



The Essentials
Beauty Salon



Anxious?

Stressed?

Pressured?

No 'me time'?

Why not join us for a cuppa, a cake and a natter to get away from the stresses of daily life, even if it's only for an hour.

We are holding a drop in coffee morning supported by Solihull Mind on;

**Friday 10th May
10am until 1pm
at our Castle Bromwich salon**

29a Manor Park Road,
Castle Bromwich, B36 0DJ

Call Tina on 0121 749 7000 or
Email emma for more details
emma@the-essentials.co.uk

No obligation, no pressure, just time.
We would love to see you.

