



## Why choose us?

We're so proud of what we have become renowned for. Our treatments, products and courses are designed to help you with your skin concerns, or offer you a relaxing escape. From skin health, to your overall wellness, that's what we are about. After all, the proof is in our name.



### THE JOURNEY SO FAR

With over 25 years of looking after your skin, it's hard not to reflect on our journey thus far. From a treatment only focus, More Than Skin has truly evolved into a multi-location spa that has truly embraced the wellness philosophy. You'll find us asking more questions about your state of mind, environmental factors or even what supplements you take. You'll also find or venture into the world of blogging, sharing our wellness tips and suggestions with you, plus beautiful inspo on Instagram. We're thrilled about the future of MTS - watch this space as we continue to change.

## AROMATHERAPY EXPERTS

As our journey as aromatherapy experts continues to evolve and grow, you may have noticed more and more Aromatherapy Associates products gracing our shelves and our website. We soon bid adieu to Decl  r, a fond member of the MTS family. The Decl  r products have helped define us as aromatherapy experts but due to limited access to NZ in the future we embarked on a search for a new brand to lead us into 2020.

We are happy to report that after 12 months of extensive research we welcome the award-winning Aromatherapy Associates. We believe this is the next step in the world of aromatherapy so allow us to introduce you next time you're in-Spa - you'll fall in love.



## HAND-PICKED SELECTIONS

You might wonder why we offer what we do in-Spa, but there is a method to the madness, we swear! It's so important to truly believe in the products and treatments that we offer you. That's why there is serious thought, research and lots of trialling that goes on behind the scenes with everything that we introduce in-Spa. You'll find this for all our products, from Kester Black, a completely sustainable range, to WelleCo, for skin health from the inside out. To the more recent additions of Aromatherapy

Associates and LaGaia which, though very different, both uphold the same values and holistic view of skin health being a complete journey, beginning from your state of mind. Feel free to find out more next time you pop in. There is a beautiful story behind every range, and we'd love to share it.



## the skinny by miss more

### tips

Embrace adventure by stepping off the beaten path. Chat to locals for their suggestions on authentic meals, and an alternative to tourist-busy landmarks. A memorable addition to your next journey.

The winter blues are real! Stay positive by embracing an inner mantra, or by focussing on a goal this season. Make time to see loved ones and enjoy a brisk walk (rugged up of course), to truly see a difference.

### Goss

We're thrilled to share that our lovely Howick Day Spa Manager Nikki tied the knot in March. Be sure to ask her all about it when she's back from her amazing Vietnamese honeymoon!

Our fave travel saviour has to be our Aromatherapy Associates Bath & Shower Oil Collection (\$90). Simply pack your must-haves, including Deep Relax for those that have trouble falling asleep on a plane. Magic.

Have a teen with problem skin? Book them in with our Spa Development Manager Erin, for a Skin Health Check (60min, \$90 - redeemable against product). Erin will go through an in-depth consultation and create the perfect treatment plan for the trickiest of skins, especially over this up and down season.

### stuff we love

Just one glance at our Insta, and you'll see that we're in love with indoor jungles. Check out @angusandceleste, for some serious botanical beauties. For linen it has to be @wallacecotton, who we have been working with for years in Spa, or the very fun @sageandclare.   

## Sanctuary at Home

Our picks to help create your very own oasis

1. Filled with over 70 recipes designed to feed your skin from the inside out, **Eat Beautiful** (\$65) is an essential must-have for your personal book collection. 2. For healthy, radiant skin, try our **Joyce Blok Face & Body Exfoliant** (200ml, \$60). Perfect as a body treatment once a week, to truly let your skin glow. 3. **Aromatherapy Associates De-Stress Mind Roller Ball** (10ml, \$41) helps to focus and organise your thoughts, and is ideal for travel, office and home. Clarity and calm in a bottle. 4. For soft, healthy tresses, try **ASPAR Macadamia & Quandong Replenishing Conditioner** (500ml, \$35). Ideal for reducing that rainy-day frizz, especially in the cooler months. 5. With dreary days comes restless nights. Wake up fresh-eyed with our **LaGaia Diamond Eye Triple Action Gel** (20ml, \$115), it'll have your eye contour revitalised, firmer and brighter. 6. For the ultimate close shave, **Refinery Shave Oil** (30ml, \$71) promotes elasticity and ease of shaving. As well as soothing damaged skin, it can also be used as a post shave oil. 7. Exclusively available at our **Albany Day Spa**, **The Ultimate Soak** (60min, \$125) is for those that don't have a bath at home. Pop in after work or a busy day to truly relax body and mind.



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  
100 College Hill

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# journey

More Than Skin Spa & Beauty  
Autumn/Winter 2019 Newsletter

more  
than  
skin  
spa & beauty

new beginnings

around the world

mts journey

seasonal faves

This season we focus on the journey. Whether it be with a change in your skincare routine, your relaxation and sleep programme, nutrition or general wellbeing it's all about preparing for, and cherishing each step as it comes. If you are taking time out to head away, or embracing a staycation at home, we have all the latest tips and recommendations. Read on and go on a journey with us this season.

See you in Spa soon xxx



# around the world

We're honoured to be linked with a selection of beautiful sister-spas around the world, through our mutual love of our brands and signature treatments that we share.

## ASPAR

Developed at the stunning Aurora Spa in Melbourne, ASPAR offers a wonderful collection of botanically active products that work wonders, and smell divine. Try the **Signature Kitya Karnu (75min, \$195)**, an award-winning total body experience, which we're proud to offer at More Than Skin.

## AROMATHERAPY ASSOCIATES

This beautiful collection features in the spa of one of London's most iconic hotels, the Dorchester. Leaders in aromatherapy, we are absolutely in love with everything this range offers. Try our indulgent **Ultimate Aromatherapy Experience (90min, \$180)** for a true taste of luxury.

## LaGaia

The dreamy Osprey Spa at Elements of Byron, is a stunning retreat based in Byron Bay, and home to LaGaia. These products incorporate precious elements, and are the perfect accompaniment to our wellness philosophy of body & mind. **The Precious Elements Facial (75min, \$165)** uses nature's master healers in this vitamin-enriched treatment.

## Joyce Blok

More Than Skin is proud to be the home of this Kiwi brand. This wonderful local range was one of the first created in NZ for beauty therapy, and utilises the best of the best from science and nature. The **Joyce Blok Signature Facial (60min, \$110)** continues to have a special place in our, and our clients, hearts.

# AROMA CONSULTATION

In May we launched our Nurture Ritual (80min, \$120), just in time for Mother's Day. Plus, during May, purchase any two Aromatherapy Associates products to the value of \$150 and receive a complimentary Nurture Ritual voucher valid for 3 months.

## Winter Is Coming

From May we have a special Signature Facial offer, especially for the winter season. A three month programme for \$250, valued at \$330. Especially designed to encourage you to journey to see us, even when it's raining!

# The Checklist

**The best pre/post travel treatments to ensure its smooth sailing for your trip and your skin.**

**Before :** From facials, to waxing and brow shaping and everything in between, **The Beauty Cocktail (110min, \$185)** is a complete maintenance package, to ensure you're in tip top shape.

Aptly described as feeling like you're lying on a sunny beach, invest in an **Omnilux Revive Treatment (30min, \$125)**, or two, for a perfect glow before-you-go.

**After :** Enrich your skin with a **Vichy Aquamassage (50min, \$125)**. Available at our Howick Day Spa, this hydrotherapy treatment helps to relieve tension, and gives skin a serious moisture boost, especially after a change in weather.

Who doesn't need a holiday after a holiday? Our **Wellness Experience – Body (60min, \$110)** is a true ritual for the senses, and includes a beautiful Indian Scalp Massage.

We are delighted about the feedback on Aromatherapy Associates, which has exceeded our expectations (although we secretly always knew you'd love it!). For those that have been lucky enough to experience these products in-Spa, we wanted to let you know a little bit more about the signature of this range, the Aroma Consultation.

This consultation offers a sensory experience to tap into your needs. Beginning with an in-depth consultation, to find out what your emotional and physical requirements are, our therapists use this information to then carry out an aroma test. We help you find your perfect aroma partner in the form of one of our 10 Bath & Shower Oils (55ml, from \$108). We then guide you through your own self-care ritual for both morning and night.

Formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind, this blind test is the perfect way to ensure you receive the oil that you need, instead of what you think you might need. The perfect aroma partner just for you.

Products available online and in-spa. Get in touch with our team for your very own Aroma Consultation.  
#ArtofLivingWell #madeforyou

# THE EDIT

Allow us to introduce you to the essentials to get you through this season.



Add a touch of timeless pink to your nails with **Kester Black in Petra (15ml, \$24)**. This soft tone is the perfect shade to pair with soft knits and your favourite coat.

An ultra-soothing botanical muscle soother, our **ASPAR Rosemary & Clove Thermal Balm (20g, \$20)** is the perfect saviour to pop in your handbag this season.



Shrug off sluggish mornings with the invigorating powers of Aromatherapy Associates **Revive Morning Bath & Shower Oil (55ml, \$110)**.

Allow us to introduce you to your new fave repairing and rejuvenating day cream, the hard-working **Joyce Blok Alpha-Beta Radiance Cream (50ml, \$50)**.



For a 3pm craving treat that tastes as delicious as it looks, try this **Super Tart**, using our **WelleCo Super Elixir Greens Refillable Black Caddy (300g, \$168)** and **WelleCo Nourishing Plant Protein in Peruvian Chocolate (300g, \$95)**.

Recipe on our blog.

The perfect duo for skin rejuvenation, **Peel & Reveal (50min, \$155)** combines a **Joyce Blok Alpha-Beta Peel** and **Omnilux Revive**, for healthy, glowing skin.



# OF THE PLACES YOU'LL GO

Going away on holiday isn't always feasible for everyone. There are so many factors, such as child care, taking time off of work, and finances to consider. Here are a few tips on creating the perfect staycation at home.

One of the best parts about going away on holiday has to be the no-alarm perk, unless you're an early morning tour kind of person, but hey – we all need sleep!

We recommend investing in quality linen sheets and pillowcases. Considered more luxurious than silk the unique filtering and bacteria resistant quality of linen means it is recommended for sensitive and problem skins and also great for kids. It also has a light massaging effect on the skin which is wonderful for circulation. Along with beautiful new sheets upgrade duvet covers and throw cushions, to truly create a dreamy bed that rivals most hotels. Embrace

this time to truly catch up on your zzz's in style.

From our insta-finds, to our head office décor, we are firm believers in the health and wellness benefits of creating an indoor jungle. Invest in creating your very own plant-haven, preferably in a relaxing spot, such as near your favourite reading (or napping) chair. From lush palms, to the elegant orchid; there is something truly special about bringing the outdoors in. Tropical island energy at home.

Lastly, plan your very own wellness pamper day. Don your comfiest robe and give yourself the works, from a full body scrub, to a hand, feet and neck massage. Find a relaxing playlist, add a face mask, soak those feet and truly relax. And remember, don't be tempted to use this time to "catch up" on chores. After all, isn't a bit of self-care what a holiday is all about?

Create a sanctuary at home with our **ASPAR Rose & Lemongrass Calming Candle (60hrs, \$52)**.

Here are a few of our essentials for a holiday at home.

Indulge your senses and escape with **Aromatherapy Associates Nourishing Enrich Body Oil (100ml, \$104)**.

Relax with our **LaGaia Beauty Balm (100ml, \$110)**, a rich hydration regeneration treatment.

Try **Aromatherapy Associates Skin Treatment Hydrosol Sheet Mask (1 sheet, \$29)** for a holiday-fresh glow.

