

ESCAPE

DAY SPA

OCTOBER-NOVEMBER / 2017

Dear Clients,

Spring is finally here and we hope that you are all enjoying renewed energy and time outdoors, replenishing your Vitamin D stores! Unfortunately, for many, this time of year also means increased stress as they are heading into the run-up to Christmas. As always, balance is the key! We have put together a few important but easy tips to survive this hectic time of year in good health and support your beauty regime at the same time!

1. Reduce Stress. Chronic stress has many negative physiological effects which harm the immune system and accelerate the aging process. Take time out to unwind and relax – every day!
 2. Be active – walk, run, dance, go to the gym – whatever activity you enjoy, it will improve circulation and lymph flow, both essential for glowing skin and a healthy body.
 3. Eat a well-balanced diet high in essential vitamins, minerals, essential fatty acids and protein.
 4. Avoid foods and drinks that increase inflammation such as sugar, too much meat, coffee and alcohol.
 5. Drink plenty of water!
- Above all: Enjoy life and you will always feel young!

Escape xx

ENVIRON SKIN REVIVAL FACIAL



The ideal post -winter skin revival facial to quench dry skin and plump wrinkles with this maximum hydration facial. Suitable for all skin types.

FREE hydrating sonophoresis (Sound wave) infusion on the décolletage!



⌚ ALLOW 65 MINUTES

CLOUD-9 PEDICURE AND CALLUS PEEL

Put a spring in your step and get your feet ready for summer with a deluxe spa ritual pedicure.



Let us pamper you with a Pure Fiji coconut milk foot bath, cuticle treatment and file, callus removal treatment (a professional enzyme-rich mask for the removal of hard thickened skin), followed by a coconut butter foot wrap and a relaxing foot massage. The pedicure is completed with a Vinylux or OPI polish of your choice so your feet are ready for Summer!

Don't forget to bring your jandals!

⌚ ALLOW 75 MINUTES

Escape Day Spa Level 1, 87 Hurstmere Road, Takapuna

p. 09 486 1231 e. info@escapespa.co.nz w. www.escapespa.co.nz