



## TIME OUT

The importance of strong, healthy lungs is a bit of a no-brainer, but it can be confusing to figure out where to start. Firstly, yoga is a great way to really put the focus back into your breathing techniques in a gentle way. There are a bunch of YouTube tutorials, apps, or if you need a more social approach we suggest a local studio visit. Swimming is also a great way to strengthen your lungs, and tone your body at the same time. Whether you prefer the ocean, or your local pools, splash out on a couple of laps a week and you'll truly see a difference.

## BREATHE

How often do we take the time out to focus on breathing?

Even now as you read this, you might notice that your chest moves in when you breathe out, when it should be the other way round. Especially in spring, with its beautiful blooms, but full of pollen for those that suffer from hay fever. That's why we're taking a moment to stop, learn new routines and techniques and most importantly, breathe.



**Aromatherapy Associates Support Breathe Bath & Shower Oil (55ml, \$108)** Decongests, strengthens the immune system and is perfect for hay fever and any form of sinus congestion.

**Aromatherapy Associates Support Supersensitive Body Oil (100ml, \$108)** Contains chamomile, and is perfect for skin irritation, rashes and upset stomachs.

**Aromatherapy Associates Support Breathe Pure Essential Oil (10ml, \$51)** Contains eucalyptus and peppermint, and is ideal for respiratory ailments and seasonal allergies.

## the skinny by miss more

### tips

It's a true MTS team favourite, but there really isn't anything like a lush bath or shower. That's why we're excited about our new fave ritual featuring Aromatherapy Associates Bath & Shower Oils. Simply massage your chosen oil onto your body before hopping into your shower, or dipping into your bath. #artoflivingwell

**Spring cleaning can be daunting, and it's easy to miss the details. First impressions count, so begin by replacing your doormat with something fresh, clean and a little fun.**

### Go

Bride-to-be's, we've launched our Wedding Collections, a series of treatments leading up to the big day. Chat to our therapists and find out how we can help you achieve a beautiful glow.

**Have you experienced our Indian Head Massage (30min, \$60) yet? A perfect add-on to your treatments, this out of this world massage is a wonderful way to unwind.**

Our Spa Development Manager Erin Gardner is performing Skin Health Checks (60min, \$90 - redeemable against purchases on the day). These in-depth personalised programmes feature nutrition, skin care and wellness recommendations - just in time for the new season!

### stuff we love

We're loving crystal jewellery at the moment, especially with the introduction of LaGaia in-spa. Check out the beautiful creations by Australian based @auracrystals\_



## Wellness at home

Your home is your sanctuary

1. A soothing and replenishing blend of beautiful botanical oils await in our **ASPAR Lavender & Patchouli Relaxing Body Oil (200ml, \$39)**. 2. Add a refreshing spritz of our **Decl  r Aurabsolu Refreshing Mist (100ml, \$70)** after cleansing, to set makeup or when you're in need of a hydrating boost. 3. Try our very own skin-saviour, **Joyce Blok Linden Refining Mask (60ml, \$55)**. Featuring soothing, anti-oxidant and restorative properties for radiant skin. 4. Learn how to switch off and live a more fulfilled life with our team-favourite **Chaos to Calm** (\$38). Written by expert life coaches, you'll be left empowered and inspired. 5. Take some time out to light an **ASPAR Rose & Lemongrass Calming Candle (60hrs, \$52)**, sit back, relax and unwind. 6. Our 100% natural **Decl  r Aroma Night Rose D'Orient Soothing Night Balm (15ml, \$100)** is a lush night treatment to soothe, rest and relax. You'll wake with soft, calm skin. 7. **WelleCo's NOURISHING PLANT PROTEIN in Peruvian Chocolate (500g, \$69)** is formulated to support your overall health, digestive system, skin and energy levels.

more than skin  
spa & beauty

**Albany Day Spa • Ph 414 4140**  
Mercari Business Centre, Level 2, 15 Mercari Way  
**Howick Day Spa • Ph 533 9694**  
Meadowlands Plaza, Whitford Road  
**Ponsonby Urban Spa • Ph 361 2231**  
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# breathe

more than skin  
spa & beauty

More Than Skin Spa & Beauty  
Spring/Summer Newsletter



beautiful new essentials  
wellness gift guide  
body love  
seasonal faves

With a change in season comes the chance to reinvent the way we go about our day. That's why we're looking at changing the way we look at our routines, the importance of taking a deep breath and showing our body some love. Read on and embrace all things wonderful and new this season.

See you in Spa soon xxx



Based on the philosophy of unedited beauty, we're proud to officially welcome LaGaia Unedited Skincare to our spas. Specifically designed to restore mind, body and soul with a sophisticated and focussed beauty regime, this luxury range truly is a game-changer.

LaGaia incorporates the finest grades of nature's master healers, and features the power of ground crystals, gems and minerals to deliver pH balance and skin health. It's been a long time coming, as we looked into the next level of what we could offer in-spa, and we're thrilled to be the first in New Zealand to offer this to you.

Speak to our fully trained therapists about these true gems, and see the results for yourselves with our Precious Elements Facial (75min, \$165). Here's to a beautiful new standard in beauty, health and wellbeing.



Try our new P40 SPF30 Sunscreen (200ml, \$64) and P40 3-in-1 Aftersun Solution (200ml, \$58). Created in conjunction with LaGaia Unedited, these products are skin and planet friendly, featuring no nasties for you or the sea.

Available online & in spa.



## introducing...

For more than 30 years, Aromatherapy Associates, has specialised in wellness, mindfulness and leading a balanced life. So it was an obvious fit when the opportunity arose to introduce this beautiful collection to More Than Skin.

Renowned for their award-winning products and spa treatments, they have transformed the traditional aromatherapy experience into something highly effective yet luxurious. Aromatherapy Associates harness the natural healing effects of the finest ingredients, purest extracts and essential oils in their Bath & Shower Oils, skincare, body care, home, travel and gifting collections.

The result: beautiful, glowing, healthy skin free from harsh chemicals and synthetics. We hope you're as thrilled as we are – welcome to the MTS family.

### For the boys: Refinery

Launched in September, The Refinery Collection by Aromatherapy Associates offers a comprehensive selection of 12 products, combining skincare and aromatherapy expertise with the unique knowledge of specialised male grooming.

Designed for any age, skin is soothed, calmed and protected from aggressive environmental stresses. From shaving preparations to intensive treatments, a perfect expansion to our existing JB Man and Decléor products - just for the guys!



Share the gift of relaxation and wellness with our seasonal gift guide

Breathe - our limited edition Christmas Voucher \$250, 100 minutes of self-care and realignment. Launched Labour Weekend.

Joyce Blok launch Celebrate, a collection of vitamin saviours and essentials for healthy, glowing skin all year round. From \$174

Aromatherapy Associates have released their Pearls of Wisdom collections. With limited edition packaging designed by British fashion designer Maria Grachvogel, these beautiful blends offer solutions for a range of skin needs. From \$26

Our Spa Membership has proven to be a popular gift for those in need of some serious me-time. You'll be entitled to \$200 worth of treatments every month for a year, all for only \$1600. That's \$2400 worth of full-priced treatments – an amazing saving of \$800.

# THE EDIT

spring/summer

It's time to up the ante with our selection of nourishing essentials...

## 45

Ensure your eyes are diamond-bright and wrinkle-free with **Joyce Blok's Anti-Ageing Firming Eye Cream (15ml, \$80)**.

The versatile **Decléor Aroma Nutrition Satin Softening Dry Oil (100ml, \$125)** leaves your face, body and hair softer and enriched with nutrients.

Utilising a wonderful new mask full of multi-vitamins and antioxidants, celebrate the 45th birthday of our beautiful **Joyce Blok range with the Birthday Facial (\$145, 75min)**.

Our **ASPAR Olive Leaf Replenishing Hair Masque (100ml, \$37)** will ensure your tresses are silky smooth and restored.

Add a pop of colour to your nails with **Kester Black in Barbie (15ml, \$24)**, the ultimate colour for beach days and trips abroad.

Cool down with these green smoothie pops using our **WelleCo SUPER ELIXIR Greens Refillable Black Caddy (300g, \$168)**.

You'll need: 1 cup cashews soaked overnight in water, 1 cup water, 2 tsp vanilla powder or extract, 1 avocado (about 1 cup), 1 cup spinach, 2 tbs SUPER ELIXIR Greens, ¼ cup cacao butter (or coconut oil) melted, ¼ cup rice malt syrup, 2 tbs pure maple, Pinch flaked sea salt.

Combine all ingredients and blitz, then freeze overnight.



When it comes to taking care of our bodies, it's more than likely that we don't give it as much attention as we need to. It's easy to perfect your facial routine, but as the weather gets warmer, it's important to show our bodies some love.

Firstly, arm yourself with a dry brush, which is wonderful for exfoliating dry skin. It also helps detoxify by increasing blood circulation and promoting lymph flow/drainage. Made famous by Gwyneth Paltrow on her Goop website (which resulted in a crazy amount of global sales), it also stimulates your nervous system, which can make you feel invigorated afterward – win-win.

Next, ensure that your body is properly moisturised and protected.

We tend to do a lot more activities when the sun is shining, so make sure you top up your skin after being exposed to the elements. That means applying an SPF at least 20 minutes before you head into the ocean, and moisturising after a big day. There's nothing worse for your skin than sunburn, especially in this beautiful country of ours!

Finally, be kind to yourself. Take a luxe bath at the end of a long week with candles and bath oils. Wear that beautifully outrageous lip colour you're unsure about, whip out those "special occasion" shoes, and rock that new dress. No matter your reservations, arm yourself with new routines and a dose of body confidence this season, and you'll shine from the inside out.

Here are a few of our faves for a relaxed mind and healthy skin.

Protect your hair and skin with our **Decléor Aroma Sun Expert Summer Oil SPF30 (150ml, \$80)**.

Try **Joyce Blok's Aloe & E Body Lotion (200ml, \$43)**, for soothed, moisturised skin all day long.

Experience our **Signature Kitya Karnu (75min, \$195)**, a total body experience for an all over glow.

Aromatherapy Associates Polishing Body Brush (\$57)

