

THE RETREAT

Beauty and Holistic centre

Whats Hot

Treatment of the month timetable

November: Body Cocoon £60

Indulge in a full body exfoliation followed by a luxurious blend of oils massaged into the body before being cocooned in a warm and cozy heated blanket whilst the therapist performs a rejuvenating facial

December: Party Prep £55

Get ready for party season, Gel hands and feet with a FREE spray tan to ensure you are positively glowing for your big night out

January : Detox full body £40

After the Christmas season have a detox massage to get rid of all the bad toxins

Coming soon

- The last Environ event for this year is Thursday 3rd November 1-7pm.
- Jane Iredale VIP make-up lesson event - 15th December - limited spaces so get booking
- 12 days of Christmas
12 fantastic offers over the 12 days of Christmas
- The advent calendar prize draw



What have we been up to?

We have had a busy year researching and seeking out new products and treatments for you to enjoy. 2016 has seen us add IBX Nail Repair, LVL Lashes, High Definition Brows, Treading and Crystal Healing treatments to fabulous menu. We have taken on the Indulgent Aroma Works product range to increase the relaxation factor of our existing treatments, as well as OPI's Infinite Shine hybrid varnish range. Also if that wasn't enough, Lash Extensions and Minx nail wraps are back at The Retreat!!!!

The NEW OPI colours , Breakfast at Tiffany's collection has arrived! There are reds,silvers, blues and sparkles. We can rustle up many designs including some seasonal ones to get you into the party spirit.

Zoe has also completed an intensive OPI gel polish application course. She is now fully up to date with all the latest products and techniques to get your nails in tip top condition .

Our lovely candle lady Wendy is back up and running. She has some exciting new fragrances and festive favourites, a perfect stocking filler!

You can also book your appointments on line now by visiting our web page www.theretreatdunmow.co.uk, register and book away. Get the appointment you want before someone else does.



For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for peace, walk with the knowledge that you are never alone. Audrey Hepburn.

Have your say: We pride ourselves on giving you the most enjoyable and relaxing experience possible. Please don't hesitate to drop us an email with your comments. We welcome any feedback you may wish to make.