

# LEISURE



## WELCOME MESSAGE

By Dina Le Lacheur - General Manager

We are delighted to welcome all our members back to Le Mirage. We have a fresh new look to our Health Suite and Golf Members facilities along with a new treatment and product range and gym equipment. As you will be aware the refurbishment is now complete with all 131 bedrooms refurbished and all bathrooms replaced.



I am especially proud of the new look Terrace Café Bar and as a special thank you to you for bearing with us through the refurbishment I wish to extend a special 20% off food in the Terrace and Café bar to all members from now until end of January on presentation of your Membership Card

**Dina**

P.S. Also new is the 'Refer a Friend' scheme we are introducing and with this there is no better time to encourage your friends to join you as a member at Le Mirage.

## EVENTS DIARY

We are pleased to announce the following dates for your diary:

### Monday 7th December - St. Pierre Park Golf Club AGM

We would like to invite all Golf Club Members to attend the AGM, where 2009 will be reviewed and plans for 2010 discussed. All members attending will be entered into a FREE Prize Draw.

### Wednesday 16th December - Aromatherapy Associates Arrives

Come along and discover the pampering secrets of Aromatherapy Associates at our exclusive launch party. Tickets are limited so to avoid disappointment please contact Le Mirage to reserve your place.

## Welcome to: AROMATHERAPY ASSOCIATES

On November 30th Le Mirage is delighted to welcome Aromatherapy Associates to the St. Pierre Park Hotel for what will be an exclusive partnership in Guernsey. This prestigious company traces a direct line back to the very beginnings of modern aromatherapy and was established to share the benefits of aromatherapy through a range of therapeutic-grade products and treatments. The company has continued to develop and expand and our products are now sold at exclusive hotels, spas and retail outlets in over 30 countries worldwide. We will be offering a full range of spa treatments for men, women and pregnant clients including full body traditional aromatherapy massage, specialised body treatments for cellulite, muscle release, jet lag and many more.



## The St. Pierre Park Hotel

### MEET THE STAFF



### Sarah McDonald Le Mirage Assistant Manager

Sarah's first job after completing her training was as a Therapist in a national award winning boutique spa before then going to work for Steiner Cruise Ships where she experienced life in America and around the Caribbean Islands. Sarah's love of the Island lifestyle then led to her applying for the position of Senior Therapist here at the St. Pierre Park Hotel and within 6 months she had progressed to her current role of Assistant Manager at Le Mirage. Sarah is particularly excited about Le Mirage's new exclusive partnership with Aromatherapy Associates, which she is sure will be popular with all of our existing and new clients.

Be the first to try  
**Aromatherapy Associates**  
at St. Pierre Park

# & GOLF

## GOING GOLFING

The St. Pierre Park Golf Shop now has all its new winter lines in stock including men's and ladies waterproofs, casual Winter golf wear from Nike, Mizuno, Callaway and Nike plus lots more to choose from. This November the Golf Shop has the following fantastic offers:

10% Off the marked price of any Golf Bag currently in store 10% Off the marked price of any complete Waterproof Suit.

## GOLF TIP OF THE MONTH

With resident Advanced AA PGA Professional Phil Sykes

With summer golf behind us and autumn/winter now here it's important to understand how to cope with the stronger winds. Here is my top 5 check point list to help you improve your scores in these conditions.... 1. Take a wider stance. 2. Grip the club slightly lower down the handle 3. Swing the club easier than you normally would. 4. Make a club selection that does not require any extra effort. 5. Never ever try a type of shot in these conditions that you have not mastered first on the driving range...it will ruin your score.

For those of you wanting to improve your game or are worrying whether your clubs are right for you why not contact Phil Sykes for a Club Fitting or expert golf tuition.

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