

A BIT OF "your time"

Welcome to our new monthly edition of a bit of Your Time from The Limes.

No doubt that many of you will have noticed the cooler weather, with the change of season now is an ideal time to reassess your skin care needs, we have added the Fleur's range of products to our range with unique patented ingredients and 100% floral extracts which are excellent for firming, toning and hydrating.

To keep our spirits up! We have now added Pink Champagne manicures and Gin and Tonic pedicures that include a glass of champagne whilst you enjoy your treatment or takeaway a mini bottle of champagne for ultimate indulgence and escape or perfect as a gift. A new chocolate and cream body treatment has been added to the indulgence range. All products used are free of chemicals, parabens and are not tested on animals.

Every month there will be a competition to win a luxury treatment; winners will be announced in the next edition with more news and updates of the season.

Until then Take Care,
Maria

Wise Words - **Don't compromise yourself. You're all you've got. Janis Joplin**



Charity Update

The limes will be fundraising for
In the Pink for Breast Cancer
campaign during the month of
October £150.00 has been collected so far.

New!

Aroma Mineral Viternal Facial Youth Treatment

A luxury facial combining original natural ingredients such as Poppy seeds and Hibiscus Flower Powder including a luxurious rejuvenating massage with Hot Basalt Stones and thermal lifting mask to help to retain the skin's youthful appearance. The professional products' high concentration of active ingredients ensures that the Skin is lifted, smoother with renewed radiance and vitality.

1 hour 30 mins £60.00

A course of 3 £150.00 includes a complimentary well being candle.

Competition

To win a luxury full body massage please fill in the details and send in by 31st October '08 to;

The Limes Therapies
8 College Park
Peterborough
Cambs
PE1 4AW

Name.....

Address.....

.....

Tel No.....

E mail.....

Favourite Treatment.....

A bit of Indulgence.....

Pink Champagne Manicure

This luxury Manicure includes a glass of Champagne for you to enjoy or take away with you whilst having your treatment which includes a paraben free pink shimmer cream hand massage leaving hands smooth and soft. Perfect for a gift, special occasions or why not treat yourself or with a friend!

1 hour 15 minutes £35.00

Gin and Tonic Pedicure

Feet are treated to a zesty paraben free gin and tonic foot soak, nails are clipped and filed to perfection and feet revived with a zesty and deodorising gin and tonic luxury massage cream and finished off with your choice of polish whilst you enjoy a glass of champagne. Perfect! Ideal for that special gift, a treat for yourself or with a friend

1 hour 15 minutes £35.00

Chocolate and Double Cream Body Treatment

Includes a chocolate melt full body scrub to smooth the skin and boost circulation followed by an enriched paraben free Double Cream moisturiser with organically grown shea butter leaving the skin soft and moisturised, and take away an organic chocolate treat to enjoy. A perfect pick me up.

40 minutes £35.00

The Limes Gift vouchers perfect for any occasion.

Tel: 01733 341535
www.thelimestherapies.com

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