

sanctum body skin soul

Issue 27

1st June 2013

welcome to where body and soul meet.....

Did You Know...?

The Theatre Royal in Hobart is Australia's oldest operative live theatre

Tasmania has a higher proportion of its land area (22.6 per cent) reserved for recreation and conservation purposes than any other State

Tasmania has the longest and deepest caves and the deepest natural freshwater lake in Australia

The reputation of Tasmania's premium wines is protected by the only legislated appellation scheme in Australia

Tasmania has the largest lavender farm in the world and it is the only commercial lavender producer in the southern hemisphere

Tasmania has 69 golf courses - more per capita than any other state in Australia

Tasmania is closer to the equator than Rome or Chicago

Tasmania is the most decentralised State and Tasmanians travel the shortest distances of any Australian workers between their homes and their jobs

Meet us halfway.....

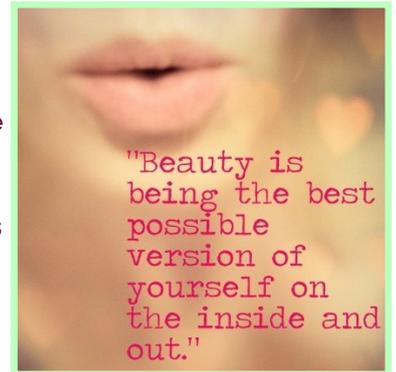
Almost halfway through the year and we are sure that things are speeding up! Lots of changes afoot for **sanctum** as well as for Tassie in general.

First we would like to let you know that we have made the choice to not continue to offer our Waxing and Tinting Services for the moment. Our preference is to focus on what we know we do very well (our body and skin services). The Monday opening times as well, have been rethought and while we genuinely wanted to operate this day, the challenge was staffing this shift, so for now, we are returning to our Tuesday/Saturday business hours.

Annie is off to Sydney the first week of June for an Advanced Skin workshop and is looking forward to bringing these new skills back for our Clients. We are also in talks to bring on board a brand new (to **sanctum** and to Tassie!) machine based treatment that focuses on loss of skin elasticity (throat, tummy, arms etc), cellulite and body contouring—very exciting and more on this soon.

Read on for some great style tips from Felicity Wright—a London trained stylist who is back in Tassie to share the latest trends and a one on one interview with one of our lovely Clients who has just started a new (and very interesting!) business!

Lots happening around Launceston this June: The [Launceston 10](#) is back again on the 16th; the [Hawk Walk to Aurora](#) on the 30th before the big game and one of our all time favourite plays ['Hairspray'](#) hits the Princess Theatre on the 26th—so no excuses to hide away from the crisp Winter days. **So see you out there!!**



June Promotion

Get warm at sanctum this Winter

Get warm and snug with our amazing 90 Minute Hot Stone Therapy Treatment complete with full Body Exfoliation & Lymphatic System Boost and nourishing Coconut Oil Treatment. Perfect for warding off the Winter Chill!

\$140 value for only \$125



Keeping stylishly warm this Winter....

By *Felicity Write* of [Write Style](#)

'Wright Style' is all about building women's style and confidence. Most women think that winter dressing means big and bulky in order to stay warm but this is not the case!

It is all about dressing for your body shape!

To the left you'll see a few examples to help you find the perfect winter coat or jacket for your body shape. Enjoy!

felicity Xx

Top left (blue, David Lawrence) - Best for a Rectangle & Lean Column - the jacket cinches in at the waist giving the illusion of a well defined waist.

Top right (black, Sass & Bide) - Best for Triangle body shapes as the amazing shoulder detail balances out the figure.

Bottom left (white, Sass & Bide) - Best for Inverted Triangles as the peplum detail at the waist will balance out those amazing shoulders.

Bottom right (purple, Cue) - Best for Full and Neat Hourglass figures as the coat follows the curves of your body and cinches in at the waist.

An interview with....Lisa Hawkins

How would you describe what you do? I run a corporate and personal concierge service.

My company takes care of any mundane and time consuming tasks that are complicating your life. From organizing the perfect children's party to finding the right personal trainer for you. If you need flowers sent or appointments booked I am standing by to attend to any request.

How did you get started in this? While spending quite some time researching the purchase of a new computer, my husband and I started to wonder if there was anyone that provided a service to do this and other tasks that people just don't have time to do. 3 months later, I took up the opportunity to start the first concierge business based in Tasmania.

What is your favourite thing about living in Launceston? 2 years ago I moved to Launceston and I have found the best things are all free. The beautiful parks and walks are world class.

What 'hidden gem' does Launceston have that you think everyone should know about? Launceston's hidden gem is spending an afternoon in town on a rainy day walking around some of the boutique stores in the arcades.

Summer or Winter? I love summer *and* winter in Tasmania. We did move here for the weather!

Cats or Dogs? I would say I'm more of a dog fan, however I have a cat.

Sean Connery or Daniel Craig? Sean Connery over Daniel Craig (I'm sure I'm not the only one that thinks that) ****Annie would just like to say for the record...both please!!****

How do you balance your 'work/life' commitments? Balancing work/life commitments comes down to accepting help when you can get it. Eg: Thursday afternoons I place both of my children in care so I have a defined "my time".

What is the best skin care/wellness tip you've ever been given? Cleanse, Tone and Moisturize every day. It takes 10 seconds in the shower and 20 seconds out of the shower.

Finally, what is your favourite line from a Movie of all time? My favourite line from a movie at the moment is from Tangled - "Mother knows best" - I use this one on a daily basis.

You can reach Lisa at lisa.hawkins@lifebalancessentials.com for more information



Suite 2, 18 Brisbane Street,
Launceston TAS 7250

p:(03) 6333 8833
retreat@sanctumbody.com.au
www.sanctumbody.com.au