



Winter is coming...

Why not come into Aura and get warm; we have a range of offers running from the 1st November to 31st December and lots of Christmas gifts for you to buy. It's also our 2nd birthday this month so please feel free to come and celebrate with us. Details of all the above can be found in this issue.

Christmas Offers

Why not treat yourself to one of our offers and get ready for those Christmas parties or just to cheer yourself up as winter descends on us...

- ✿ Manicure
- ✿ Pedicure
- ✿ Callus Peel
- ✿ Gelish Nails
- ✿ Gelish Toes
- ✿ Minx Nails
- ✿ Minx Toes
- ✿ Nail Extensions
- ✿ Spray Tan
- ✿ Full Leg Wax
- ✿ 1/2 leg and Bikini Wax
- ✿ Back Massage
- ✿ Indian Head Massage
- ✿ Classic Facial
- ✿ Reiki
- ✿ Relaxation Session



NB: A 50% deposit is required when booking and the remainder to be paid at your first treatment.

Aura's 2nd Birthday!

On Saturday the 19th November from 6.30pm onwards we are celebrating our 2nd birthday with champagne and nibbles. Also a chance for you to purchase some exclusive gifts just in time for Christmas.



Everyone is welcome so please come and join us!

The Team

Cassie - Owner & Beauty Therapist

Carol - Reiki & Massage

Ann - Hypnotherapist, EFT Practitioner & Hypno-Band Weight Loss Practitioner

Sam — Reflexology, Reiki, Massage & Hopi Ear Candles

2011 at Aura

These are the new therapies and treatments that we have introduced into Aura this year...

- ✿ **Minx Nails**
- ✿ **Gelish Nails**
- ✿ **Callus Peel**
- ✿ **OPI products**
- ✿ **Hypno-band**

aura

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We are open 9am to
3pm on Christmas Eve

Christmas Gifts

We have a range of exclusive gifts for sale from jewellery to candles. Lovely gifts to choose from for friends and family and don't forget our gift vouchers too!

- ✿ Bracelets
- ✿ Necklaces
- ✿ Oil burners & oils
- ✿ Incense sticks
- ✿ Incense holders
- ✿ Candles
- ✿ Candle gift sets
- ✿ Reed diffusers
- ✿ Gift baskets
- ✿ Moisturisers
- ✿ Manicure & pedicure products
- ✿ Facial products
- ✿ Tanning accessories



Also don't forget to book your appointment for Christmas before we get booked up!

Winter Warmer - A Hot Stone Massage!

Hot Stones have been used in many cultures such as the Mayans and Native Americans for centuries to enhance the healing effect of massage. Stones and crystals are believed to balance and ground, connecting the mind and body.

Massage in general provides the following benefits:-

- Improves circulation
- Stimulates lymphatic flow, draining toxins and impurities from the muscles
- Releases endorphins, the body's natural painkiller
- Reduces tension in the muscles
- Relieves muscular aches and pains
- Reduces stress and anxiety
- Can relieve insomnia & depression

We combine traditional Swedish massage techniques with smooth basalt stones, black volcanic rocks which due to their high iron content retain heat well and give continuity to the massage. The heat and weight of the stones allow the massage to reach into the deep tissues, enhancing all of the effects created by the massage technique. Stones and crystals can be strategically placed to balance the energy & emotions, bringing harmony to the recipient. Before the massage our therapist will take you through a full consultation, assessing your needs and checking for contra-indications. The temperature of the stones is regularly checked to ensure maximum effectiveness. The result is an intensely relaxing experience, which leaves you feeling physically rejuvenated and balanced in mind, body & spirit.

