



Hi [[contact.first_name]],

It's that time of the year again when we start to plan ahead for Christmas. The gifts have all been ordered and the Christmas candles from NEOM have just been displayed in store.

For many of you, Christmas begins with the Amaranth Christmas Party, and this year we're excited to do things a little differently. You can join us for **an evening celebration on Thursday 13th November**, a **wellness morning on Friday 14th November**, or enjoy both!

Thursday 13th November 6.30pm to 9pm : Christmas Evening Event

Our Christmas evenings are a chance to chat to the team, and enjoy treats, tasters, nibbles and festive drinks. This year we have :

- Nicky from INIKA Organics showing you how to get the party look and giving **personalised make up tips and colour matching**.
- Gemma & Jane with hands on taster reflexology and seated massage.
- Claire helping you to get your festive glow on with stimulating 15 minute **lymphatic facial massage using the powerful SKIN-RG Pheonix C** and a personalised exosome serum*
- Gemma & Zoe at our **Cosy Kitchen Winter Wellness corner**. You can enjoy immune boosting treats and our nutritional therapists will be telling you how you can feel well over winter and enjoy an energised festive season.

As always at our festive event, you will receive **10% off all purchases** on the night and go home with an **Amaranth goody bag**.

Our evening event is free to attend for our VIP guests (that's you!) and you are welcome to bring a friend along. Please could you reply by Sunday 26th October, after that date we will open out the event to our general mailing list.

(* A £5 charge applies for the exosome treatment and this must be pre-booked, more details will follow once we have received your RSVP).

Friday 14th November 10am to 12pm: Wellness Morning at The Crown & Conspirator

As an added bonus this year, you can enjoy a **relaxing wellness morning** in the beautiful space at The Crown & Conspirator. Time to unwind and enjoy time for yourself ahead of the festive madness.

Our yogis Gemma and Jane will be leading a 40-minute **yoga session**, followed by **breathwork and a guided meditation**. After a break for herbal tea and healthy nibbles, our Nutritional Therapists Gemma & Zoe will be giving a short talk on **how to thrive, not just survive over the winter months**.

Following the session we would love you to stay to enjoy brunch with the team, for this there will be an additional charge of £10.

To attend the session, we ask for £5 to reserve your place (plus £10 if you would like to stay for brunch).

Everyone attending will receive an **Amaranth goody bag** to take home, along with 10% off any purchases on the day.

Thank you so much for your continued support and we hope to see you at one or both of our events

Love Jo, Gemma, Gemma, Jane, Claire, Zoe and Tricia
xx

Count me in for the Christmas Evening Event

Count me in for the Wellness Morning



19 Bramhall Lane South
Bramhall
SK7 1AL
0161 439 9856

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