

Gym & Tonic Open days

We recently held an Open day at G&T's and asked our members to show case what they do. As a result members of the public walked in and got this all for FREE: A taster massage with Jay our in-house masseur, facial with Jenni, and a mini makeover with Naomi. You could also purchase aloe vera products from Lauren and jewelry from Kath, followed with a glass of Bucks Fizz from me (Cat), and a discussion on all things health and beauty from all of us!

I can't guarantee these particular services will ALWAYS be the same (some may be away), OR we might have far more, but in any event, we loved the day so much we decided to do it permanently!

So every first Saturday of the month from 12 noon -4 we will always find a team to entertain and look after you. Simply pop in! MOST, if not all of these services will be offered for free. A small donation is always appreciated to cover materials. We see it is a total win-win. You come away feeling and looking great – but you also tell your friends!

