

## February Newsletter



### Membership has it's Privileges

Starting in February the Sugar Club Gym will be implementing Fitness Guidance Training. This training will allow you to work with our in-house trainers to achieve results from your current routine. The idea is to see results when you are training. Consulting with a trainer will allow you stay current and most achieve your fitness goals.

### **Things happening at Sugar Ridge Hotel**

#### **A new stylist starting this month.**

We would like to welcome our new stylist to the Aveda team her name is Kimona Munro , she comes to us with over 15years of experience. She will be working during the season

When Members book this month for Shampoo Blow Dry with Kimona they will receive an additional 10% off



### The Aveda Concept Spa February Valentines Special

- **Sweet Love Package -Enjoy a Couple's Massage and Pedicure with a glass of bubbly and some fine desserts \$US280.00 (plus service charge and tax per couple)**
- **A Time for 2, Two Pedicure with a glass of wine with fine desserts \$US130.00 (plus service charge and tax per couple)**

**Carmichael's is open on Valentine's Day with a wonderful Menu, plan something romantic for the one you love**

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### SugarClub Restaurant

- Wednesday Nights are 2 for 1 Steak Night- Manhattan Cut New York Strip. \$EC75.00 plus tax and service charge
- Friday Night is Seafood Night- indulge yourself in a whole menu full of delicious seafood appetizers and entrees for your pleasure.