

YOUR N°1



BEAUTY AT ITS BEST

ISSUE 3

INSIDE:

Give the Gift
of touch this
Christmas

**Rachel's
No Hands
Massage**



LOOK NO HANDS!



If you haven't tried a No Hands Massage yet, you are really missing out on a sensory experience.

This new technique that Rachel has brought to No.1 Beauty Studio is totally different to traditional Swedish massage and has to be tried to be believed.

SO WHAT IS A NO HANDS MASSAGE?

It's a massage that is done mainly using forearms and it feels very nurturing. There's no prodding or pummelling like a traditional Swedish massage. The forearms are used to work deeply into the muscles, leaving you feeling relaxed and revived.

WHAT DIFFERENCES WILL I NOTICE?

The technique is unlike any other you will have experienced. Rachel mainly uses her forearms to perform the massage – and when she executes a manoeuvre called the steamroller she even gets up on the couch to get the perfect reach.

Initially after the treatment you will feel a deep level of inner peace and calm – Rachel encourages clients to sit a while before they face the bustling world again. Ultimately you will feel a major energy boost.

“Nine out of ten clients will fall asleep, you just can't help it”.

WHAT ARE THE BENEFITS?

This is a great massage to choose if you are feeling particularly stressed. Rachel is finding that her clients are alternating between traditional and No Hands Massage to gain the maximum benefit.

As well as being great for the client, the technique is kinder for the therapist – anyone giving massage for many years will probably develop problems with their hands as the years go by, so this is a great way for them to stop any potential damage.

HOW DID RACHEL LEARN THIS NEW TECHNIQUE?

No Hands Massage has been around for about 20 years and has become increasingly popular recently. When she saw the technique displayed at her first training course in London, she was captivated and went on to complete a practitioner course and has now attained the advanced level.

“As soon as I saw the massage I felt it was something extraordinary and wanted to offer it to my clients at No.1 because I knew they would enjoy this new experience,” she said.



Have **Your** Say

Former Woman & Lifestyle Editor at the Daily Echo, Kate Thompson, is a big fan of No Hands.

“This has to be the most blissful of massages. Immediately afterwards you feel like every wheel and cog in your brain is moving more slowly – and you are completely relaxed. And a few hours later you feel totally rejuvenated and full of energy so it works really well on two levels.”



Rachel says: “The feedback I've had has been very positive. I have women who say they really look forward to coming for their next treatment because they like the way they feel afterwards.

“When I've had this massage it always takes me to a soporific level and then after an hour or so I have a real energy boost – I get it every time.

“It is a great way to unwind – and it does leave you feeling more energetic afterwards.”

No Hands Massage costs **£30 for 30 minutes** of rapture and **£50 for an hour** of bliss. For more details call Rachel on **023 8063 0880**.



Christmas Treats



Christmas can be a hectic time of year, with the endless round of parties and social gatherings, not to mention last minute shopping and cooking the festive feast.

To help you prepare, Rachel has a great range of treatments that will ensure you are ready for the season – or why not give the gift of touch this Christmas?

Just think how much your best friend or close relative would benefit from one of Rachel's special body treatments... and you can even book a treatment for yourself at the same time.

Here's a chance to experience something very different – let the stresses and strains of the day melt away with this exotic treatment that stimulates all your senses.

SHIRODHARA - AN ANCIENT AYURVEDIC HEALING METHOD

After a back or facial massage, warm oils are poured in a slow dynamic movement over the forehead marma (third eye) in a continuous flow. This clears your mind, calms your senses, naturally releasing stress and inducing deep rest and calm that borders meditation - **£50**.



HOT STONES

Full body. Using smooth, hot volcanic stones to penetrate deeper into the muscles to warm and relax - **£50**. Back, neck and shoulders - **£30**.

REFLEXOLOGY

A foot treatment to help restore and maintain the body's natural equilibrium, induce wellbeing and encourage the body to work naturally to promote self healing - **£35**.

AROMATHERAPY

Full body. A relaxing massage using a specially blended mix of essential oils to address concerns - **£50**. Back, neck and shoulders - **£30**.

BESPOKE NO.1 BEAUTY TREATMENTS

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Rachel has drawn on all her years of experience to create the ultimate pampering treatments.

"I thought about what I would want as the best possible package of treatments when I put together No.1 Sheer Indulgence and the No.1 Massage Experience," explained Rachel.

"Sheer Indulgence is two hours of absolute bliss and is my signature treatment. While the No.1 Massage Experience is the ultimate touch therapy."

No.1 Sheer Indulgence includes hydrojet/steam shower; body brush; back, neck and shoulders massage; facial, scalp massage and mask plus hand and foot pamper – **all for £80**.

No.1 Massage Experience includes back body brush, back, neck and shoulders massage, cleansing or moisturising back mask, hydrojet/steam shower - **£40**.



Have **Your** Say

Wendy Jago, HR advisor for Carnival UK, has known Rachel for the past 20 years and is a real fan of the No Hands Massage.



"I have a very low pain threshold so I struggled with traditional massage. Rachel is very aware of how much pressure she can use on me and the No Hands Massage is wonderful."

"If I've had a busy day at work, Rachel can fit in an appointment around my hours and I leave feeling like a million dollars."

DON'T FORGET ...

...if you recommend a friend, not only does he or she get a 15% discount, you do too. So make it your New Year's resolution to recommend No.1 Beauty Studio to as many people as possible.



A NEW YOU FOR THE NEW YEAR...

Look out in the New Year for our fantastic competition that could see you winning **top to toe treatments worth £200** – Don't miss your chance to win.



Coming to you in 2009...

From the New Year Your No.1 newsletter will arrive with you in a new, environmentally friendly format – by email.

Make sure Rachel has your email address so you don't miss out on forthcoming news and offers contained in the new e-bulletin.



Just for you...

- **15% discount** on all packages - minimum spend £50
- **10% loyalty scheme**
- **Four for three offer** on all treatments
- **FREE gift wrap service**
- **FREE parking** at the rear of the Dolphin Hotel

Opening hours

Tuesday - Friday 10am to 8pm
Saturday - 9am to 6pm

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