

Bookings are essential and remember - a massage is GREAT after your gym workout.

Cosmetic Medicine?

Clients often ask why BodyTech Spa does not offer cosmetic medicine. We believe that for safety purposes a Doctor should always be on premises for any medical procedure. We have a close relationship with Auckland Dermatology who specialize in Laser Treatments and cosmetic medicine.

Talk to us about a referral discount. 0800 231 2439, www.dermatology.co.nz.

Spa Diary Essentials- You won't want to miss these

Thursday, 15 October – Personal Makeup Sessions

How about your own one-on-one Personal Makeup Session with Jane Iredale's Top Makeup Artist Cheryl and our Spa's own Dora! Learn tips from the professionals, the tools they use and which colours are in this Spring. Limited times available.

\$50 secures your 45 minute appointment, redeemable against any JI product bought on the day.



Saturday, 31 October - Step out for a good cause

Join Monique and her daughters Danielle and Jade who will be leading the 9.30am warm-up at this year's Mercy Ministry Fundraiser Walk. Meet at Western Springs, Motions Road entrance. For more details or to register online visit www.mercyministries.org.nz.

Monday, 16 November – Beat the Christmas rush

Hand file and polish, **just \$20** with OPI's Melanie who is taking bookings from 12noon - 5.30pm.

Then BRING A FRIEND and join us from 5.30pm-7.30pm for a glass of wine, chat with the Spa team and see what amazing Christmas Gift ideas Guinot & OPI have for you and your family.

\$775 Guinot Prize to be won, drawn on the night, PLUS amazing discounts on purchases throughout the evening.

O·P·I Holiday Wishes

This season focus on feel-good color and elegance with OPI's Holiday Wishes Nail Lacquers. 6 shades of reds ranging from bright to burgundy contain no DBP, Toluene, or Formaldehyde and each features the exclusive OPI ProWide Brush for the ultimate in application.

- Holiday Wishes pack includes:
- Comet Loves Cupid - love this classic red.
- Dear Santa - glittering holiday wish-list red.
- Glove You So Much! - almost as much as this rich burgundy.
- Smitten with Mittens - a burgundy glitter to warm your fingertips.
- Meet & Jingle - a rich crimson that loves to mingle.
- Crimson Carol - sing about this rosy-red shimmer.

We also have OPI Mini Merries, a gorgeous 4 mini nail polish gift set, **just \$39.95**.



The Eyes Have It

Purchase any Jane Iredale Mineral Makeup and receive an Eye Silk Gloss for HALF PRICE. Why Eye Gloss? Smooth and luscious is the way these Silks 'go on' and 'stay on' the lid. They won't crease or smear and will stay on until you take them off! Great for everyday wear or if you want a little colour to your eyes without looking "done" while exercising or swimming. Limited stocks... so hurry in for your special offer.



Environ News

Fulfilling the promise of real results!

Lausanne's Swiss

Vitamin Institute has awarded its prestigious seal of approval to Environ's C-Quence Gels (1,2,3 & 4), guaranteeing their active vitamin content and efficacy as specified by Environ, so you can be assured a quality product.



'tis the Season

Please be aware the Spa becomes extremely busy in the lead up to Christmas. With everyone wanting to look their absolute best these holidays please book well in advance so you won't be disappointed. A special request from the team, if you need to cancel for any reason please give us 48 hours notice so we can fill the appointment time and so you avoid 50% cancellation fee.

Christmas hours

Xmas Eve - 8am – 4pm

Xmas Day - Closed through to 12th January, 2010.

13th January – Spa reopens.

Christmas Gift Ideas

Treat someone special this Christmas (and don't forget the one and only – you). We've tailored an excellent range of Christmas gift packs for men and women from nail polishes, crystal files, Mineral makeup, skincare, candles and aromatherapy goodies. Gift packs and vouchers are beautifully wrapped and range in price to suit every budget.

Wishing you a safe and prosperous Christmas.

For Him...

Men's Spring Spruce Up (2 offers valid until 15 November)

"Bare Essentials" includes a neck, back & shoulder wax or a chest and abdomen wax with complimentary nasal wax.

Very affordable at \$35. * not available as Gift voucher.

"Back into Spring" 35 minute active deep cleanse treatment deals to back breakouts and congestion, followed by a mask.

At \$75, our offer saves you \$10.

Christmas Gift Ideas for Men

Guinot's Tres Homme Grooming

Collection 2009 is packed with goodies:

- Facial cleansing foam, 150 ml
- Moisturising & smoothing after-shave balm 15 ml
- Facial exfoliating gel, 15 ml

Our special price of \$76, saves you 30%.

Gift Vouchers for any treatment come beautifully wrapped. Phone orders welcome.

NEW RELEASE - Environ Hair and Scalp Tonic

This leave-on product supports healthy, lustrous hair growth while nourishing the scalp and hair root. Non oily, non-irritating, it's easily absorbed into the scalp and hair roots. Use twice daily, results noticeable in 6-12 weeks. **Only \$99.**

Environ's high performance skin care range of products formulated exclusively for men includes:

- Non-irritating Shower Gel for face and body, 200 ml bottle for **\$48**
- Shaving Oil can be applied to either wet or dry skin, 50ml bottle for **\$72**
- Daily Moisturiser for superior hydration, **\$95**



Summer's Healthy Skin Tips

The average adult's skin weighs around 3.2 kg, has approx. 300 million skin cells and is the largest organ in our body. Experts say when skin looks healthy, it generally IS healthy. So:

- The most important thing you can do to protect your skin is to **stop smoking** -or better yet - never start. It damages organs and can cause premature aging and yellowing of the skin.
- Excessive alcohol (and caffeine) dehydrates the skin so **limit alcohol** consumption. Women no more than 2 small glasses per day and try to have a number of 'alcohol free' days.
- **Keep well hydrated.** Sip at least 2 litres of water daily to help keep your skin moist, supple, and less likely to wrinkle.
- **Exercise** – good for the body, mind and particularly for your skin. Regular exercise helps increase skin tone, maintain elasticity and gives you a healthy glow.

SUNCARE reminder as things heat up

Protect your skin from the harmful effects of sun exposure by avoiding peak sun times, wearing a hat, sunglasses and be generous with SPF15+ or higher moisturizers. Use Environ's RAD SPF 16 Sunblock which is augmented with titanium dioxide and natural antioxidant vitamins, ideal for thorough sun protection; plus Guinot's Longue Vie SPF30 eyecream, morning and night. Wind and cold can also be particularly harsh to exposed areas, especially the lips. Try Jane Iredale's Lip Drink lip protection with a SPF ingredient. Chapped lips can also indicate dehydration.

