

Stress Awareness week

Here At The North Spa
Tuesday 6th-Saturday 10th

Stress can affect your life at home and at work and lead to mental health issues, to help combat stress this week we are offering a **15% discount off any of our massage and Holistic treatments** plus on Wednesday 7th (national stress awareness day) we have a very special stress buster package on offerthis package is only available on the 7th but if you know someone who is stressed and would benefit from this you can also buy it on a gift voucher on Wednesday 7th only...

**15% OFF
MASSAGE &
HOLISTIC
TREATMENTS**

STRESS BUSTER PACKAGE

Aromatherapy back, neck & shoulder
massage utilising a De-stressing
essential oil blend

plus

A Reflexology session to help relax,
rejuvenate and revitalise you

Only **£40**