



**DO NOT  
OPEN!**

**Unless you want  
to be pampered!!**

**nutrimetics**

*Live the life you love*

# *Bare Beauty Make-up*



This bare beauty Make-up is beautiful and natural looking. Think softly glowing skin, a wash of soft pink or bronze on the eyes & cheeks plus a hint of mascara and nude lip gloss.

Try our popular oil-free foundation which doubles as a moisturiser with sunscreen protection. Delivers just a hint of colour to even the skin tone and is enriched with Vitamin E for a healthy glow.

A complexion-perfecting powder featuring multi-action spherical Silica is then applied to create a soft and flawless finish to last all day.

Highlight eyes and cheeks with our nc Radiant Glow Blush. Soft and suede-like, the refined pigments in each powder give a rich, true and lasting colour that's easy to blend and wear.

For truly captivating eyes we apply nc Lash Impact Mascara for gorgeous lashes at full volume, with maximum length and separation.

This is an easy 3-minute make-up look that you can re-create at home everyday.

# *Mud, Scrub & Meditate*



**NUTRIMETICS**

CLASSIC CARE FOR A LIFETIME OF BEAUTIFUL SKIN

This refreshing mineral mud masque brings back immediate skin radiance to soften and provide luminosity to the face.

The luxurious masque invigorates the skin by gently purifying, cleansing clogged pores and removing excess oils.

Whilst the masque is setting, tap into the spiritual side through a simple guided meditation exercise.

There are many gifts that meditation offers including stress reduction, better sleep and improved health, as well as enhanced feelings of calm and increased emotional balance.

Following the meditation exercise, we will gently wash away the mud masque with warm towels to reveal a clearer more vibrant complexion.

# Heavenly Hand Pamper



This pamper is a total sensory experience for the hands. Hands are the first to show signs of aging and deserve to be pampered just as much as the rest of the body.

This heavenly effective hand pamper combats the telltale signs of ageing to restore and rejuvenate tired hands.

Hands and cuticles are transformed to velvety smooth with a cleansing, exfoliating hand scrub which smells like heaven.

Following the removal of dead skin cells hands are rejuvenated, hydrated and massaged with our nourishing Nutri-Rich Apricot Oil.

Hands are then wrapped and rested in heated towels to allow the oil to nourish and super-condition neglected hands and nails.

As a final touch, a hydrating veil of replenishing hand balm is applied to leave the hands feeling refreshed and smelling wonderful.

# *Deluxe Hot Towel Facial*



This is a gentle yet deeply reviving facial, especially effective for tired, dry or mature skin.

The first stage is to gently cleanse and massage away make up and environmental build up to reveal fresher looking skin.

Now this facial could be concluded after the toner stage with the application of a suitable moisturiser. However why not be treated to a few additional steps in order to transform your skin from feeling nice to feeling luxuriously wonderful?

Following the application of the toner, our nourishing Nutri-Rich Apricot Oil is applied to the skin giving you a bonus massage and using soothing hot towels to deeply infuse the oil into the face.

This facial leaves the skin feeling silky smooth and ultra hydrated. Complete bliss!

# *Relaxing Hot Stone Massage*



This heated stone massage goes beyond the physical and allows you to enter a deeper sense of relaxation, health and well being.

These warm sculpted river stones have been polished by the river sand beds and as such are filled with natural healing energy.

The penetrating heat from the stones relaxes neck and shoulder muscles, allowing the stress of everyday life to simply dissolve and fade away.

This massage is perfect for those feeling stressed or out of sync.

The neck and shoulder massage and the following guided deep relaxation meditation induces a state of serenity, calm and peace.

This pamper experience will leave you feeling relaxed and ready to face the world.

# *Instant Face Lift*



**ULTRA CARE+**

NEVER LET YOUR SKIN SHOW THE YEARS



Never let your skin show the years with  
Nutrimetics Ultra Care +.

Our skincare treatment products which are  
“first aid” for the skin.

In their endless pursuit of optimum health and  
beauty, the Nutrimetics Beauty Lab has identified  
the six areas of ageing that concern us most.

Wrinkles, firmness, age spots, blocked pores,  
smoothness and dehydration – and developed six  
solutions that are clinically proven to visibly  
transform the appearance of your complexion  
within just a few weeks.

Best of all, each solution slots into any skincare  
routine, making transformation seem almost  
effortless.

Experience a pampering ‘non-surgical’ face lift  
using our Ultra-Care + treatment products to help  
encourage more youthful looking skin.

Find your skincare solution.

# Feet Treats



When it comes to taking care of your feet, nothing can be more pampering than a soothing massage.

Immerse tired and aching feet in a sensual foot bath enriched with Lemon, Thyme and Mandarin Essential Oils.

Heated water and the smell of essential oils will ensure aches and pains simply melt away. Should it be preferred an iced water bath will ensure you are feeling re-energised and refreshed.

Feet are gently cleansed and rough and callous areas carefully scrubbed away with a refreshing sea salt scrub. This helps restore a smoother touch and also rejuvenates skin growth.

A much needed foot massage completes the bliss, ensuring good blood circulation is restored and energy is released to the entire body.

# Micro- Dermapabrasion Facial



Reveal younger and smoother looking skin with this non-invasive, gentle process of using micro-fine quartz crystals onto the skin's surface to buff away layers of dead and damaged skin cells.

The result is youthful brilliance and an illumination of dull and stressed looking skin.

Following the Micro-Dermabrasion treatment the skin is re-hydrated with the infusion of a concentrated serum onto the face which attracts and binds more than 1,000 times its weight in water; plumping skin cells to reveal perfectly hydrated and smooth skin.

Lips are also transformed to smooth and plump, whilst fine lines are minimised by the application of the new Ultra Care + Lip Apeel treatment.

You will be left feeling refreshed, hydrated and looking years younger.