

# THE marlene Method

TREATMENTS

NEWS

BOOKINGS



*“Here comes the Sun, little darling.”*

Spring is a time for renewal. After months of freezing temperatures outside and dry in-door heat; we are probably all ready for warmer climes and more sunshine. However, our skin, might need a little time to adjust. Winter tends to leave us with dry, itchy and lacklustre skin. By now, many of us are looking forward to warmer temperatures and more humidity in the air. A dewy, sun-kissed face is not far off but before we get there, a slight change to our skin care routine is needed. Tweaking our skin-care routine to prepare the skin for greater sun exposure, warmer temperatures and give it a brighter glow means ensuring protection from the sun's damaging UV rays, by adding an SPF, and changing our anti-ageing regimen.

## *1. Exfoliate to brighten and lighten dull winter skin*

To prepare your skin for the summer months, start exfoliating to awaken dull winter skin and achieve that healthy spring glow. Chemical peels in a clinical setting are the most effective at achieving a fresh glow, but a more gentle approach, that can be done at home, is to use Marlene's favourite "Resurfacing Glycolic Pads," by Malin & Geotz. Glycolic Acid is a type of Alpha Hydroxy acid which is used for its anti-ageing action and brightening effects. Using the glycolic pads two to three nights a week (on clean skin, just before bedtime) will help to achieve a naturally brighter and more glowing skin.

## *2. Change to a lighter moisturizer*

During the harsh, cold and dry winter months, using a thicker face cream to lock in moisture is much needed. As we move in warmer months, that heaviness will be too much. Switching from creams to lotions, containing emollients and humectants, will keep the skin hydrated without feeling thick.

## *3. Start using a dedicated SPF with at least 50+ UVA & UVB protection*

I recommend wearing a dedicated SPF throughout the whole year, but many will opt to settle for an SPF in their skin cream or face products, during the winter months. Moving into the spring and summer months, means that the earth will be closer to the sun and the effects of the sun will be stronger. Using a dedicated SPF product with at

least 50+ broad-spectrum cover, protecting from both UVA & UVB, will ensure that you get adequate cover and protection. SPF does not stop your skin from tanning; but it helps stop damage to the skin cells caused by the UV rays of the sun. UV light damage causes accelerated aging and can lead to skin cancer. Marlene loves Dermalogica's Dynamic Skin Recovery SPF 50 moisturizer.



## NEWS: London Calling!

'The Marlene Method' is officially back in London with two new locations! Thursdays' Marlene will be at 'The Well Clinic' - off of Westbourne Grove, in Notting Hill **AND** on Fridays', Marlene is at '180Health Club' at 180 The Strand. Please note to book for '180 Health Club' you must be a member of The Soho House or employed at 180 The Strand; booking for 180 Health Club can be done by calling.: **0203 931 7444**.

For booking in to see Marlene at 'The Well Clinic' on a Thursday, email: [hello@marlenemethod.com](mailto:hello@marlenemethod.com) or call **+44 (0) 7841483516**. Appointments available from 1pm-8pm every Thursday.

TO BOOK

## Welcome back to Notting Hill!

To welcome back our London clients to The Marlene Method at 'The Well Clinic' in Notting Hill, we have two exciting limited time offers available.

If you book in for a '**Chi Rejuvenation Facial**' - a luxurious, relaxing ritual what will leave you looking and feeling like you have been on a holiday, in just an hour - receive a **Dermalux LED Light Therapy session ADDED** to your treatment **for FREE!** The Dermalux LED Light Therapy session has a value of £60, but for this offer it will be free. **Offer ends April 15th, 2023**. To book, **email** or **call**. Allow 75 minutes for treatment time.



For more information on the [Chi Rejuvenation Facial](#) or [Dermalux LED Light Therapy](#), click the link.

TO BOOK

## Skin-Needling AKA Micro-needling- Treatment Offer:

## Limited time only!

Book a package of six (6) skin-needling treatments and **receive a package of six (6) Dermalux LED Light Therapy sessions**, interspersed throughout the treatment program, for **FREE!** A value of £360.



When you book a series of six (6) micro-needling treatments, you will receive a series of six (6) complimentary 20-minute Dermalux LED Light sessions for free, interspersed throughout the weeks in between the skin-needling sessions. You will be entitled to one LED Light session per week, only in between the weeks that you are receiving the skin needling treatments (skin needling treatments are one (1), every two (2) weeks, for six (6) treatments). When the skin-needling treatments are completed, the offer of one weekly LED Light Therapy sessions will also end. If any light sessions have not been used, they will expire.

For more information on **Micro-Needling** click [here](#).

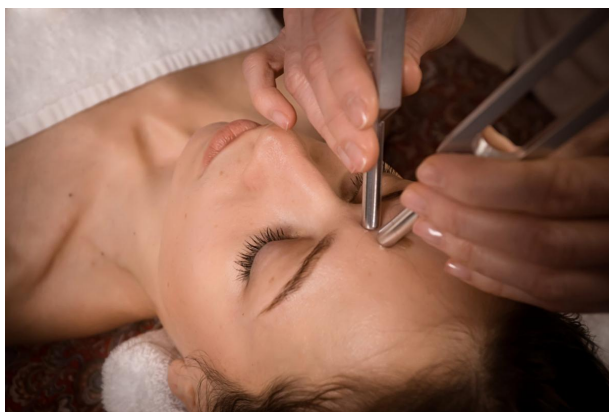


We utilize the best in class and award-winning LED (Light Emitting Diode) technology created by Dermalux called, the 'Tri-Wave' system, in Notting Hill, London. The 'Tri-Wave' delivers three different light waves to target various skin concerns, such as fine-lines and wrinkles; dehydration; pigmentation and problem skin. This is a great stand-alone treatment or "add-on" to most treatments, as the results are instantly noticeable with no down-time!

If you are based in Margate and would like to enjoy a similar offer, please contact Marlene for more information, pricing or to book! Prices vary, with location, and are commensurate to the Margate and wider Thanet area of

Kent. [hello@marlenemethod.com](mailto:hello@marlenemethod.com) or **+44 (0)7841483516**.

TO BOOK



## We are expanding our treatments list!

'**The Energy Balancing Facial**' treatment is a beautiful mix of a facial protocol, that will refresh and rejuvenate your skin, featuring a restorative and lifting facial massage and facial acupuncture; mixed with a chakra balancing sequence utilizing tuning forks and crystals to balance and revitalize your etheral body. This treatment seeks to fuse physical with

## Exciting Launch of Our Shop is coming! Stay tuned!

The Marlene Method will be launching a shop soon! Expect to see a curated selection of health and skin products that can be utilized at home to achieve greater beauty, longevity and vitality – so that you get the best out of any skin treatments or products you are using.

## Treatments Coming Soon

'Gua Sha Glow'  
'Lift Drain Sculpt'  
'Teen Dream'  
'The Classic'

metaphysical, so that you leave looking refreshed AND feeling more balanced and grounded. "Add-on" a LED light session to boost the skin's glow factor. [Click here](#) for more.

'Quick Face Fix' is the ideal lunch-time break treatment or for anyone short on time who wants to quickly refresh and glow, for a special occasion or any reason at all! This is a 30-minute hands on treatment but allow 45 minutes in total for the session. The highlight of the treatment is a lifting and lymphatic draining face massage. [Click here](#) for more.

BOOK NOW



## More info

Please visit our [website](#) for more information on treatments or more about Marlene.

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### WE CARE ABOUT YOUR PRIVACY

UK data laws have changed. The General Data Protection Regulation (GDPR for short) came into effect from May 25th 2018. You're receiving this email because you have a newsletter subscription or you have a client account with us. Your privacy is important to us which is why we want to inform you about our updated Privacy Policy. If you are happy with this and would like to continue to receive updates and information from us, then you do not need to do anything. If you would prefer to be removed from our list, please click here to unsubscribe or email us at [hello@marlenemethod.com](mailto:hello@marlenemethod.com). If you have any questions regarding your personal data.

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