

{ Clinic News }

The Best Is Yet To Come!



{ Jan / Feb 2020 }

It's the season of making resolutions so there's no better time to start revamping your skincare routine and commit to a few changes to improve your skin and enhance your natural beauty.

Try Double Cleansing. The first cleanse breaks down any makeup, dirt, oil, dead skin cells and sweat on your skin. A second round of cleansing will clean much deeper into the pores and remove any impurities.

Commit to SPF all year round. While the skin is at its most vulnerable during the hot summer months, the risk of skin damage is a year round concern. Ultraviolet rays from the sun, which are invisible radiation, are present all year round even in the winter months.

Use a face mask once a week. Adding a weekly face mask into your skincare routine has many benefits including:

*Refines skin pores creating a more even texture. *Brings moisture and hydration to dehydrated skin types. *Reduce the signs of aging such as fine lines, wrinkles and age spots. *Produce firmer skin. Certain types of face mask will encourage collagen products and fight off free radical damage.

Introduce a booster or a serum into your daily routine.

Skin Boosters and Serums are both important enhancements for your skins overall health. Designed to target specific skin concerns or to give a general boost to your skin, choosing the right one for your skin is key.

Speak to a skincare specialist at Sheeda's for further information and advice to help you kick start your new skin care routine.

Call 01858 432168 for further information and to book an appointment.

*A message from
Sheeda*

*To keep the body in
good health is a
duty.....*

*Otherwise we shall
not be able to keep
our mind strong
and clear.*

Buddha



Contact

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Opening Times

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

This New Year

I release all negative thoughts
and feelings.

I welcome exciting new
changes, new adventures and
new opportunities to grow.



{ Happy Valentines With Love From Sheeda's }

{ Love Your Body! }

This February why not treat yourself to a totally new experience at Sheeda's Beauty Clinic.

The new year is the perfect time to kick start a new you and love your body. An all round approach including diet and exercise will boost your body confidence, improve your skin tone and help to reduce cellulite.

Book a

Body Sculpt Experience Package

with Mish or Samantha during February and receive an LPG Endermologie treatment absolutely free!

Package includes:

1x LPG Endermologie

1x Environ Body Probe

1x Comfort Zone 3 in 1 Body Wrap

{ 1x LPG Endermologie FREE! }



Ask at reception or your therapist for details. Terms and condition apply.

Call 01858 432168 to book your appointment.

Body Strategist Specific remodelling and Toning solutions. Ask your therapists for further details.



Show someone how much you care this Valentines Day with a gift voucher from Sheeda's

Vouchers are available for any amount or treatment you desire!



Terms and conditions apply. Ask at reception for details.

Share the Sheeda's Experience!
{ Refer a Friend! }



Recommend us to a friend and when your friend books an appointment you will both receive 10% off your next treatment!

Call 01858 432168 to book an appointment. Terms and conditions apply. Ask at reception or your therapist for details.