

NEWSLETTER

Harmony

HEALTH & BEAUTY

FULLY BOOKED

July is nearly fully booked already! We have a few appointments over the next few weeks but whilst Vicki is away from the 16th-30th July Kaye has very limited availability. Anyone who would like an appointment but cannot get in, we can put you on to our cancellation list and contact you should something become available. Appointments change all the time so this is worth bearing in mind.

HAPPY ANNIVERSARY

Happy 1st Wedding Anniversary to Kaye & Tim!
We hope you enjoy your weekend of celebrations.



ARE YOU DRINKING ENOUGH WATER?

Drinking water benefits the whole body in so many ways. From flushing toxins to preventing acne, water can be the most inexpensive solution for skin issues.

Here are 10 benefits of drinking water for your skin:

- Improves skin tone
- Prevents premature ageing
- Faster healing
- Reduces puffiness
- Prevents acne#
- No more itchy skin on the face
- Tighter skin
- Maintains your pH balance
- Prevents heat-related skin eruptions
- Promotes healthy gut, meaning clearer skin