

The Radmoor Centre

newsletter

Thank you to all our clients during the 2010/11 Academic Year, we look forward to welcoming you back in the NEW academic year! There are some new and exciting opportunities available to our clients across the whole of the Radmoor Centre!

Elite Hair Welcomes Paul Mitchell

We are excited to announce Paul Mitchell hair products as our key brand for both our commercial and curriculum salons. It has been an immense effort to source a company that would fulfil our needs and Paul Mitchell through Andy Fraser our Field Consultant has done so with excellent service and proficiency.

Paul Mitchell is luxury hair care at an affordable price. Paul Mitchell combines quality ingredients and the latest technology to ensure top performance and flawless results, no matter what style.

PAUL MITCHELL
LUXURY HAIR CARE

New Price Lists Available Now...

We've listened to our clients and changed our price list to make life simpler. We now have only 2 price bands:

Level 2 Stylist/Therapist Level 3 Stylist/Therapist

Therefore the price charged will be dependant on the level of the student performing the treatment in the client session you are attending, whether this be during the week, in the evening or at the weekend

We also have a BRAND NEW Retail Price List highlighting the products you can buy from Elite to help you achieve the look at home and treat yourself between your visits to our salons.



Congratulations!

Congratulations to the below students on their selection for the Leonardo Programme.

Natika Dono Level 3 Diploma Beauty

Shona Gallagher Level 3 Diploma Beauty

Dawn Ison Level 3 Beauty

These students will be placed in Spain, Gran Canaria Island in the 4 and 5 star hotels. Hotel Gloria Palace Amadores and Hotel Gloria Palace San Agustin.

The students will have 3 weeks language lessons and 9 weeks work experience. We wish the girls the very best and hope they come back with lots of stories and photos of their experience.



Look Good and Feel Good using the Elite Reward Card!

Simply pay for 6 of the same treatment and get the 7th treatment FREE or receive £10 towards an alternative treatment

When your card is full, simply start again to receive further FREE Treatments.

As a Reward Card Client you also receive 10% Discount on Retail Products to take home to help you look good and feel good between your visits to Elite Hair, Beauty and Complementary Therapies

Don't forget to sign up to our mailing list so that you are the first to hear about our promotions!





Summer Success

The Summer Promotion was a great success! Thank you to all our clients that joined us this summer; thanks also to our dedicated staff Rachel White, Sharon Fowkes and Natalie Ramsey who helped us to look good and feel good this summer!

We will continue to open our Commercial Academy from 1-7pm on Friday's and 9-12 noon on Saturday's throughout the year. Level 3 students will be performing the treatments from September to

December 2011 and Level 2 students from January to May 2012. Our dedicated staff will also be on hand at all times.

I had a very stiff back due to stress caused by a frozen shoulder. I was impressed by the professionalism and friendliness of Sharon. Although uncomfortable the day after the improvement was amazing. Her follow up advice was most helpful. I intend to continue with the treatments on a regular basis. Megan Scotney

£5

To spend on
treatments at Elite
Hair, Beauty and
Complementary
Therapies

WELCOME BACK VOUCHER



NAME:

ADDRESS:

EMAIL:

New To The Radmoor Centre!

Experience Travel, Loughborough College's in house travel agency part of the Freedom Travel Group, has moved into the centre.

Experience travel is managed by Sarah Leake who has over 22 years of experience in the travel industry. Sarah says:

"I am really excited about the move, the office has been trading for over 6 years and was located in the main college building, but with the move to the new office in the Radmoor Centre I am hoping to introduce myself and the business to new customers who wouldn't have been aware we were there before"

This partnership with the Freedom Travel Group means that I am able to offer my customers a full travel service with the peace of mind that when booking a package booking with me that their monies are protected; and with Experience Travel being independent I can offer my customers a completely unbiased opinion on their holiday."

Experience deal with all aspects of the travel industry and can help with:

- Package Holidays
- Cruise Holidays
- Flight only
- Ski Holidays
- Worldwide Holidays
- Tailor Made holidays
- UK breaks
- Theatre Breaks
- Self Drive and Coach Holidays
- Car Hire/Airport Parking/
Executive Airport Lounges
- And much more!





Experience also offer various incentives and promotions these being...

- **NO CREDIT OR DEBIT CARDS FEES**

- **DISCOUNTS/ PRICEMATCH[†]**

- **PERSONAL APPOINTMENTS**

- **PAYMENTS PLANS**

At Experience travel we offer a complete personal travel service with your booking being looked after from start to finish by ourselves so we are totally aware of your holiday details.

We would like to invite all customers past, present and future to pop in meet us, see the new office and find out what Experience Travel can do for you.



[†]Terms and conditions apply ask for more details

2011
2012

Competition...

Win 4 tickets for this years' amazing 80s' Christmas Party Night at the Radmoor Centre by answering the following question and fill in your details below to be entered into our Christmas prize draw: Who wrote the book 'A Christmas Carol'? Please return form to the Radmoor Reception.

Name

Address:

..... Postcode:

Email:

Tel:

Your Answer:

Competition will close 31st October 2011.

Winner will be announced 4th November 2011.

Please return completed forms to the Radmoor reception.

The Radmoor Centre would like to keep you updated with news and information on our latest offers. If you do not wish to receive any promotional information, please tick here

NEW Cookery School Programme

Beginners Royal Icing | £120

3 weeks, Tues 6-9pm from 25th October 2011

Fresh Flowers for Wedding Cakes | £100

1 day, Saturday 14th January 2012

Beginners Sugar Modelling – Animals | £120

3 weeks, Tuesday's 6-9pm from 17th April 2012

Cooking Without...Gluten the dinner party you thought you would never host | £60

1 day, Saturday 12th November 2011 10am-4pm

Thrilling Three Courses – Festive Treats | £100

3 weeks, Saturday's 10am-1pm from 26th November

Local Game In A Day | £70

1 day, Saturday 21st January 2012 10am – 3pm

Family Fun Cooking | £60 per couple

1 day, Saturday 28th April 2012 10am – 2pm

Junior Master Chef | £90

6 weeks, Saturday's from 28th January 2012 10am – 1pm

Easter Goods & Handmade Chocolates | £120

3 weeks, Saturday's from 17th March 2012 10am – 1pm

To book a place or for more information on our Cookery School Courses please call The Radmoor Centre, **0845 166 2959** or email info@radmoorcentre.co.uk

FUTURES RESTAURANT...

Over the summer, Futures Restaurant has been host to legendary Rugby player Darren Garforth and been in the hands of the crazy antics of Faulty Towers. The new term brings in a range of events, including a **French Beaujolais Nouveau Dinner on 17th November** and of course our special Christmas lunches and dinners during November and December.

Futures Restaurant is open for lunch during the week between 12pm and 2pm and offers an evening service two days a week between 6.30pm and 9.30pm as well as Sunday lunch.

With our **4 for 3 offer** during our evening dining, come along on a Wednesday or Thursday for dinner and pay just **£9.95** each, for a 2 course meal. With fantastic cuisines on offer, come and tickle your taste-buds at Futures Restaurant.

Fitness Column



James Walker
Fitness Instructor

GET A SWEAT ON!

Every quarter, we will be bringing you fitness tips from our fitness professionals, which you can take into the Radmoor Fitness Suite, to help you along with your fitness regime. This newsletter's tip comes from James Walker, one of Radmoor's Fitness Instructors, who also plays for Burleigh Bucks mens basketball team...

Ways to Improve your Core

First things first, don't worry about doing endless sit-ups. Don't worry about those

6 second abs, or those ab cradles! If you want to improve your abs then this is what you need to consider...

Fat Percentage

Most people want to have a six pack or a nice firm flat stomach, but all they do is sit-ups. Hit the cardio and improve whole body muscle mass, and that will reduce your fat percentage.

Core Strength

With all exercises that involve weights, you can tap into your core. e.g. instead of doing bench press, do single arm dumbbell press. Instead of doing bent over rows, perform single arm dumbbell rows without a bench.

Core Stability

You can increase the intensity of all exercises by destabilizing your body. When performing squats, do it on a Bosu, or even on a Fit ball.

Taking into account all of the above will give you epic abs!

For further advice and information, come and see me at The Radmoor Centre's Fitness Suite, where I would be happy to give you further advice on how to improve your core.

Date & Event...

Thursday 17th November 2011
Beaujolais Nouveau Dinner

Week Commencing 21st November
2011 Health Spa Week

Wednesday 7th December 2011
Ladies Pamper Night

Saturday 17th December 2011
Christmas Party Night

Rooms available to hire at The Radmoor Centre

- Futures Restaurant-for up to 85 guests
- Radmoor Suite-for up to 35 guests
- The Radmoor Hall-from 100 to 500 guests
- Small meeting rooms-for 5 to 15 delegates
- Buffets start from only £6.95 per person.

Bespoke Events & Catering at The Radmoor Centre

Tailormade packages are available from the Events and Hospitality team at the Radmoor Centre, and we can also plan your entertainment, decoration or any other special touches that you may have in mind to ensure your event is a success. We understand that every event is unique, and so we ensure that each event is seen to by our events coordinator, who will arrange all the details with you.

'I just wanted to say thank you for your help in organising our event last Sat. We had a wonderful day and lots of people commented on how nice the venue was and how good the food was. The staff were all extremely helpful so please pass on our thanks.' Rachel Wheeler

Email us with your event enquiry on info@radmoorcentre.co.uk

The Radmoor Centre
Futures Food, Fitness and Relaxation

Celebrate Christmas
at the Radmoor Centre

4 FOR 3 EVENING DINING OFFER



FUTURES RESTAURANT

BRING A PARTY OF FOUR AND ONE PERSON DINES FOR FREE WITH THIS AD!*

*TERMS & CONDITIONS APPLY. OFFER APPLICABLE FROM 6.30PM ON WEDNESDAYS AND THURSDAYS.

SUNDAY LUNCH Join us for a traditional Sunday Lunch 12noon - 2pm, 2 course meal only 9.95

Call **0845 166 2959** for reservations