



seasonal calendar

2016



seasonal calendar

JAN FEB MAR APR MAY JUN

jan

- New Year Resolutions
- Bubble Bath Day (8)
- Cut Energy Costs Day (10)
- Blue Monday (18)
- Employee Motivation Day (21)
- Breakfast Week (24-30)
- Burn's Night (25)
- Spa Tex (31-2)

feb

- Spa Tex (31-2)
- Half Term
- National Heart Month
- National Marriage Week (7-14)
- Chinese New Year (8)
- Go Green Week (8-13)
- Shrove Tuesday (9)
- Ash Wednesday (10)
- Valentine's Day (14)
- UK Wedding Fayre (14)
- Professional Beauty Event – (28-29)
- Fairtrade Fortnight (29 – 13)

mar

- Spring
- National Bed Month
- St. David's Day (1)
- Time For A Cuppa Week (1-8)
- Acupuncture Awareness Week (2-8)
- English Tourism Week (4-12)
- Mothering Sunday (6)
- British Pie Week (7-13)
- International Women's Day (8)
- No Smoking Day (9)
- Comic Relief (18-20)
- St. Patrick's Day (17)
- Good Friday (25)
- Easter Sunday (27)
- Clocks Go Forward (27)

apr

- National Stress Awareness Month
- National Pet Month
- April Fool's Day (1)
- World Health Day (7)
- National Gardening Week (16-23)
- St. George's Day (23)
- London Marathon (24)
- Drive It Day (24)
- Allergy Awareness Week (25-1)

may

- National Smile Month
- Early May Bank Holiday (2)
- Get Walking Week (3-10)
- Sun Awareness Week (9-16)
- Walk To Work Week (TBC)
- World Fair Trade Day (14)
- National Massage Day (16)
- National Vegetarian Week (16-22)
- Whit Sunday (15)
- FA Cup Final (21)
- English Wine Week (28-5)
- Spring Bank Holiday (30)
- Plant A Flower Day (30)

jun

- World Environment Day (5)
- SPATEC (8-11)
- Aromatherapy Awareness Week (8-14)
- Global Wellness day (11)
- Men's Health Week (13-19)
- Father's Day (19)
- International Yoga Day (19)
- Longest day of the year (20)
- International Yoga Day (19)
- Wimbledon Begins (27)



JAN – JUN

jul

- Summer Holidays
- Tour de France (2)
- International Kissing Day (6)
- Disability Awareness Day (10)
- Golf British Open (10)

aug

- Summer Holidays
- Summer Bank Holiday (3)
- Olympic Games (5-21)
- National Friendship Day (7)
- Left Handers Day (13)
- National Relaxation Day (15)

sep

- Autumn
- Back to School
- Friendship Month
- Organic September
- Jeans for Genes day (5)
- Organic Beauty Week (8-14)
- National Eczema Week (TBC)
- British Food Fortnight (17-2)
- International Day of Peace (21)
- Reflexology Week (21- 27)
- World's Biggest Coffee Morning (23)

oct

- Half Term
- Breast Cancer Awareness Month
- National Cholesterol Month
- National Poetry Day (6)
- Chocolate Week (TBC)
- National Curry Week (10-16)
- National Chocolate Day (28)
- End of British Summer (30)
- Clocks Go Back (30)
- Halloween (31)
- National Spa Week (31 -4)

nov

- World Vegan Day (1)
- National Spa Week (-4)
- World Vegan Day (1)
- Stress Awareness day (2)
- Bonfire Night (5)
- Remembrance Sunday (8)
- World Kindness Day (13)
- Spa Life (15-16)
- Black Friday (27)
- St Andrew's Day (30)

dec

- Christmas
- Festival of Winter Walks (19-3)
- Shortest day of the year (21)