



Merry Christmas! From Logans Beach Spa & Fitness

We would like to wish all of our valued clients and members a fun and safe Christmas & New Year. Thank you for your continued support throughout 2011, we look forward to working with you to achieve your health, fitness and beauty goals in 2012. Our Christmas Newsletter is jam packed with fantastic specials to help you look and feel your best during the festive season and for all the Christmas parties you have to attend! And remember to not to let your fitness routine wander over the festive season!

Summer Special

Sun, sea and wind damage are all factors that come with the warmer months. Refresh and renew your body with our Summer Special!

Mango & Passion Fruit Salt mousse Exfoliation

Delivers an aroma-sensory experience. Its fluffy lather removes impurities and toxins by gently polishing your skin. As the salt dissolves, negative ions and repairing tropical fruit extracts are quickly absorbed. The skin emerges smooth to the touch and visibly brightened.



ONLY \$95

Optional Upgrades

- Add Bath House Visit \$20
- Add Facial from \$80
- Add 30min Massage \$40

*NOT AVAILABLE AS A GIFT



Stuck for a gift idea this Christmas?

Why not purchase your loved one the perfect present...

A Logans Beach Spa & Fitness Gift Voucher!!! All gift vouchers can be used for treatments in the Day Spa, memberships or personal training in the Gym, or a session in the Bath House. Gift Vouchers can be purchased over the phone, email or at Day Spa reception. Vouchers can even be posted to you or the receiver at no extra cost.

Staff News

Unfortunately we are saying goodbye to Sandra Balcombe our much loved full time therapist who is pursuing her own beauty therapy business in Simpson. Fortunately for us Sandra will be continuing to assist with training and imparting her profound knowledge with our therapists. We really don't want to say goodbye, but we do wish her all the best and have no doubt that she will succeed! On a happier note - Congratulations to one of our spa therapists Kim and her new husband Paul who recently got married in a beautiful 1920's themed wedding! We wish them all the love, health and happiness for many years to come!

Product we LOVE this summer

ELES Mineral Sheer Tint

The Perfect Companion this summer, as it's a tinted moisturiser that is water resistant and has an SPF 20.

ELES Mineral Sheer Tint is hyper allergenic and oil free. It also comes in 5 easy to match shades.

So whether your at the beach, playing sport, shopping, socializing or traveling, this easy to apply tinted moisturiser will keep you looking your best no matter what your doing this summer.



Day Spa Christmas Opening Hours

- Saturday 24th December - OPEN
 - Sunday 25th December - CLOSED
 - Monday 26th December - CLOSED
 - Tuesday 27th December - OPEN by appointment
 - Saturday 31st December - OPEN
 - Sunday 1st January - CLOSED
 - Monday 2nd January CLOSED
- (Trading hours as normal from 3rd January)



GYM NEWS

GYM OPENING HOURS

Mon - Thu 5:30am to 8:30pm
 Fri 5:30am to 7:00pm
 Sat 7:00am to 5:00pm
 Sun 9:00am to 12:00pm

GYM CHRISTMAS OPENING HOURS

Saturday 24th December - OPEN
 Sunday 25th December - CLOSED
 Monday 26th December - CLOSED
 Tuesday 27th December - OPEN 9am - 12pm
 Wednesday 28th December - 7am - 7pm
 Thursday 29th December - 7am - 7pm
 Friday 30th December - 7am - 7pm
 Saturday 31st December - 8am - 3pm
 Sunday 1st January - CLOSED
 Monday 2nd January - CLOSED
 (Trading hours as normal from 3rd January)

*Please note there will be a **REVISED TIMETABLE** between the Christmas New Year break

IT'S ALMOST HERE!!!

OUR UPDATED EQUIPMENT WILL BE INSTALLED ON THURSDAY 8TH & FRIDAY 9TH DECEMBER!!

THE GYM WILL BE CLOSED ON THESE DAYS, HOWEVER ALL CLASSES WILL BE RUNNING AS PER USUAL!

SO BE SURE TO SAY GOODBYE TO THE BIG BEAST IN THE MIDDLE OF THE WEIGHTS ROOM!!

WE CAN'T WAIT TO SHOW YOU THE NEW LAYOUT AND AWESOME EQUIPMENT!

COME IN ON SATURDAY 10TH TO CHECK THE IMPROVED WEIGHTS AND CARDIO ROOMS!

New Direct Debit Membership Price

**NO LOCK IN CONTRACT
 \$18.50 PER WEEK**

Membership includes UNLIMITED access to:

Fully equipped gym, including cardio and weights rooms

Bath House with heated salt water pool, hydro spa, infrared and dry heat saunas

39 timetabled group fitness classes to choose from including BodyAttack, BodyBalance, BodyPump, BodyStep, Pilates, Yoga and our own specially designed classes - Spin, Boxing, Smash & Sweat, THT, Older & Bolder and Aqua.

Bonus for new members

SIGN UP BEFORE DECEMBER 31st 2011 TO CLAIM THESE EXTRAS!!

- ♦ **FREE Personal training session OR a 30 minute massage in our Day Spa!!**
- ♦ **NO joining fee for fortnightly or monthly direct debit**

To sign up contact gym reception
 Membership cancellations do apply

LOGANS BEACH

refer a friend
 as a member in December

AND WE WILL REWARD YOU WITH A FREE
 30MIN PERSONAL TRAINING SESSION
 OR
 30MIN RELAX OR REMEDIAL MASSAGE



SHARE THE LOVE!

* SIGN UPS ON NEW MEMBERS ONLY



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