



July 2026

Sorry It's Been So Long



Hi everyone, I hope this update finds you all well and I apologise that it's been so long since I've been in touch to provide an update! It's been 4 years since my last newsletter and so much has happened since then. I've run 2 London marathons, been on numerous trips to some amazing places and qualified in some new treatments. Phoebe has completed GCSE's, two years at college, passed her driving test and is now working full time. Sophie is through her GCSE's and is planning on going off to college in September. Gosh sounds exhausting just saying it!

I'd like to thank you all so much for your continued support. It means the absolute world to me and it's an absolute pleasure to have you all as my customers. Because of you I can honestly say

I love my job and I really do look forward to treating you and catching up on all your news when you come.

So What's New

As I mentioned above, I have qualified in three new treatments soon to be four which you can now indulge yourselves in.

Advanced Clinical and Sports Massage.

Eastern and Western methods have come together to create the most effective, relaxing and unique way of treating many pathologies like migraine, lower back pain, sciatic symptoms, carpal tunnel, tennis elbow to name but a few. With a combination of myofascial techniques, use of hot stones, trigger point therapy, stretching and thorough range of motion testing, this wonderful treatment will have you hooked and never wanting any other massage.

For more information about this treatment please don't hesitate to ask.

Skin Care Treatments

There are now two advanced skin care treatments available, Microneedling and Chemical Peels from Eve Taylor London. These treatments offer precision skincare which are designed to strengthen smooth brighten and revitalise your skin.

Microneedling

Softens fine lines and improves skin firmness and elasticity
Boosts absorption of active ingredients for deeper, longer-lasting results
Refines skin texture and reduces the appearance of pores and stressed skin
Suitable for most skin types

Chemical Peels

Reduces the appearance of fine lines and blemishes
Enhance skin clarity and promotes healthy cell renewal
Targets dullness, congestion and uneven texture
Fully customised for your skin type and treatment goals

For more details contact me directly.

LED Light Therapy

This treatment will be available soon. I'm just completing my training on this one and so I'll let you know what this is all about and when it's available soon.

Holiday Season



FINALLY It's the holiday season and we're able to get away on all those lovely breaks that we all so well deserve.

I have my fair share of holidays this year, Cyprus, Italy and Guernsey!

Don't forget to pack those all important protective skin care products. This now includes a body sunscreen too! I have full size and travel size options, so please just ask.

<https://www.beautyatobelisk.co.uk/retail>

I look forward to hearing all about your travels and please PLEASE keep bringing this beautiful weather back with you!!!

Working Hours



I'm going to make a couple of adjustments with my working hours, and this will take effect immediately. Now the girls are grown up I can move to more full time hours.

Monday 10am - 8pm
Tuesday Closed
Wednesday 10am - 6pm
Thursday 10am - 6pm
Friday 10am - 6pm
Saturday 9am - 4pm (alternate)
Sundays & Bank Holidays Closed

I will remain closed on Bank Holidays and alternate Saturdays, so that I can continue spending precious time with Kiel, Phoebe, Sophie and of course my little Rodders.

I have scheduled some time off for the following dates:

11th August - 23rd August
19th September - 27th September
20th December - 5th January

What's Changing

The last couple of years I've been thinking about my business, how I'd like to move forward and what this means for the future.

I've made the difficult decision to cease doing gel nails as of 1st January 2027. There are many different reasons why I've made this decision, but I assure it's not been made without careful consideration and evaluation.

Durability and longevity of gel nails is now at such a high demand with customers since the introduction of builder gel. Everyone's nails are looking great even when they've been on for three or four weeks. But as amazing as these products are, it's taking me so long to remove them, sometimes two to two and half hours it's become so labour intensive it's having an affect on my health, (posture, headaches, breathing).

I'd really like to concentrate more on the clinical and sports massage, holistic and skincare treatments as this is what I'm most passionate about.

I'm so sorry to cause any upset or inconvenience to anyone who has these treatments. I know that I've had some of you coming for many years, some even decades and I can't thank you enough for coming and trusting me with your nail care. I can of course recommend other amazing therapists that can take you under their wing going forward.

Lorrain Gordon - based in Harlestone - 07453959497 (who I use personally)
Stacey Bird - Links View - 07807622691 (who my daughter Phoebe goes to)

So you're able to still keep coming to me till the end of this year. Or if you'd rather contact one of the other ladies and start your nail journey with them before the end of the year, that's absolutely no problem at all. Whatever is best for you is of most importance to me.

I will still be offering Manicures and Pedicures as normal but this is for hand and foot care only and will no longer include a gel polish finish.

Appointments & Cancellations

My diary is now filling up quicker than ever and I'm normally fully booked around 3 months in advance, so I recommend that you have your next 3 - 4 appointments in the diary before you leave the salon.

I would just like to remind you that I have a 24 hour cancellation period. Any no shows or late cancellations will be subject to paying the full cost of the treatment(s) missed, and this is payable before your next appointment. Please also be aware I may not be able to get you booked in before your next scheduled appointment.

If you need to change your appointment that's no problem at all, but again I may not be able to get you in for some time due to my diary being fully booked three months ahead.

Thank you for your understanding and cooperation

<https://www.beautyatobelisk.co.uk/cancellation-policy/>

Price Increases

Due to the ever increasing costs involved in running my business I've looked at my prices again. There will be increases on a couple of treatments but I won't be making these increases until 1st January 2027 and I'll communicate the changes nearer the time.

Little Old Rodders



As most of you know Rodders can be a little temperamental. So as always please ignore him when you come in. He doesn't always want to say hello and can be a bit of a grumpy pants if you approach him. He's normally much more amenable after you've had your treatment and you're leaving so if he comes up to you feel free to quietly and gently fuss him.

With this in mind I'm making the decision that I will **not be allowing children into the salon** anymore. Not only is there limited room in the salon, which makes things difficult when manoeuvring around it's also not fair on Rodders. He's not particularly fond of kids and it's stressful for him, this is afterall his home and

as he's getting older I don't want to place any unnecessary stress upon him. After all this is his home and his needs and comfort come first.

So That's All The News I Have To Tell You Folks.

Sending Lots Of Love & I'll See You All At Your Next Appointments

Love Tracy XXX