

Champneys Henlow Health Resort presents...

Nourish

your Mind, Body and Spirit

event

Thursday 26th August 2010
From 6pm till 9pm

This event will feature an inspirational workshop from local organisation 'Mum's the Word' who are qualified psychologists, counsellors and coaches with tips on how to manage your work/life balance, cope with stress and achieve your goals. Join them and like-minded women, to be inspired and pampered!

The evening also includes:

- Wine & Canapes on arrival
- 6.30pm Inspirational workshop
- Mini treatments for just £10, including:
File & Paint (hands or feet)
Mini Facials
Mini Scalp Massages
(subject to availability)
- 20% discount off Champneys products
- Goody bags
- Free prize draw

Tickets £10 per person

Please call Sandra Jeram on 01462 810707 or email sandra.jeram@champneys.com to purchase your ticket

(over 16's only)
(*treatments must be booked at time of purchasing your ticket)

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