

# The Vitality issue!

## Spa gazing on 20 January Club Day

The Sanctuary Spa has got together a panel of Lifestyle Gurus to kick start your year!

### *The Life Style panel*

**Make up** - Kathy Carroll Lea

**Beauty** - Suzanne Harwood Spa Manager at the Sanctuary Spa

**Hair** - Louis of Beyond the Fringe@ the LRC

**Fashion** - Louise Rogerson of the Mandarin Orange

**Life coach** - Carole Lewis insights of coaching specializing in: Career, Financial goal setting, relationships

**Fitness** - Dr Steve Kirkham of Curves Gym

**Sports physical therapist** - Blake Harding



**Our first event of the year kicks off with "Spa Gazing" @ Club Day on the 20 January**

### **Our exciting line up includes**

- Free consultations from the Murad team
- Lucky Dip
- Treatment demonstrations
- Meet the experts!! Our lifestyle panel will be on hand to meet and advise you
- Magazine giveaways!!
- Mini massages
- Mini manicures
- Spa tasters with the spa team
- Product sale
- Lucky draw
- Hair consultations

### **Lucky draw prizes**

- Sanctuary spa facial
- Sanctuary spa manicure
- Sanctuary spa Pedicure
- Yearly subscriptions to Asia Spa magazine and Gafencu magazine
- Two month "Curves Central" gift membership (worth \$888)

### **Make up Mania Make Up Parties at the Spa**

For those of you interested in hosting a make up Party with renowned make up artiste Kathy Carroll Lea, email the spa directly and we will help you organize and host an event for you and your friends.

The minimum number for group sessions is six or you can enjoy an individual consultation with Kathy. She will even take you to the make up counters to shop and make sure you get the most out of the make up you already own or help you throw out those make up mistakes!