

FREE Skincare Consultation



Request
a FREE
Consultation



Location **South West, Hampshire**
<https://www.freeadsz.co.uk/x-391277-z>

At Athena are offering a FREE full skincare consultation for people who: Are looking for a customised skincare regime to achieve healthy-looking, soft, smooth and supple skin Want to actively combat the visible signs of aging Understand the importance of a multi-step daily skincare regime (or the wants to learn)are interested in innovative skincare The consultation includes: Lifestyle analysis – with advice on how to make changes to improve the health and appearance of your skin. Such as advice on stress management, nutrition, and how to get a better nights sleep. Full skin analysis to determine your skin type, condition and special needs. Through discussion and examination. Development of your personal skincare regime, including skincare routine and advice on product selection, skincare tips etc Consultation Output At the end of your consultation, you will have a personalised advice pack, containing advice and tips to help you on all aspects of the consultation: Stress management and relaxation the importance of me time Nutrition, Exercise Sleep Advice on your skin type and it's specific needs Help to develop your skin care regime skincare tips and advice What you can expect from me I am a fully qualified and insured holistic therapist. In my day job, I offer a range of massage therapies and rejuvenating facials for both men and women. I enjoy helping people to feel better about themselves and to take control of their everyday life to improve their general feelings of well-being. I understand the demands of today's busy lifestyles, my working hours are flexible; I can work daytime, evening and weekends to fit around your work and home commitments. Your privacy will be respected at all times. Your treatments and information are always strictly confidential and will not be shared. All records are kept in a locked cabinet. Electronic records are not kept. To book your free consultation, call Sandy: Tel: 07927 909782 07927 9097...(click to reveal full phone number) Email: click to contact Website: athena-holistic-massage-therapies.co.uk www.facebook.com/therapies1 There is no obligation to buy anything or any treatments. The consultation is complete.

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