

SpaSeekers puts TV psychotherapist Eva Speakman in the 'Beauty Spot'

Submitted by: SpaSeekers.com

Tuesday, 6 November 2012

Leading spa agency interviews ITV therapist and media personality in second blog instalment.

Eva Speakman – one half of celebrity psychotherapist couple The Speakman's – is the latest guest of exciting blog series 'Beauty Spot.'

The star-studded feature, launched by leading UK spa booking service, SpaSeekers, sees the agency discuss all things beauty and pampering-related with favourite names from the world of makeup, fashion and celebrity.

November's first instalment sees SpaSeekers talking to Schema Conditioning Therapy™ specialist and ITV's This Morning star Eva Speakman, whose techniques have been described as "ground-breaking and genius" by presenters Phillip Schofield and Holly Willoughby.

The interview discusses Eva's favourite beauty treatments and products, including her favourite mascara, and explains the importance of women pampering themselves for good mental health.

"Whether at work or play, most women are instinctively multi-tasking, making it difficult to stop, relax and unwind. Reserving even just one hour for pampering creates some well-deserved 'me time' which is hugely beneficial for a woman's state of mind. This personal time allows total switch off [and] a positive recharge."

Eva was an ideal choice for Beauty Spot, since SpaSeekers understands that, for its customers, beauty is not only skin deep. Jason Goldberg, company director explains:

"Beauty is not simply external. How a person feels on the inside can directly influence outside appearance, and self-perception of attractiveness. With this in mind, SpaSeekers advises its customers beyond available treatments alone, and questions the overall experience desired when recommending spa resorts."

To discover the other life-affirming and positive psychological effects that regular beauty treatments can have, read Eva's Beauty Spot interview here

(<http://www.spaseekers.com/spa-blog/celebrity-spa-news/the-beauty-spot-eva-speakman-schema-psychotherapist-and-media>)

Notes for editors:

Established in 1989, SpaSeekers is one of the UK's leading agencies for health farms, hotel spas, day spas and spa breaks. Working with more than 350 venues across the country, SpaSeekers' nationwide spa coverage is unprecedented – its nearest competitor works with just 50 resorts. Champneys, QHotels, Marriott, De Vere, Saks Hair & Beauty, Dove Spa and Ragdale Hall are just some of the reputable brands found within SpaSeekers' impressive catalogue.

SpaSeekers has built its reputation on efficient customer service, aided by its staff's extensive knowledge of every partnered spa.. The company's Spa Co-ordinators visit each resort regularly in order to always provide unbiased advice, which best meets the needs of each individual customer.

SpaSeekers' strong relationship with top spa brands allows the very best savings and offers to be made available to its customers. SpaSeekers also offers a gift voucher service, for those who would prefer their loved ones to choose their own spa package.

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