

ANOTHER FREE GIFT AWAITS

You're in!

Thank you for booking your MAINTENANCE package

[BOOK SESSIONS 2-4 USING THIS LINK](#)

THANK
YOU

for booking session 1
- All other sessions
are now paid for, just
CLICK the link above
to book subsequent
sessions 2,3 & 4 when
convenient.



**YES INDEED- YOU GET FREE BATH SALTS THIS
MONTH WITH THIS PACKAGE**

How to get the MOST from your package - After each session



HYDRATE
3 GLASSES
AFTER MASSAGE



NOURISH
AVOCADO,
SALMON,
QUINOA - THIS
MEAL AIDS
SLEEP



SOAK
USING YOUR
COMPLIMENTARY
SALTS - THE
MAGNESIUM AIDS
RELAXATION



SLEEP
AIM FOR 7-8 HOURS - MAKE SURE
YOUR ROOM IS DARK TO HELP CELL
REGENERATION AND A DEEPER SLEEP

Let's connect!

esthercatowellness.co.uk



collect your bath salts at your
next visit - looking forward to
seeing you soon.