

# { Clinic News }

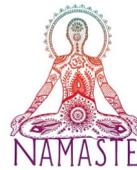
Every day is a new day!



{ March / April  
2020 }

*A message from  
Sheeda*

**DREAM BIG,  
WORK HARD,  
STAY FOCUSED,  
SURROUND  
YOURSELF WITH  
GOOD, KIND  
PEOPLE.**



This March marks two very important days that are close to the hearts of all at Sheeda's. Firstly on March 8th it's International Women's Day. This amazing day helps us to celebrate what it means to be a woman in today's world and highlights the rights of women across the globe. At Sheeda's we seek to actively promote gender equality and celebrate the achievements of all women including our much valued clients.



Secondly on March 20th it's Happiness Day. The theme this year is Happiness Together. Promoting the pursuit of happiness as a basic human right is a fundamental part of the Sheeda's philosophy. At Sheeda's we recognise that increasing human happiness is directly linked to wellbeing. Therefore, we endeavour to support and encourage our clients in their personal journey towards a happy and healthy life.



*"Here's to strong women,  
may we know them. May  
we be them. May we  
raise them."*

- Unknown -



## Contact

🏠 9 Braybrooke Rd  
Great Oxendon, LE16 8LT

☎ 01858 432168

📱 follow us

📷 find us on Instagram

## Opening Times

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

# { Let Your Beauty Shine Through! }

{ Healthy skin is a reflection of overall wellness... }

Book a Skincare treatment from the below list in March 2020 with Samantha or Mish and receive a complimentary File & Varnish on your hands OR feet.

Please bring this flyer with you to receive this fantastic offer! Facial includes a relaxing neck, shoulder & foot massage!

Choose from:

Dermalux Facial Comfortzone Peel Vitage Enzyme Facial



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

Call 01858 432168 to book your appointment.

## Celebrating the character traits of happy, healthy women.

- ≈ *They sleep for 8 hours a night* - Learning to relax and switch off before bedtime is so important.
- ≈ *They practice mindfulness* - Slow down, focus on one thing at a time, learn to meditate.
- ≈ *They are grateful and thankful* - Keep a gratitude journal to help you focus on all that is calm and good in your life.
- ≈ *They care for themselves* - Look after your skin, body and mind on a daily basis and learn to love yourself.
- ≈ *They have a good work life balance* - Stick to set work hours and plan time for yourself.
- ≈ *They eat healthily* - Don't skip breakfast. Make time to stop and eat lunch. Use the correct supplements to support a healthy, balanced diet.
- ≈ *They spend time with the people they care about* - The more importance you put on meeting up with people, the more likely you are to do it.

Book an appointment at Sheeda's and let us help you on your journey to self care and wellbeing.

Call 01858 432168

## { Product focus }

At Sheeda's we treat every client as an individual and tailor make all facial treatments to meet their individual needs. We aim to educate and support our clients through their personal journeys with us, and pride ourselves on providing the best care we can for all. Therefore, we extensively research all of our products and select only the best and most effective for our clients as well as ourselves.

## About Priori Skincare .

Priori Skincare has evolved greatly over the years and Sheeda's Beauty Clinic has evolved along side. Managed by a wealth of talented individuals, including many women, Priori has developed into a cutting edge brand that recognises and respects the specific needs of the individual. Priori has a strong ethical and moral philosophy which is mirrored by Sheeda's. We aim to use products that are 'clean' meaning that they are cruelty free, fragrance free and formulated without harsh chemicals.

'Adaptive Skincare now enables every individual to realize their own ideal skin.'

Priori Skin Care 2020

