

TIDAL

THE LENSBURY MEMBERS' MAGAZINE

ISSUE 06

AUTUMN / WINTER

2025 / 2026

WINTERTIME AT THE LENSBURY

CLUB UPDATES

DISCOVER THE NEW PADEL &
PICKLEBALL COURTS AND MEET
THE NEW CHEF

WINTER PREP

HOW TO LOOK AFTER YOUR
GARDEN AND TAKE CARE OF
YOUR SKIN

AND A ROUNDUP OF THE
BEST CLUB MOMENTS FROM
THIS YEAR!



ISSUE 06 AUTUMN / WINTER 2025 / 2026

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Welcome

to the latest edition of TIDAL,
the sixth edition of your members' magazine.

As we step into the Winter season, I'd like to take a moment to reflect on what has been another great year at The Lensbury, with our ever-popular annual events, and the launch of some exciting new facilities to The Lensbury.

We were delighted to welcome back, by popular demand, Rick Parfitt Junior, as part of our Riverside Festival on a gloriously hot Saturday in June, to the most recent 'Spooktacular' Fireworks Night, as we hosted over 3000 attendees to our magnificent fireworks display managed by the award-winning Titanium Fireworks company. October also saw the unveiling of our brand-new padel and pickleball courts, another complimentary offering for our Lensbury Members.

One of the most meaningful highlights of the year has been our partnership with Ruils Independent Living, our Charity of the Year 2025, as chosen by you. Our staff and members have gone above and beyond to raise funds for this incredible local organisation - whether braving a canoe challenge in stormy weather or exploring our stunning gardens, your enthusiasm and generosity have been inspiring. Thank you for your support. Please note you can still make donations via the QR code on this page

We also had the privilege of celebrating another historic sporting achievement at The Lensbury, having hosted the team in their preparatory camp ahead of the final, this time with England's Red Roses Rugby World Cup victory. We were honoured to have the team mark their incredible triumph with an unforgettable photo outside The Lensbury.

In the new year, we are very much looking forward to the renovation of our guestrooms, Restaurant, Conservatory, Sports Bar and Hotel Reception. We have no doubt that these renovations will continue to elevate your experience at The Lensbury and look forward to sharing more details in due course.



As we close out 2025, I want to express our gratitude for your continued support and engagement. Whether you've attended events, shared feedback, or simply enjoyed our facilities; thank you.

Here's to an exciting few months ahead...

Claire Llewelin-Davis

Claire Llewelin-Davis
Managing Director

DONATE TO RUILS



HOT OFF THE GRAM

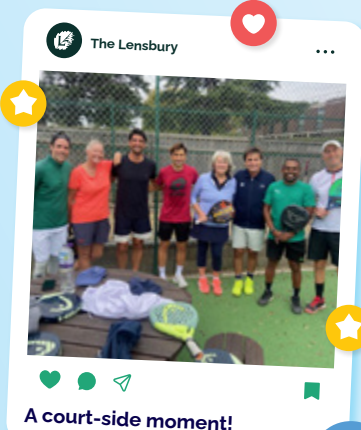
As the year draws to a close, we're taking a scroll back through the lens of our social media.

From behind-the-scenes glimpses to magical events and milestones, these snapshots tell the story of our community, our creativity, and the moments worth remembering.

Here's a look back at the highlights that lit up our feed in 2025.



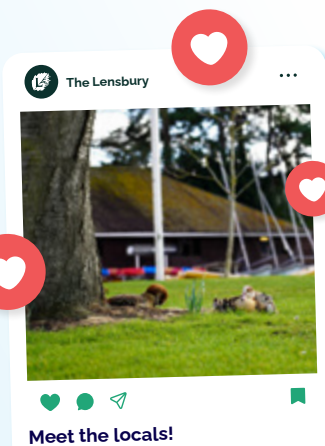
England's Red Roses ready to board their bus outside the hotel after a historic 33-13 victory over Canada at Twickenham's Allianz Stadium - reclaiming the Women's Rugby World Cup for the first time since 2014. **What a moment!**



There was a buzz around our new **padel courts** recently when some of our members had an unexpected brush with tennis greatness. While enjoying the facilities, they bumped into former professional tennis legends David Ferrer, Fabrice Santoro, Thomaz Bellucci, and Jan Platte!



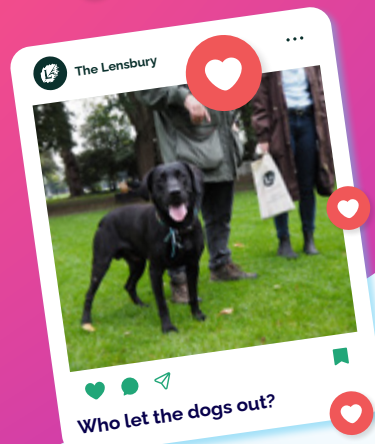
Our 2025 Riverside Festival welcomed everyone for a sun-soaked day of live music, delicious food, refreshing drinks, and family-friendly fun. **It was the ultimate way to celebrate summer together by the riverside!**



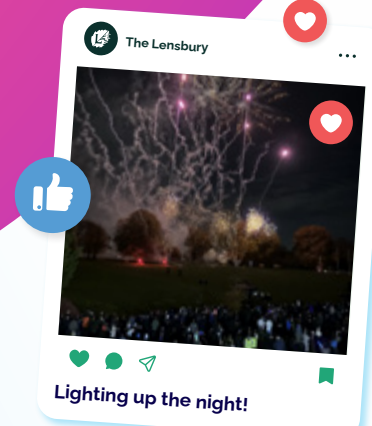
This spring, our resident geese **Javier and Gloria** proudly welcomed eight fluffy goslings to our Riverside Grounds! We love sharing these nature watch moments with you and remain committed to nurturing and protecting our local habitats.

DON'T MISS OUT, FOLLOW US ON SOCIAL MEDIA

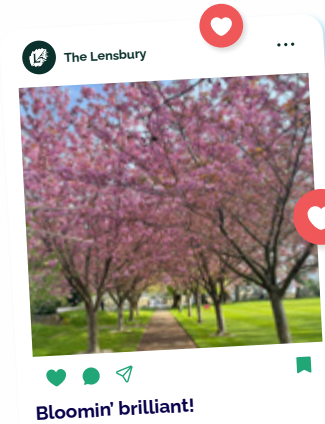
@thelensbury
TheLensbury



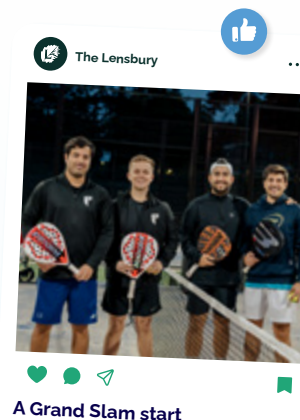
We did — and it was pawstively amazing! In September, our Woof & Wag event brought tail-wagging joy to the Riverside Grounds as we welcomed members, guests, and their four-legged companions for a pup-tastic celebration.



Our **Fireworks Spooktacular 2025** dazzled the skies with a glittering display that wowed guests of all ages. It was a magical evening of colour, celebration, and autumnal thrills!



Our Riverside Grounds are always looking picture perfect thanks to our Head Gardener Karl and our dedicated grounds & garden team. Their hard work keeps every corner **looking Instagram ready, season after season!**



In October, we officially launched our brand-new Padel and Pickleball courts with a thrilling exhibition match featuring pro Padel players Jorge Martinez, Miguel Gascon, Antonio Cifuentes, and Frankie Batt. **It was a smashing start to a new era of sport and social fun at our Club!**



THE LENSURY

Events at The Lensbury



Monthly Social Events

From book club to speed puzzling, and more



Kids Activities

Fun packed days for half term and beyond



Community Events

Charity fundraising activities to give back to the community



Riverside Festival & Fireworks Night

Our two biggest annual events to celebrate together



View More of What's Coming Up at The Lensbury Club

Get more OUT OF YOUR MEMBERSHIP

Whether you're new to The Lensbury Club or a long-standing member, we want to ensure you're making the most of everything your membership has to offer. From exclusive discounts to member-only access to exciting monthly events, here are all the benefits you unlock with a membership at The Lensbury.

Racquets Area

Take a swing at a Racquet Sports, choosing from Tennis, Squash, Padel and Pickleball. Whether you're a beginner or a pro, we also offer coaching for adults and kids.

Premium Gym

Train in our state-of-the-art gym facilities and sign up to any of our 165+ fitness classes available.

Indoor Heated Swimming Pool

Enjoy a reinvigorating swim in our top-tier swimming pool then wind down in our saunas and steam room.

Children's Camps, Activities & Crèche

Keep the little ones entertained all year round with our half term camps, courses, and calendar of fun activities.

Co-working Spaces and Dunbar

Work in comfort in our co-working spaces, then refuel with a freshly prepared meal in our private members' lounge.

Calendar of Events

From monthly book clubs to Fireworks Night, and much more. Unlock access to exciting free events and get a discount on our workshops, classes, and big annual events.

Exclusive Discounts

Make the most of our facilities while saving on dining, Spa treatments, Remedy, and room hire with your members' discounts.



Find out more



NEW PADEL & PICKLEBALL COURTS AT THE LENSURBY

This year marked the opening of our brand-new padel and pickleball courts, an exciting milestone and the beginning of a new chapter at The Lensbury. Thank you to all the members who joined us to celebrate this memorable moment, both on the official launch day and the Sunday's taster sessions.

We're now proud to offer everyone the opportunity to book and enjoy these fast-growing sports that are sweeping the UK.

WHAT ARE PADEL AND PICKLEBALL?

Padel blends the fast-paced action of tennis with the strategic play of squash. It's played in doubles using solid padel rackets, smaller and heavier than tennis rackets, and balls that are slightly different from standard tennis balls.

Originating in Mexico in the late 1960s, padel is unique among racquet sports for its enclosed court surrounded by glass walls, which players can use to rebound the ball, adding a dynamic twist. Being a primarily doubles-only format, padel is a highly social and active experience.

Pickleball, by contrast, combines elements of tennis, ping-pong, and badminton. Played with a lightweight plastic 'wiffle' ball, it features a distinctive court layout, including a non-volley zone known as the 'kitchen'. This adds a tactical layer to the game, encouraging precision and positioning over power.



Great to socialise Both sports are great to play in doubles, making them highly sociable sports that give you the chance to bond with friends, meet people, and build on teamwork skills.

Improves mental agility A game of padel or pickleball isn't just a great workout for the body, it also helps keep sharpen focus and decision-making as you quickly work on your strategy and positioning.

Beginner-friendly Padel and pickleball welcome players of all skill levels as they're incredibly easy to pick up, and hard to stop playing!

GET YOUR GAME ON - OPENING TIMES

Mon - Sat 7am - 10pm • Sunday - 9am - 6pm

Please note that courts will only be floodlit during the hours of 9am - 10pm Monday to Saturday, and 9am - 6pm on Sundays, as required.

Not sure where to start with playing Padel or Pickleball? Our expert coaches can help. You can find their details to book coaching under 'Meet the Team' in the Racquets section of The Lensbury app.

TRY MORE RACQUETS SPORTS

Padel and pickleball are just the next addition to our varied offering of racquet sports at our club. As part of your membership, you can also take a swing at tennis, squash, and table tennis within our vast facilities.

BOOK YOUR COURT

Book via Members' Reception or The Lensbury app.

HOW TO PLAY PADEL

Padel is typically played in doubles and follows the same scoring system as tennis, with matches decided in a best-of-three sets format. The court is divided by a net and enclosed by glass walls, which players can use to rebound the ball and extend rallies, adding a unique tactical element.

Rules: Much like squash, players are allowed to play the ball off the walls to keep the point alive. Serves must bounce before hitting the wall and land diagonally in the opponent's service box. Scoring mirrors traditional tennis, and matches are usually played over three sets.

HOW TO PLAY PICKLEBALL

Pickleball can be played in singles and doubles, over a badminton-sized court that contains an area named 'kitchen' where players can't hit volleys.

Rules: Each rally starts with a serve diagonal to the opponent, ensuring it must clear the 'kitchen' and either hit the ball after it bounces or out of the air. The ball must then bounce on each side before any team can volley, and points are only won on serve.

BENEFITS OF PADEL AND PICKLEBALL

Why give padel and pickleball a go?

Here's how these two popular sports offer more than just a chance to be active:

Low-impact sports The combination of the enclosed court and short-handled paddles reduces the strain on joints, making padel and pickleball more accessible and forgiving than some other sports.



Winter Garden WISDOM

Seasonal advice from Karl Smith, Head Gardener at The Lensbury

Winter may seem like a quiet time, but it's actually one of the most important seasons for setting the stage for spring. Our Head Gardener, Karl, has shared some of his favourite winter gardening tips to help you make the most of this season.

Planting for Spring

Now is the time to get bulbs like daffodils, crocuses, and tulips into the ground. They'll rest through the cold months and reward you with vibrant colour when the sun returns.

Protecting Your Plants

Frost can be unforgiving, especially to tender plants. We use fleece and cloches around the grounds to shield delicate foliage. If you're gardening at home, grouping pots together and placing them in sheltered spots can make a big difference.

Mulching and Feeding

Healthy soil is the foundation of a thriving garden. Adding mulch helps insulate roots and retain moisture, while compost or well-rotted manure enriches the soil for the growing season ahead.

Pruning with Purpose

Winter is ideal for pruning deciduous trees and shrubs. With the leaves gone, it's easier to see the structure and shape. Karl advises holding off on pruning evergreens until spring, when they're actively growing.

Welcoming Wildlife

We love seeing wildlife in our gardens, even in winter. Our Grounds and Gardens Team build wood stacks and leave leaf piles to create habitats for insects and small mammals.

Tidy, But Thoughtful

While we do clear paths and lawns of fallen leaves to prevent rot, we're careful not to over-tidy. Leaving some natural debris in quiet corners provides shelter for hibernating creatures.

Evergreen Structure

Evergreens are the backbone of our winter garden design. Holly, box, and yew offer structure and colour when most other plants are bare. They're a great way to keep your garden looking alive through the colder months.

Tree Health Checks

Winter is a good time to inspect trees for signs of disease or damage. Look out for fungus, broken branches, and other issues that could worsen if left untreated.



“

We hope these tips inspire you to see winter as a season of opportunity in your garden. If you're visiting The Lensbury this season, take a stroll through our grounds to reflect, recharge, and reconnect with nature.



Charity of the Year

Ruils Independent Living

It's been another year of supporting local causes dear to The Lensbury and our members, as we joined forces to support Ruils, the chosen charity of 2025.



Over the past few months, our staff and members have taken part in a series of charity events to help raise funds for Ruils. From braving a canoe challenge in stormy weather to touring our stunning gardens, nothing could stop our teams from taking part and organising events to raise funds.

A huge thank you to everyone who joined us, donated, and supported our charity initiatives this year.

Ruils is a local charity that supports disabled people to live independent lives. Run by and for disabled people, they're committed to helping children and adults with long term health & mental health conditions live independently, be part of the community, and live life to the full.

They provide information and advice, advocacy, peer groups, and activities to clients and their families across Richmond, Hounslow, Kingston, and Wandsworth.

ruils
independent living

Charity of the Year

EVENTS



GARDEN TOURS 29TH APRIL & 2ND MAY

Back in springtime, members joined our Head Gardener, Karl Smith, on a tour of our beautiful gardens. On the day, everyone got to ask questions about gardening, and received a pack of seeds to make their personal contribution to our gardens.



KINGSTON DRAGON BOAT RACE 20TH JULY

The summer saw our members and staff compete against teams the Kingston Rotary Club Dragon Boat Challenge. It was an amazing effort for a fun day out on the River Thames that also helped raise funds for the local community.

SECRETS OF GREAT GARDEN DESIGN WITH ZOE CLAYMORE 2ND SEPTEMBER



At the start of September we welcomed multi award-winning garden designer Zoe Claymore for a talk and live Q&A, with all proceeds going to Ruils. For this event, Zoe shared her expert knowledge on how to perfectly design a garden.

CANOE CHALLENGE 11TH SEPTEMBER

Summer came to an end with our canoe challenge, where members and staff paddled all the way from Shepperton to Teddington on a stormy day. But the weather didn't dampen the mood, as the team successfully made its way across the Thames.



There's still time to make a difference
Donate here



MEET OUR NEW Master Chef

This autumn, we welcomed a new Resort Head Chef, Jessen Valaydon. Bringing a fresh perspective and a thoughtful approach to cooking, he's already working on some exciting updates to the menu that we think guests will really enjoy.



To give you a better sense of his cooking and plans, we asked him a few questions about his background, inspirations, and what he's looking forward to creating here at The Lensbury Club.

When did you first realise you wanted to become a chef?

I realised I wanted to become a chef when I was about 18 years old. I spent weekends in the kitchen with my grandmother, watching her transform simple ingredients into something magical. That sense of creativity and connection through food stuck with me ever since.

How would you describe your cooking style?

My cooking style is rooted in seasonal British cuisine, elevated by my Mauritian and French heritage. I love blending bold island spices with classic French techniques—think rougaille with a beurre blanc twist. It's all about balance: vibrant, soulful, and refined.



“...Adding depth and storytelling to each dish.”



It's all about balance: vibrant, soulful, and refined.

What's your favourite thing to cook?

That's a tough one! But if I had to choose, I'd say a slow-braised venison stew with hints of clove and cinnamon, inspired by Mauritian winter dishes. It's rich, warming, and perfect for the colder months - plus, it brings people together around the table.

What are your plans for The Lensbury?

I'm excited to bring a renewed focus on seasonal menus and sustainability. My goal is to create a dining experience that reflects the beauty of our surroundings and the warmth of our hospitality. We'll be introducing more locally sourced ingredients, rotating menus, and a few surprises to keep things fresh and exciting for our members. I also plan to infuse subtle Mauritian and French influences into the menu - adding depth and storytelling to each dish.



TOP PICKS FROM OUR Winter Menu

STARTERS

Lensbury Cobb Salad
Wild Mushroom Risotto
Chicken Liver Mousse

MAINS

Pumpkin & Sage Tortelloni
Cider Braised Venison Pie
35 Day Dry-Aged Ribeye Steak

DESSERTS

Clementine Crème Brûlée
Pear & Blackberry Crumble Tart
Sticky Toffee Pudding



We hope you enjoy the winter menu as much as the team and I have enjoyed creating it for you!

Winter Warmers

THE BEST WINES TO ENJOY THIS SEASON

As the days grow shorter and the chill sets in, there's nothing quite like curling up with a glass of wine that complements the season. Here are some of the best wines to enjoy during the winter season from our wine merchant Bibendum Wines:



DOMINGO MARTIN ALBARINO

This crisp white wine from the Rias Baixas region of Spain is known for its vibrant citrus notes, delicate floral aromas, and a touch of minerality that makes it incredibly food-friendly. It is fantastic with our seafood dishes.



CHABLISIENNE LE FINAGE

This classic Chablis offers a beautifully balanced profile—crisp acidity, subtle minerality, and delicate notes of green apple, citrus, and white flowers. La Chablisienne has been making Chablis for over 100 years & is currently led by IWC white wine maker of the year Estelle Roy.



COTES DU RHONE ORGANIC ROUGE HAUT DE BRUN ALAIN JAUME 2022

Crafted with care and certified organic, this Rhône red is a harmonious blend of Grenache and Syrah, offering rich notes of dark berries, subtle spice, and a smooth, velvety finish. Think roast lamb or beef with this absolute gem!

ANGELO VEGLIO BAROLO

Indulge in the elegance of a wine that brings depth, tradition, and sophistication to your festive celebration. Crafted in the heart of Piedmont, this Barolo showcases the power and grace of Nebbiolo, with aromas of dried rose petals, red cherries, leather, and spice, all wrapped in a beautifully structured frame. A beautiful pairing with our steaks.

FITZ SPARKLING NV

Bring a touch of British brilliance to your celebrations with Fitz Sparkling. Made in England using the Charmat method, Fitz offers a vibrant and approachable alternative to traditional Champagne—perfect for festive toasts and joyful gatherings.



Jack Davis

Wine Specialist from Bibendum Wines



Sip & Savour

Head to our bar & restaurant to discover our curated wine selection.

BOOK A TABLE



FITNESS

HYROX Heat

WINTER TRAINING FOR THE HYBRID ATHLETE

WHAT IS HYROX?

HYROX is the ultimate fitness race combining running with functional workouts. It's designed for all fitness levels and is rapidly gaining traction across the UK. Whether you're training for an event or just want to level up your winter workouts, **HYROX delivers**.

TIDAL HYROX-INSPIRED WORKOUT

45 MINUTE ROUTINE

WARM-UP 5 MINS

- Rowing machine – 2 mins
- Dynamic lunges – 1 min
- Arm swings & shoulder rolls – 2 mins

MAIN CIRCUIT 35 MINS

COMPLETE 3 ROUNDS

- 1 km Run (Treadmill or Track)
- 50 Wall Balls
- 100m Sled Push
- 100m Sled Pull
- 80m Burpee Broad Jumps
- 1000m Row
- 200m Farmers Carry
- 100m Sandbag Lunges

COOL DOWN 5 MINS

- Foam rolling
- Static stretches (quads, hamstrings, glutes and shoulders)



TRAINER SPOTLIGHT

Andrea Malins, Personal Trainer with a focus on Strength and Conditioning.

HYROX Tip:

Pace your runs — don't burn out early.

What do you love about HYROX?

HYROX is about grit, strategy, and community.

TRAIN LIKE A HYBRID ATHLETE

Join our HYROX prep sessions every Tuesday & Saturday at 7am. Book via the app or scan the QR code.



MEET THE PERSONAL TRAINERS

REACH YOUR FITNESS GOALS WITH OUR PERSONAL TRAINERS



NATASHA

WEIGHT TRAINING
WEIGHT LOSS TONING

Natasha's passion for strength and resistance training is reflected in her style of coaching. Noting the results that resistance training can bring, not only in sculpting and toning the body but also the cardiovascular benefits.



ANDEREA

SENIOR INSTRUCTOR BODY | FAT LOSS
RECOMPOSITION | SCULPTING

Anderea is a dedicated health and fitness advocate, specializing in weight training and body transformation. She's committed to guiding clients through their fitness journeys, as they grow stronger and more confident.



HAMID

STRENGTH | MOVEMENT FLEXIBILITY
& REHABILITATION

Hamid has a passion for fitness, health and well-being, working in the fitness industry for over 8 years. As a firm believer in empowerment through movement and balance, he was drawn to the art of Pilates.



BRANDON

WEIGHT TRAINING FITNESS
WEIGHT LOSS

Brandon specialises in weight training and weight loss, whereby he ensures his clients are on the path to feeling stronger and healthier with a bespoke plan just for them.



JULIA

FUNCTIONAL & WEIGHT TRAINING

Julia's greatest joy is seeing her clients grow stronger and take charge of their wellbeing. She loves the impact a client's progression has on her as well as them, which has given her the motivation to help people - whatever their goals.



VOLKAN

SPORT SPECIFIC
FITNESS MOVEMENT & MOBILITY

Volkan has over 20 years in fitness, specialising in helping members reach a wide range of goals, whether it's fat loss, muscle gain, toning, improved mobility or simply getting fitter and more resilient.



ANGELA

STRENGTH & CONDITIONING
NUTRITIONAL COACH

Angela's training is all about building confidence from the inside out, so that every time you step into a room —or step up to a challenge—you do so knowing your worth, your strength, and your power.



AMANDA

RECOVERY & REHABILITATION

Amanda has tailored her knowledge and qualifications towards specialising in rehabilitation. After a stay in hospital in 2016, Amanda had to learn to walk again. Personal injury and illness highlighted how beneficial exercise can be for recovery.

BOOK YOUR
TRAINER BY EMAILING
ANDEREA.MALINS@LENSBURY.COM





Personal Training

GET DEDICATED HELP TO ACHIEVE YOUR FITNESS GOALS



- ✓ Injury Prevention
- ✓ Progress Monitoring
- ✓ Personalised Attention
- ✓ Accountability

**Sessions
from only £43**

FIND OUT MORE



**Book your
session
today!**



LENSBURY X CHILLY'S

Take a little bit of The Lensbury with you wherever you go... Keep your drinks at the perfect temperature while reducing waste with our Lensbury branded reusable coffee cups and water bottles.

Available to buy now.



Water bottle
£30
EACH

Coffee Cup
£30
EACH

**SPECIAL
OFFER**

Buy a coffee cup and
water bottle together
for only £50

Get yours at Members' Reception

Relax on the river

We're proud to announce that members of The Lensbury Club can now enjoy access to a new wonderful way to unwind: TEMZ Floating Saunas and Ice Baths.

Located on The Lensbury's riverside, with stunning views of the River Thames, this new facility provides a fantastic way to reconnect with nature while delighting in the peace and serenity of a floating sauna. From sauna sessions to wellness packages and even private hire, here are the services on offer:

OPEN SESSIONS

Board their pontoon and enjoy 50 minutes of complete relaxation and rejuvenation.

PRIVATE HIRE

Whether you want to host an event or just enjoy the experience to yourself, private hire of the pontoon is available for up to 8 people in 50-minute slots.



THE BENEFITS

The sauna benefits both mind and body, as the heat encourages deeper muscle relaxation and, when paired with cold therapy, enhances circulation and supports better sleep. This creates a fully immersive, multi-sensory experience that goes beyond a traditional sauna. Some studies even suggest that regular sauna use may offer a boost to the immune system!

GIVING BACK TO THE COMMUNITY

TEMZ have partnered with mental health awareness charity, The Woodpecker Project. When you purchase a multi-pass, you will not only be helping yourself but they will also be donating a session to someone in need. If you'd like to help further, please reach out to TEMZ directly and make sure you check out what's going on at The Woodpecker Project.



We at The Lensbury are absolutely delighted to be partnering with TEMZ to bring this exciting new experience to our members. Hosting their

Floating Saunas right on our iconic Thames riverfront is a fantastic opportunity to combine wellness with the natural beauty of our grounds. We can't wait for members to enjoy this unique wellness experience."

Luke Fenton, Club General Manager at The Lensbury

OPENING HOURS

Monday: 07:00 – 12:00 / 16:00 – 20:00

Tuesday – Wednesday: Closed

Thursday – Friday: 07:00 – 12:00 / 16:00 – 20:00

Saturday – Sunday: 08:00 – 12:00



MEMBER OFFER

Members get an exclusive 25% discount on all bookings by applying code **Members25! at checkout.**



Stay Radiant All Winter

Quick Tips for Healthy Skin

Cold weather can be harsh on your skin, but a few simple changes can keep it healthy and glowing all season. Here's how:

Tip 1:

Switch to a Gentle Cleanser

Foaming cleansers can strip away your skin's natural oils, leaving it tight and dry. Instead, switch to a creamy or hydrating cleanser that gently cleans without disrupting your moisture barrier.



Tip 2:

Moisturise More Often

Swap your lightweight summer lotion for a richer, more nourishing moisturiser during the colder months. Winter air tends to strip skin of its natural oils, so choose formulas packed with hydrating ingredients like hyaluronic acid to lock in moisture.

Tip 3:

Don't Skip Sunscreen

Don't let the cold fool you, UV rays are still strong in winter and can damage your skin year-round. Make SPF a non-negotiable part of your daily routine by choosing a broad-spectrum sunscreen with at least SPF 30.

Tip 4:

Add a Humidifier

Indoor heating can strip moisture from the air, leaving your skin feeling dry and tight. Combat this by using a humidifier to restore humidity levels in your home.

Tip 5:

Stay Hydrated

Remember to stay hydrated. Drinking water supports your overall health and keeps your skin looking its best.

Tip 6:

Protect Your Lips

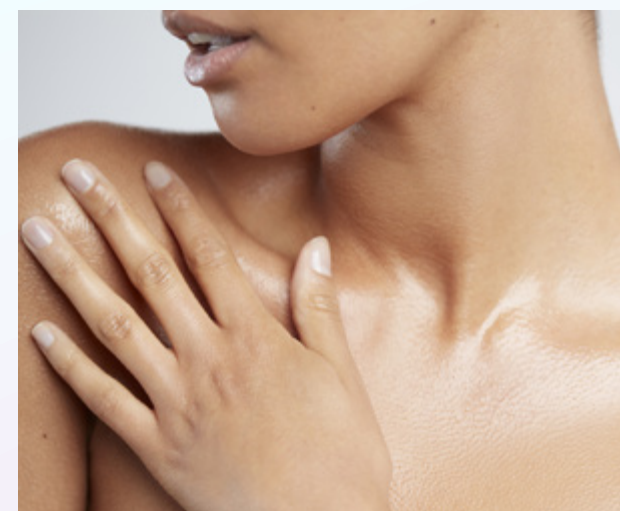
Keep your lips protected with a rich, nourishing balm that includes SPF to guard against sun damage.

ELEMIS

Make time for a moment of peace and relax with 20% off treatments as a Club Member*.



*Quote your membership number at the time of booking to apply the discount



Glow

WITH ELEMIS

Members enjoy exclusive savings on a wide range of luxurious Elemis products, on sale at our Spa. Treat your loved ones this season while saving 10% on all products.

From Wonder Glow to the Day & Night Wonder Duo, save on our high-end products for healthy and radiant skin.



Get yours now by
visiting our Spa



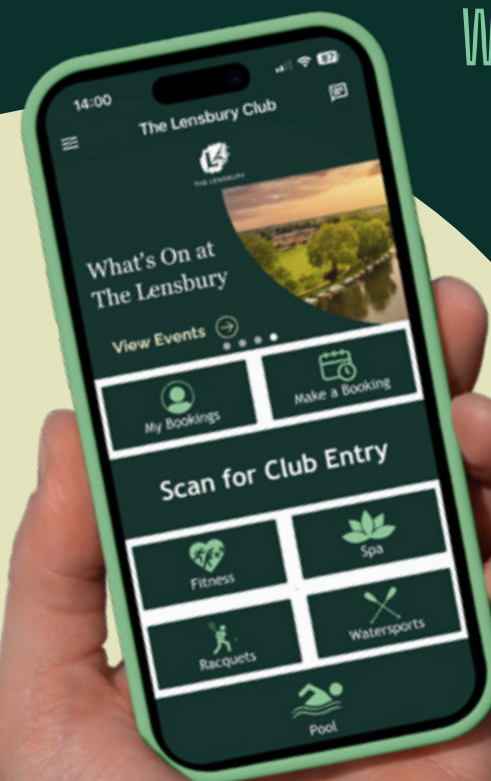
THE LENSBURY



Stay in the loop

WITH THE LENSBURY CLUB APP

Download our app for an easy way to book courts, secure your place in our classes, and find out more about the latest at your club.



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TIDAL

THE LENSbury MEMBERS' MAGAZINE

DISCOVER OUR DIGITAL MAGAZINE
BY SCANNING THE QR CODE

