

{ Clinic News }

Skin is for life not just for Christmas!

{ Nov / Dec 2019 }

Skins Daily Defence

Changes in the weather can have a radical effect on the skin, so now is the time to prepare before winters icy impact. Here are a few tips from our professional team to help avoid losing your radiant glow.

My skin always looks dull after the Summer. What can I do?

For a truly healthy glow replenishing the skin both inside (orally) and outside (topically) will help you to combat dull winter skin. Feed your skin with Vitamin A & C, Omega 3 and Co Enzyme Q10 (all available at Sheeda's)

I use a thick moisturiser in the winter but my skin still feels dry. Why?

When the weather is dry in turn our skin tends to follow suit! Stay away from using thicker creams and use a moisturiser with rich ingredients that specifically hydrate and keep your skin hydrated. Our moisturisers are individual to you, talk to our skin specialists to find the ideal hydration tool for you. It's all about having a good home skincare routine!

Why do I need to wear sunscreen in the winter?

As skin specialists we always get asked why our skin needs sun protection in the Winter. The answer is simple. There are UVA rays present all year round. This includes outside through clouds, indoor and outdoor lighting, tv screens, phone screens... the list goes on! So, it is important for your skin to be wearing an SPF with a UVA and UVB protection all year round. To find the correct SPF for you come and see our skin specialists who will advise you.



When do I need to start having skincare treatments?'

The answer is that it's never too late to start. Skincare treatments are beneficial in keeping your skin healthy and boosting it to the best it can be. Preparation is key. We need to prepare our skin for the winter months full of cold air, central heating and rain. Consider a course of bespoke facials to tackle your skins changing needs and arm yourself with a complete homecare routine.

Why do I need to take probiotics?'

Our skin reflects our true selves... When we have a healthy life style and diet it shows through our skin. Probiotics include beneficial bacteria to ward off those pesky winter bugs. Skin Youth Biome helps to support your immune system as well as maintaining healthy skin. Talk to us about supplements from Advanced Nutritional Programme and start getting healthy and glowing from the inside out!

Opening Times

Monday	9am - 6pm
Tuesday	9am - 8pm
Wednesday	9am - 8pm
Thursday	9am - 8pm
Friday	9am - 5pm
Saturday	9am - 2pm

Contact

📍 9 Braybrooke Rd
Great Oxendon, LE16 8LT

☎ 01858 432168

f follow us

📷 find us on Instagram

Contact the Clinic to talk to one of our skin specialists for further advice about the best treatments and home care for your skin this winter.

We look forward to treating you.

{ Merry Christmas and thank you from Sheeda's }

The whole team at Sheeda's would like to say a big thank you to all of our clients for your custom throughout 2019. We hope you have a fabulous Christmas and wish you all a very happy, healthy and prosperous New Year.

Appointments are booking fast.

Book now to avoid disappointment.

Christmas Opening

Wed 18th December 9-8

Thursday 19th Dec 9-8

Fri 20th December 9-8

Sat 21st December 9-2

Monday 23rd December 9-6

Christmas Eve 9-3

Christmas Day Closed

Boxing Day Closed

Friday 27th December Closed

Saturday 28th December Closed

Monday 30th December 9-6

New Years Eve 9-3

New Years Day Closed

Tuesday 2nd Jan 2020 9-8

Times may be subject to change.

Ask at reception for details.

A message from Sheeda

Faith makes things possible.
Hope makes all things work.
Love makes all things beautiful.

Wishing you all three this Christmas.

Thank you all for your continued loyal support, we are all so grateful. We endeavour to continue all our bespoke treatments for you in the New Year.



A hug is the perfect gift, one size fits all and it is easily returned.

The ideal stocking filler this Christmas!
Show someone how much you care with a Gift Voucher from Sheeda's.
Terms and conditions apply



The perfect gift this Christmas!

Skin care gift sets from Comfort Zone and Piori available in salon now.

Ask at reception for details.



Rejuvenate your skin this winter for a youthful looking complexion

1 x Skin Vit A+ (60 Capsules)

1 x Skin Youth Biome (60)

For further information about any of our treatments call Sheeda's Beauty clinic today.
01858 432168

We look forward to treating you.