

# ESPA at The Europe - Members' Summer Newsletter

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ESPA  
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EUROPE

## Welcome to our Summer Newsletter ....

The season has started brightly here at ESPA and we are looking forward to an exciting and enjoyable summer with all our members.

Thank you again for the on going support you have shown us. We would like to thank all the members who participated in the post-Christmas **Boot Camp** that turned out to be another huge success. All their hard work resulted in losses in weight, inches and body fat and everyone became fitter.

You will be glad to hear Michael will also be running an outdoor fitness camp this summer.

***Details of the camp and how to register are outlined in this newsletter.***

Our studio classes will continue over the summer months, including the ever popular Spinning program.

Watch out for some themed Spins coming soon. Along with Spinning we have Kettle Bell classes, LBT (Legs, Bums and Tums), Core and Fit-ball to name a few.



INTELLIGENT SKINCARE, NATURALLY

TO TARGET THE MOST VISIBLE SIGNS OF AGEING

## ESPA Ultimate Life Stage Facial

ESPA at The Europe would like to take this opportunity to introduce you to a new ground breaking skincare range and Ultimate Facial Treatment called **LIFESTAGE**. The **LIFESTAGE** skincare range uses Natural Encapsulation and Stage Release Technology to target all the most visible signs of ageing. Combining a highly effective lifting and firming massage along with 2 masks and the use of the new **LIFESTAGE** products, all the most visible signs of aging are targeted for immediate benefits making this facial and product range most suited to a maturing skin type.

To celebrate the launch, ESPA at The Europe are offering its members a complimentary **ESPA GIFT** with 4 introductory size products and a bespoke rose gold **LIFESTAGE** compact mirror with each **LIFESTAGE** Facial booked.

Reserve your revolutionary facial by calling ESPA at The Europe today .

We look forward to seeing you and welcoming you back .

*Spa Team*

# ESPA Summer Wellness Camp 2013

**Start Date: Monday 13<sup>th</sup> May**

We are going to carry on the success from our January Kick-Start program and get you all in shape for the summer holiday season by introducing an 8 week Summer Wellness Camp. Come join in this exciting Outdoor Camp which will incorporate fitness, toning, flexibility and a summer diet plan which will leave you feeling refreshed and revitalised for the summer months ahead. We will be working within the stunning grounds of The Europe. It will really be a perfect summer starter!

Camp Includes:

- 3 Exercise sessions per week for 8 weeks
- Pre and post Fitness and Body Composition analysis.
  - Weekly weigh in
  - Summer Diet Plan

If you are interested in participating please email [michael.lindsay@theurope.com](mailto:michael.lindsay@theurope.com) to confirm your place. We recommend registering early due to the popularity of the last camp and to avoid any disappointment. The cost of the camp will be **€100** per person which needs to be paid before the start date to secure your place on the program.



## Personal Training Packages @ The Europe

If you need that extra bit of motivation and support in the gym, why not take advantage of our excellent Personal Training offers. We know sometimes it can be challenging to make it into the gym to train. This would all change if you had an appointment each week where you would have a one to one session working on all your key areas and pushing you to reach your individual goals. Our kick-start winner Katie Fitzgerald who completed the 2 month Exercise and Nutrition plan run by our Fitness Expert Michael in January lost a staggering 2 stone in 8 weeks along with toning up in all her main body areas. Michael will work with you in the same way once or multiple times a week to have you trim and fit in no time at all. You won't be confined indoors all the time either, Michael will run an exciting and varied program incorporating both indoor and outdoor sessions.

So if you need that extra push email [michael.lindsay@theeurope.com](mailto:michael.lindsay@theeurope.com) for more details.

### Free Consultation

10 one hour sessions for €250 (€25 per session)

20 half hour sessions for €250

### Intensive Personal Training Blocks

Do you need to get into shape for an event but think you have left it too late? Is there a wedding, birthday or summer holiday coming up that you would love to be able to shed a few pounds for? If you fall into this category do not worry.

Michael also runs intensive shorter duration work out packages that will get you in shape within 1-2 weeks.

Michael can build the package around you as everyone is different and has different goals. They are very tough but extremely effective training blocks. Weight loss can be anything from 6-12lbs during the 2 weeks. Michael will not only focus on your fitness but also your diet which is of huge importance during the training block.

**1 Week Intensive Block** - €100 (5 one hour sessions plus nutritional guidance)

**2 Week Intensive Block** - €200 (10 one hour sessions plus nutritional guidance)

### Advanced Personal Training

Michael is an advanced fitness professional and is qualified to work with certain population groups including those with Musculo-skeletal conditions, exercise for the elderly, cardio-respiratory conditions, stress management and motivation along with pregnancy. If you fall into any of these categories and are not sure who to turn to next, then book in with Michael for a chat about your own personal situation and he can prescribe a tailored work-out for your needs and work with you on a weekly basis.

