

# Girls Nights In

## WITH A DIFFERENCE

Calling all ladies and girls who love to get together and have a fabulous evening. Want to know how to rave up the girlie factor of your usually ordinary evening out?

Then look no further! **'THE BLACK HORSE'** in Findon, is holding **'GIRLS NIGHTS IN'** What more could a woman ask for than a newly refurbished Public House, with delicious home made freshly cooked food, easy parking AND Taster pampering sessions of reflexology, style/colour tips or a manicure/pedicure?

**ALL YOU HAVE TO DO IS FOLLOW THESE 3 EASY STEPS TO 'HEAVEN'**

1. Organise the girl's dairies for a time, date and treatment
2. Call the Black Horse 01903 872301 to book your pampering session & buffet
3. Sit back and look forward to a very enjoyable well earned indulgent evening of PAMERING.



## THESE ARE THE LADIES THAT HAVE GOT IT SORTED FOR YOU

### Debbie Stevens, Advanced Reflexologist.

Debbie reflexfoot@hotmail.co.uk tel : 01903 265684

Debbie will be able to unwind your mind, body & soul by applying reflexology to your hands or feet. Reflexology is a 5000 year old Egyptian therapy and is a popular and relaxing holistic treatment based on the principles that reflex points on the hands and feet correspond to organs and glands inside the body. It is a gentle and soothing massage of the hands or feet through which energy channels and body systems can be reached. If you have had a hard day on your feet working/shopping this would be the perfect way to thank your feet for carrying you around all day and taking you home tonight!

"I found my reflexology treatment a body tingling experience. I was able to focus my mind & make a connection with my body that I hadn't experienced before. A thoroughly relaxing & stimulating evening" **Jane from Worthing**

### Gay Richardson, Style Advisor & Personal Shopper

Style Me Confident - www.stylemeconfident.co.uk Tel: 01903 538774

Will be offering mini style & colour treatments so you will learn your best colour qualities ( and not so great ones!), how to dress for your body proportions, what body line you have be it Marilyn Monroe, Kate Moss or Madonna esque. Your scale, which is determined by your frame size, height, and weight. All this information will help you to be more selective when shopping and so save time and money. Gay says that she is like Trinny & Susannah, but much kinder (and she doesn't touch your boobs!!). She also emulates Gok Wan, from How to Look Good Naked, who helps to build your confidence with the clothes that you wear.

"Now that I know I'm a 'Marilyn Monroe' (curvy body shape) I can dress to kill. What a fantastic insight, absolutely fascinating for someone with no colour or co-ordination." **Cindy, Worthing.**



### Yvette Ball, Manicurist/Pedicurist,

Perfect Pinkies, email jamesball13@tesco.net> Tel: 01903 260884.

Yvette Ball will be able to change the look of any hands or feet by filing and shaping your nails (what ever their condition) applying colour and, if you fancy some bling for a special occasion, gems can be applied. The only decision you have to make is what colour – how relaxing is that? If you don't fancy your nails painted then you can have a relaxing massage instead.

Yvette trained at Chichester College and has been working for herself for more than 3 years. Working from home gives you privacy and a great personal touch and means clients don't have to sit in a shop window and get their feet done in public.

Yvette specialises in UV Gel Nails (extensions) so ask her about them for your Christmas Party or that special occasion, perhaps your Wedding, an Anniversary or your Birthday. You can also have beautiful gems applied to UV Gel Nails to make them look amazing.

"Being new to this, my pedicure was a very relaxing experience, which I would look forward to doing again. Thank you" **Tina, Worthing**

Treatments start at 7pm, which gives you time to get a drink, have a chat or have your pamper session prior to the buffet, which starts about 8pm. The atmosphere is relaxed, fun and indulgent and just what you deserve - some quality TLC.

### NEWS FLASH – IMPORTANT ANNOUNCEMENT- GIFT DILEMMA

**Girls, if you don't get quite what you desire for Christmas/ Birthdays/Valentines then leave this magazine open, at this page or tuck it in the fridge by the beer, or on the car bonnet.**

### HUSBANDS – BOYFRIENDS – SONS – BROTHERS

take the pain out of your Christmas/Birthday/Valentine shopping and get your wives, girlfriends, daughters, sisters a pampering gift voucher for reflexology, colour/style or a manicure/ pedicure (contact details are above so call or email NOW)

### TRUST US THEY WILL LOVE IT AND CONSEQUENTLY YOU – how fantastic is that?

Debbie Gay & Yvette are also available for one to one private consultations. The Girls Nights in can also be arranged in the privacy of your own home or if you would like to thank your staff we can arrange to come to the work place to offer mini treatments.

### Available dates

Before Christmas - December 4th 2007.

For 2008 -January 16th, February 6th, March 5th and April 2nd.

Book early as places are limited and go very quickly.

### So what are you waiting for?

Start calling your girlfriends and let's make it happen. We can't think of anyone more deserving than YOU.