



Welcome. Leading up to Mother's Day it is a great time of year to show Mum how much you care by surprising her with one our incredible pamper packages because she deserves it. (Or if you are a Mum why not drop some not so subtle hints and leave this newsletter lying around).

With the change of season to cooler weather upon us It is an ideal time to start your IPL Permanent hair reduction treatments so you be ready to have hair free body by Summer. (Great IPL package on the following page)



Best regards.

Luba & Team

Mother's day

Do you know how did Mother's Day start?

The British have long celebrated the fourth Sunday in Lent as a day to honour Mothers. Other countries and faiths had different ways of honouring Mothers. But it took a young American woman to create a special day that is celebrated around the world.

Miss Anna Jarvis, from West Virginia in the United States came up with the idea of honouring all Mother's on the second Sunday in May. The first Mother's Day event was held in 1908. It was a religious service (her Mother had taught Sunday school for 20 years). As part of the service, each Mother was given a carnation which was her mother's favourite flower. In 1914, the US President designated the second Sunday in May as Mother's Day. Within a few years, countries all around the world were celebrating Mother's Day.

Mothers are very special people. Any day of the year is a great day to tell mum how much you love her!



What is cupping?

Also as Cupping Massage Therapy

Cupping Therapy is an advanced form of Chinese medicine; the treatment involves applying glass cups to the skin. The cups are heated to create a vacuum and placed on your skin's acupressure points or the source of your pain.

A cupping session improves blood circulation and this in turn enhances the healing process. After a cupping treatment you may have some dark spots on your skin ranging in colour from pink to purple. Generally these spots are not painful and will fade in approximately 3-7 days. This is the result of the drawing effect of the cups, releasing congestion and toxins from your body. Whether or not you are suffering from symptoms of pain or muscle stiffness, cupping is a great therapy. It provides numerous benefits including:

Improved circulation and blood flow, toxin release, faster healing of muscles, ligaments, and tendons. It also works to reduce pain and soften stiff muscles and tissues.

Brooke is also performing Cupping Therapy now.



Keeping Clients informed @ 4u2c Body Utopia

New Service Menu

After months of hard work our 12 page Service Menu is finally finished.

12 pages full of information and relaxing treatments including: Massage therapy, Spa Body ritual, day spa packages, IPL, Nails and more. And also including treatments exclusive designed for men and couples. Yummy, just like reading cooking recipes, mouth watering.....

Mobile Phones

We would like to ask a really big favour regarding mobile phones, due to the large amount of room treatments now being performed at the salon (eg massage & facials). We would greatly appreciate if all mobile phones could be placed on silent mode. Therefore the client in the room with the soft chill out music having a facial or massage doesn't get disturbed.

Bio Sculpture Gel Nails

Finally both Brooke and I started the training. As a fully qualified acrylic nails technician I was totally amazed by it. Not like the traditional Acrylic Nails, Bio Sculpture Gel Nails will help you to grow your own beautiful nails. There are very little filing, buffing, and no dust at all. They are great! And most of all there is no need to soak them in the horrible chemical – acetone. Only takes 10 minutes for the old gel to lift off your natural nail and new gel applied. Love it....



2 Beauty Packages for only \$198!

Don't give your mum another boring bunch of flowers this year...spend some quality time with her instead! Book the mother-daughter package, and you'll both receive:

- ❖ Deluxe Facial worth \$99
- ❖ Spa Pedicure worth \$65
- ❖ Mini Manicure worth \$35
- ❖ Delicious cup of Chinese tea
 - exclusive to 4u2c Body Utopia
 - & refreshments worth \$7
 - 1 and ½ hours of relaxation - PRICELESS!

Total value \$412, you pay only \$198!

Our Cast-Iron Guarantee: In the unlikely event that you're not COMPLETELY delighted with everything about your experience with us, we WANT you to say so right away, and we'll either re-do it for free, or give you a prompt and full refund - it's your choice

I just LOVE coming to 4u2c Body utopia! It's so easy to just forget about the world and relax. The girls are friendly, the service is incredible and the tea is out of this world! – Becky, Account Coordinator and mother of 3

Hurry! Only 23 packages left

Call 8786 3386 NOW!



Feeling Frazzled? Treat yourself to our EXCLUSIVE \$129 Mother's Day pamper package! Turn over for more details...

Don't rely on your hubby or kids to buy you a gift you absolutely adore this Mother's Day! Book this package right now for the ultimate de-stress. You'll get:

- Deluxe Facial worth \$99
 - Deluxe Pedicure worth \$65
 - Paraffin on hands and feet worth \$50
 - Delicious cup of Chinese tea-exclusive to 4u2c Body Utopia and refreshments worth \$7
 - 1 and ½ hours of relaxation – PRICELESS!
- Total value \$256, you pay only \$129**

Our Cast-Iron Guarantee: In the unlikely event that you're not COMPLETELY delighted with everything about your experience with us, we WANT you to say so right away, and we'll either re-do it for free, or give you a prompt and full refund - it's your choice

Hurry! Only 29 packages left

Call 8786 3386 NOW!

UNLIMITED IPL

Do you want to be PERMANENTLY Hair-FREE AND Erase those unwanted Sunspots, Fine Lines & Wrinkles, so you can age gracefully?

So if you're ready to have a hair free body by Summer- **BE QUICK**, we only have 15 places available. We are offering unlimited IPL for 4 months **CALL US NOW and FIND OUT HOW**

Hair Removal for 4 month - once a month:

\$1429 (without leg area) OR \$1769 with leg area (save up to & over \$1000's!!)

Skin Treatments for 4 month - once a month:

\$2180 worth of skin treatment for only \$1299 Save \$881

Your package includes: 4 x IPL – Face, 4 x Fruit peel, 4 x Microdermabrasion, 4 x O2 Rejuvenation

PAY AS YOU GO - That's right, make one little deposit and take care of the rest by monthly direct debit from your credit card account or prepay the treatment in advance.

4u2c Body Utopia

CALL NOW 8786 3386

324-326 Princes Hwy, Narre Warren – www.4u2cbodyutopia.com.au

Tues-Wed:	9-5.30
Thurs-Fri:	11-8.30
Sat:	9-5.30