



# Festival of you



Check out one of our amazing YOU sessions

See inside for experiences, offers and upcoming activations that celebrate everything you!

See website for more details.





## **RACHAEL FINCH: UNLEASH THE BEST VERSION OF YOURSELF**

**Wed 3 Oct | 6:30pm,  
outside Witchery**

A 60 minute interactive wellness session covering a variety of topics including diet, living a better life and how to feel amazing every day.

\*Bookings essential.

---

## **INTRODUCTION TO CRYSTALS WITH CRYSTAL JOURNEY**

**Fri 5 Oct | 12pm, outside Witchery**

Learn more about the healing power of crystals, how they work with us, and how you can use crystals as aids for your own health and well-being.

\*Bookings essential.

---

## **FREE CHILD-MINDING AT BCC CINEMAS TOOMBUL**

**Fri 5 Oct | 9:30am - 11:30am**

Treat the kids to a FREE screening of Smallfoot at BCC Cinemas Toombul these school holidays. The best part is you don't have to stay. We have qualified childminders who will look after the kids throughout the movie while you shop or grab something to eat.

## **CORK AND CONTOUR HIGHLIGHT AND CONTOUR MAKEUP MASTERCLASS**

**Sat 6 Oct | 2pm - 4pm,  
outside Witchery**

You sip, and the qualified makeup artists from Cork & Contour will spill their best makeup secrets. Learn how to use contouring and highlighting techniques in an easy to understand, step by step way for the face, eyes and lips. You'll #blenditlikebeckham long after you've finished the bottle.

\*Bookings essential.

---

## **doTERRA KIDS WORKSHOP - MAKE YOUR OWN MONSTER AWAY SPRAY**

**Sun 7 Oct | 10:30am,  
outside Witchery**

Kids get to make their own monster spray with calming essential oils. Spray these before bed time to scare off the night monsters.

\*Bookings essential.



# You sessions



*Cassie Mendoza-Jones*

## **CRYSTAL JOURNEY FREE MEDITATION CLASS**

**Mon 8, 15 & 22 Oct | 6:15pm - 7:30pm, Level 1 Office Suites**

Kick start your week in the best head space possible with Crystal Journey's complimentary meditation class. No obligations, just show up and take some time to just focus on you.

## **WENDY GILROY: BECOME A CALMER AND HAPPIER MUM**

**Wed 10 Oct | 10am, outside Witchery**

A 60 minute session for mums providing lifelong evidence-based tools & tips to find inner peace, grow resilience and emotional wellness.

\*Bookings essential.

## **THE RELATIONSHIP BETWEEN FOOD AND CHILDREN'S BEHAVIOUR**

**Thur 11 Oct | 6:30pm, outside Witchery**

Join the team from The Wellness Collective as they discuss the effects of preservatives and artificial colours and flavours on children's behaviour, and some easy tips to shop smarter and interpret food labels.

\*Bookings essential.

## **CRYSTAL JOURNEY**

**Fri 12, 19 & 26 Oct | 12pm, Level 1 Office Suites**

Complimentary 30 minute meditation/sound bath healing. Pre-registration is required. Bookings can be instore or by contacting Crystal Journey Toombul on 07 3260 6672.

## **CASSIE MENDOZA JONES: YOU'VE GOT THIS**

**Thu 18 Oct | 10am, outside Witchery**

A 60 minute session on self-worth and self-trust with the best-selling author, kinesiologist, business alignment coach and naturopath.

\*Bookings essential.

## **doTERRA ADULTS WORKSHOP - MAKE YOUR OWN SELF CARE BODY SCRUB**

**Fri 19 Oct | 10am, outside Witchery**

Make a body scrub with your favourite essential oils and give your skin a smooth, glowing, and youthful appearance.

\*Bookings essential.



*Kristina Duke*

## TOOMBUL SKIN AND BEAUTY

### PAYOT SKINCARE INFORMATION SEMINAR

**Mon 22 Oct | 9:30am - 10:30am,  
outside Witchery**

Learn more about The Uni Skin range, which corrects all complexion imperfections, uneven skin texture, dark spots, dullness, marks and redness.

### PAYOT SKINCARE SEMINAR: MATURE SKIN

**10:30am - 11:30am,  
outside Witchery**

Learn about the Total Youth Care Range which fights effectively against the signs of ageing: wrinkles, slackening skin, dark spots, muddy complexion and dehydration.



## KRISTINA DUKE: THE DECLUTTERING DIVA

**Mon 22 Oct | 6:30pm,  
outside Witchery**

An accredited professional organiser will deliver a session on the psychology of clutter and how to organise your life.

## LIVE A TOXIC FREE LIFE WITH THE WELLNESS COLLECTIVE

**Wed 24 Oct | 10am**

Join Cassandra Trezise from The Wellness Collective as she shares with you why we need to protect ourselves for toxins and chemicals, and discusses some quick and simple ways to start making a change in your home.

\*Bookings essential.



# You deals



## DECJUBA

Sat 29 – Mon 1 Oct

20% off full priced items  
\*Excludes D-LUXE.

## STEFAN

1 Oct only

50% off retail products.

## SPENDLESS SHOES

1 Oct only

2<sup>nd</sup> pair half price.

## STUDIO SOLO & CO NAME DAY COFFEE

Tue 2, 9 & 23 Oct

Head to Toombul's website to check if your name is on the list. If it is, it's a FREE coffee for you at Studio Solo & Co!

## CRYSTAL JOURNEY

Fri 5 – Sat 20 Oct

20% discount on any Reiki, crystal or energy healing session, by appointment only.

## CRYSTAL JOURNEY

Sat 6 – Sat 27 Oct,  
In the reading room

15% off\* on any stock purchased at the time of a tarot/psychic reading booked & paid for. Over 18 y.o. only. \*Excluding books & CDs.

## STUDIO SOLO & CO FREE COFFEE DAY

Tue 16 Oct

Head to Studio Solo & Co for a FREE Coffee!  
\*One per person per day.

## ANTICA HOME

Mon 1 – Sun 28 Oct

Spend \$150 to get a complimentary scarf valued at \$29.95.  
\*While stocks last.

## BRAS N THINGS

Mon 1 – Sun 28 Oct

FREE bra fittings.

## BCC CINEMAS TOOMBUL

Mon 1 – Sun 28 Oct

\$10 movie tickets and \$14 tickets after 5pm Friday & Saturday.

## BOOST JUICE

Mon 1 – Sun 28 Oct

Medium Caribbean Green smoothie drink for \$5.

## FLIGHT CENTRE

Mon 1 – Sun 28 Oct

10% off travel insurance.



## FLIGHT CENTRE

Mon 1 – Sun 28 Oct

\$50.00 off international holiday packages when package total is \$1,500 or more.

\*Must be flights and accommodation.

## MCJAG'L HAIR

Mon 1 – Sun 28 Oct

Half head of foils, cut and straighten or curl for \$95, was \$135.

\*Toner not included \$25.00 extra.

## OPSM

Mon 1 – Sun 28 Oct

Get a FREE 200 degree eye scan valued at \$60 with every eye test. The eye test is bulk billed. Mention this offer at OPSM Toombul to redeem.

## STEFAN

Mon 1 – Sun 28 Oct

\$20 off all hair packages.

## TERRY WHITE CHEMMART

Mon 1 – Sun 28 Oct

For every Napoleon Perdis product purchased throughout Oct, you will receive an entry into the draw to win a large Napoleon Perdis hamper full of products!

## TERRY WHITE CHEMMART

Every Wed | 9:30am – 1:30pm

For every customer who visits the complimentary baby nurse, Maree (for advice or to weigh their baby) during the month of Oct, will receive an entry into the draw to win a Moo Goo hamper of baby products.

## TERRY WHITE CHEMMART

Mon 1 – Sun 28 Oct

Receive a FREE pair of "Ruby" Thongs with any full priced Lorella shoes purchased. Available in 3 colours. Sizes and colours available while stocks last.

## TERRY WHITE CHEMMART

Every Fri | 12pm – 3pm

FREE 15-minute customised Napoleon Perdis "eye makeovers" in-store. Learn how to perfect general eye-shadow application or a smoky eye! Customers need to book their eye makeover in advance by calling the store on 3266 7265.

## TERRY WHITE CHEMMART

Every Fri | 10am – 1pm

Come instore and sample complimentary Tony Ferguson weight loss shakes.

## MCJAG'L HAIR

Mon 1 – Fri 26 Oct

FREE\* blowdrys.

\*One per person per day. Excludes weekends.

# Stuff for you



## DRESS FOR SUCCESS

Mon 1 - Sun 28 Oct

Donate a handbag to Dress For Success, who assist Australian women in need with corporate clothing and the confidence to get back into the workforce. Collection box located in front of Kmart.

---

## YOU BOOTH

Wed 3 - Sun 28 Oct

Visit our photo booth to take your selfie game to the next level. Remember to #Toombul for the chance to win 1 of 3 \$200 Toombul Gift Cards.

---

## YOU-FIRMATIONS

Wed 3 - Sun 28 Oct

Find your favourite you-firmation! Spot these inspiring messages throughout your centre as daily reminders of how great you are.

## STYLIST LOUNGE

Sat 13 Oct & Sun 14 Oct

We are giving customers the chance to win a complimentary 2-hour style session with renowned Sarah Elizabeth Turner as well as a \$100 Toombul Gift Card to spend towards your new wardrobe! Head to our Toombul Facebook page to enter.

---

## FREE MEDITATION ALBUM

Cassie Mendoza-Jones believes that meditation is the best way to clear away your blocks, align your energy and call your power back to you. You can download a FREE 'Breath and Receive' meditation album which features 7 chakra inspired tracks to help you heal, balance and align. Visit [www.toombul.com.au/whats-on/you-time](http://www.toombul.com.au/whats-on/you-time) for your FREE download today.

