



Check out our
**10 TIPS FOR
WINTER
WELLBEING**

Winter Wellbeing

with Blackrock Centre



WELCOME TO THE SEPTEMBER ISSUE OF THE BLACKROCK VILLAGE CENTRE NEWSLETTER.

It's a busy time around the centre with all the building works and our recent Back to School BBQ! Thanks to all the customers who came along and enjoyed the food, the music, the Facepainting and the balloon modelling... plus we got a lovely sunny dry day. Its now that time of year that we are in the transition into Autumn and Winter, plus the days are getting a little darker. Its easy to become susceptible to colds, flu's and general illness. The retailers at Blackrock Centre are gearing up for the winter season so be sure to pop into the centre to get winter ready.

LloydsPharmacy

Boost your health and wellbeing with the best selection of brands and great value offers at LloydsPharmacy. Aloe Vera, Vitamins, Supplements, Cod Liver Oil, Ginseng, Glucosamine, Green Tea, Nuts Omega 3, Protein and Zinc.

Lloyds Pharmacy embraces modern healthcare in the form of new and exclusive products, technology & innovation in the form of our skin analysis service, and, most importantly, you will find a fantastic team ready to offer you all the advice and assistance you might need. Pop into LloydsPharmacy, Ireland's largest Pharmacy chain and say hello to our health and wellbeing experts.



THE BENEFITS OF BEAUTY SLEEP. L'OCCITANE EN PROVENCE

Our NEW Overnight Reset Serum has just landed and it's here to revitalise weary-looking skin while you catch up on your beauty sleep.

LIKE OUR NEW FACEBOOK PAGE

We have a new Facebook page @blackrockvillagecentre so make sure you give us a like. Theres competitions, offers and updates. We are also on Twitter if that is more your thing.

10 TIPS FOR WINTER WELLBEING

Winter can be a trying time both mentally and physically. The days are darker, colder and shorter and our bodies become more susceptible to all kinds of winter nasties like cold and flu. Being proactive about your health and wellbeing will help ensure that you make it through the cooler months. Here are our tips for supercharging your winter wellbeing.

Wash hands

Sounds simple but it's the number one way to stop the spread of germs!

Get vaccinated

The seasonal flu jab provides cover against the major strains of flu. You're considered at risk if you are over 65, pregnant, or have a chronic illness.

Keep exercising

Being active is great for your physical health and fitness, and evidence shows that it can also improve your mental wellbeing.

Eat well

Keep your immune system in shape by making sure you're eating a healthy diet. For your body to be able to respond to infection, it needs to have enough protein, so enjoy lean meat, fish and poultry, also look for dark, leafy greens and red and yellow vegetables, which are all high in antioxidants.

Dose up on vitamins and minerals

Iron, zinc and vitamin C are also key to a healthy immune system.

Stay hydrated

Drink at least eight glasses of water a day.

Rest up

Regular sleep is vital to staying healthy. Don't let yourself get run down. Those who aren't well rested are more likely to get sick.

Quit smoking

Smokers are far more susceptible to upper respiratory infections, which tend to strike in winter. Now's a good time to quit and clear your airways.

Clean up winter mould

Mould can trigger nasal congestion, sneezing, coughing, wheezing, respiratory infections and worsen asthma and allergic conditions. So move your spring clean forward.

Save your skin

Cold air, wind and heating will dry out your skin, so keep your face and body well moisturised.

THIS MONTH'S OFFERS

Cut out and take instore



SKULPT

10% OFF

10% off purchases over €100
Valid until 10th October 2018

EXERCISE YOUR WAY TO WELLBEING.

It's hard to get motivated when it's cold and dark, but your body has to work overtime to get warm, so you can burn more calories on that early morning walk or run.

You can feel good and look good with Skulpt luxury athletic and street wear. Instore are performance and luxe pieces that provide both functional elegance, support and streamlines your physique allowing for comfort and ease of movement.



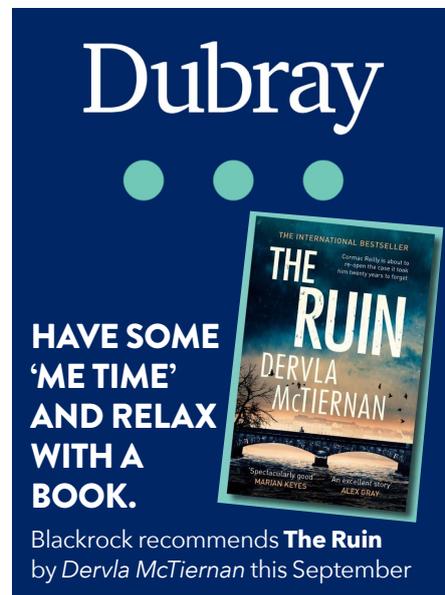
Gift! * The selection from our Master-Chocolatier upon purchase of at least €20

Leonidas

*Upon purchase of at least €20 of Leonidas products. Valid from 08/10/2018 to 21/10/2018 or while stocks last.

THE HEALTH BENEFITS OF CHOCOLATE.

Chocolate is the ultimate comfort food, a sure-fire stand-by in times of stress, a reliable source of consolation when life has let us down, and a mood-enhancer and romance-inducer in more positive circumstances. But is it at all healthy? If you scoff lots of it, obviously not. Research is continuing all the time, and experts have already found that chocolate is good for the heart, circulation and brain.



Dubray

HAVE SOME 'ME TIME' AND RELAX WITH A BOOK.

THE RUIN
DERVLA MCTIERNAN

Blackrock recommends **The Ruin** by Dervla McTiernan this September



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*voucher can be used on hair and products. T&C's apply, see website for details



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