

# Newsletter

Welcome to our  
Spring 2024 edition

As the days get longer and the weather better (we hope!), there's no better time to rev up your fitness regime in readiness for a busy and active summer. And why not treat yourself to a rejuvenating facial or massage at the same time?

## Meet the Aztec Reception Team

You see them on your way in and out of Aztec - they are our friendly Reception team! If you have any queries they are always happy to help.

We'd also like to welcome new team members, Sophie and Catherine.



Kitty



Olivia



Abi



Cherie

Welcome  
Back!

## and some of our Lifeguards...



Alex

Duty  
Manager!



Seb



David



Alex

## Lifeguard Training

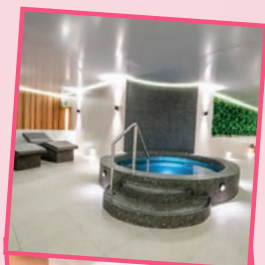
Did you know our lifeguards have to undergo training every month. We run sessions twice a month to ensure all our customers are in safe hands!



# Mother's Day

With Mother's Day almost upon us on **Sunday 10th March**, we have some lovely gift ideas to make your Mum feel truly special. **Take a look online or ask for more information at Reception.**

View all our  
**Offers & Promotions**



## Mother's Day special

**The perfect gift to treat your Mum - £55.00**

She will enjoy:

- A 60 minute session in Aztec Fire & Ice
- Choice of either a half hour ELEMIS Pro-Glow Facial or Swedish Back & Shoulder Massage
- Afternoon tea in the Aztec Bistro  
additional Afternoon Teas can be ordered at £12.50pp

Available from Sun 10 Mar – Sun 31 May 2024.  
**Call 01803 400190 to book [www.tlh.co.uk](http://www.tlh.co.uk)**

Available  
to purchase  
as a **Gift  
Voucher**



## Aztec Club & Spa

Give the gift of wellness this

# Mother's Day

**Aztec Gift Vouchers for**

- Spa • Fire & Ice • Club

If you're stuck for ideas why not give the gift of choice with a TLH Gift voucher, whether it's a spa treatment, Club membership or an afternoon tea. And you can have them emailed straight to your inbox!



## ELEMIS Gifts

The Rose Collection not only looks and smells divine, it also works!

All the products in the range deliver superior anti-ageing benefits, hydrating, firming and improving skin elasticity.



**Take a look in the Aztec Spa Shop for the full range.**

## NEW Reflexology in the Aztec Spa

Our new spa therapist Claire Godfrey is also a fully qualified reflexologist so we are now able to add this to our list of relaxing and rejuvenating massage treatments.

With both physical and mental benefits, reflexology is a gentle therapy which will help relax and rebalance your nervous system.

Available to book now **30 mins - £35 60 mins - £50**



Read our blog to find out more about the ancient therapy of reflexology.

[www.tlh.co.uk](http://www.tlh.co.uk)

**blog search  
reflexology  
or use the QR  
code**





# Star Treatment

Every 3 months we feature an ELEMIS treatment at a **25% discount**. It allows you to try something new, or to treat yourself to one of your favourites at a special offer price.

From March until May our Star Treatment is the new **Aztec Get Up & Glow**. A fantastic top to toe experience.

## 25% OFF Aztec Get Up & Glow

Includes:

**BODY SCRUB** An exotic exfoliation ritual to deeply cleanse, polish and soften your skin to perfection

**ELEMIS FACIAL** Visibly refresh and brighten your skin with one of our Pro-Glow Facials.



**60 minutes**

~~£80.00~~

now **£60.00**

30 min massage  
& 30 min facial

**90 minutes**

~~£110.00~~

now **£82.50**

30 min massage  
& 60 min facial

Available from 1st Mar – 31st May 2024.

Call 01803 400190 to book [www.tlh.co.uk](http://www.tlh.co.uk)

## Skin Care Tips from Natalia

Although spring is on its way, we can still get a cold snap, or even snow well into March. So now is not the time to neglect your skin care. Keep skin hydrated and it will thank you in the months to come.



Your eyes are especially vulnerable as the skin around them is so delicate and tends to absorb products quickly. This means your usual facial moisturiser can lead to puffy eyes. A specially formulated product for the eye area can make all the difference.

The **ELEMIS All About Eyes** range is an effective way to care for this area. Their **Pro-Collagen Vitality Eye Cream** protects the skin from the effects of blue light as well as nourishing the skin around the eye.

The **Pro-Collage Eye Revive Mask** is a multi-tasker which can be used as an overnight anti-ageing mask, a hydrating under eye primer and a moisturising rescue balm to smooth and rejuvenate.

The good news is you can now buy both full sized products together for **just £106** from the Aztec Spa Shop, **saving 20% off** the full price of £131.



January  
**JUMP  
START**  
Review

"I wanted to do Iwona's Jump start January to boost my fitness levels and get healthier. She has taught me that lifting weights is a great way to achieve this and given me the confidence to carry on without her in the gym. If you are looking to start your fitness journey and have no idea where to start, I highly recommend booking in a session with her. She is an absolute weapon!"

**Kitty, Aztec Receptionist**

**March 2024**

*Challenge*

We'll have a testing new 30 day fitness challenge coming in March! Keep a look out on the gym and on social media to find out more.

## Nutrition & Fitness Tips

from Iwona

**Spring is here and the days are getting longer.** There's lots to look forward to so it's a good time to take a look at your diet – maybe those daily chocolates you had over Christmas have become a habit!

### What are the benefits of eating healthily?

- May help you live longer
- Keeps skin, teeth, and eyes healthy
- Supports muscles
- Boosts immunity
- Strengthens bones
- Lowers risk of heart disease, type 2 diabetes, and some cancers
- Supports healthy pregnancies and breastfeeding
- Supports the menopause
- Helps the digestive system function
- Helps achieve and maintain a healthy weight
- Increases energy and self esteem

### Get enough sleep

**Adults need at least 7 hours of sleep per night.**

It is one of the basic fundamentals of functioning effectively throughout the day. It affects our recovery, energy levels and slows down the inflammatory recovery process. It can make us feel forgetful and not able to perform as well.

It can also have a negative effect on your mood throughout the day so can affect your relationships.

If you have problem dropping off to sleep or staying asleep, there are several things you can try which may help:

- Switch your phone off at least an hour before bedtime.
- Have a relaxing bath
- Try a hot milky bedtime drink
- Spray your pillow with lavender
- Avoid exercise late at night - exercising earlier in the day can help you relax and tire you out.
- Wake up at the same time each day and get out into the daylight as soon as you can – this helps our natural circadian rhythms which control sleep.



### Get moving!

**It's not rocket science, move more, sit less, but motivation can be hard.** Getting into the gym or pool gives you structure and you're less likely to get distracted than if you're at home trying to exercise.

Try to get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week. We're here to help at Aztec so if you want some advice ask to see Iwona.



### Choose you drinks wisely - stay hydrated

- Substitute water for sugary or alcoholic drinks to reduce calories and stay within recommended guidelines.
- Consume at least 2 litres of water through the day.
- For every cup of coffee you drink consume another two cups of water afterwards to stay hydrated.



Please be a considerate gym user

Whether you are a frequent gym-goer or new to the Aztec Gym, it is important to know how to be a good gym member by respecting others, keeping the space clean, and adhering to common best practices.

- ✓ Put everything back where it belongs
- ✓ Don't hog the equipment
- ✓ Wipe things down after you use them
- ✓ Respect personal space
- ✓ Be flexible about your routine if the gym is crowded

*...and have fun!*