

# Health and Healing from Mother Earth

Monday 13<sup>th</sup> to Sunday 19<sup>th</sup> February 2012

For many of us it is increasingly difficult to keep our mineral and vitamin levels at the correct balance due to our stressful lives. Did you know that almost every skin condition that we may suffer from is partly due to a mineral or vitamin imbalance in the body?

Mud, salt and minerals... this week's focus is on the products which occur naturally around us, their properties and how we can use them both in our food and on our skin to improve our health and well being. Health and healing from Mother Earth!

## SUNDAY 12<sup>th</sup> FEBRUARY

### **8.45pm - An evening talk and demonstration in Studio Two** **The importance of minerals to our skin with Spa Find**

Come and pamper yourself with the Spa Find... Team where you will be shown a true spa skincare regime in which you will experience a cleansing routine, mask application, eye care and moisturization using mineral skincare. The minerals within the Spa Find... range help maintain a balance on the inside of the body which in turn reflects on the skin itself. It is vital to keep a balance of minerals and vitamins within the body and Spa Find... skincare will help you to do just that. Let our team of specialists show you how to live by our mineral philosophy and improve your skin and general health.



## MONDAY 13<sup>th</sup> FEBRUARY

### **12.30 – 1.00pm** **Candle Pool Meditation**

Guided Candlelit Water Meditation in the Candle Pool. Harnessing the calming energy of our unique Candle Pool, this guided session will help you achieve an enhanced state of relaxation. The restful ambience coupled with the soothing voice of your meditation guide will lull even a beginner into a beautiful trance-like state.



The journey to peace and stillness of mind begins. Please book in the Gym as spaces are limited.

### **4.05 – 5.00pm - Studio One** **Tai Chi with Jon Jarvis**

A low impact, slow moving, exercise routine designed to improve and maintain good health. With numerous fitness benefits it will also achieve a state of relaxation for body and mind.

### **8.45pm - A talk in Studio Two** **'Keeping healthy naturally!'**

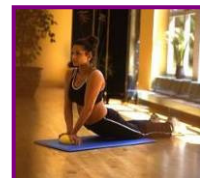
Ragdale's own Dr Heli Malvik-Ots brings 'nature' and 'nurture' back to medicine as she explores with you the powerful applications of Acupuncture, Herbal Medicines and Food Sensitivity Testing. We really are what we eat, drink, feel and think, therefore maintaining good health requires the clever coordination of our body and mind.



## TUESDAY 14<sup>th</sup> FEBRUARY

### **2.05pm – 2.45pm** **Aromaball Class in Studio Two**

A class for all the senses! The focus is on generating and feeling energy through movement. Class participants use a soft, spongy ball impregnated with aromatherapy oils to release tension and feel both relaxed and calm.



### **6.30 – 7.30pm** **Mineral Beauty Evening in the Beauty Shop**

Join our Spa Find experts and discover the secrets to total inner health. We will guide you through a Spa Find home face and body routine, to get your skin radiant and balanced.



A £10 booking fee is redeemable against two or more Spa Find products purchased on the evening.

Only eight places available. Enjoy a complimentary glass of wine and goodie bag on arrival.

Receive an exclusive gift on the evening when you purchase two or more Spa Find products.

Please book via the Beauty Shop or call extension 303.

### **8.45pm** **An evening talk and demonstration in Studio Two**

One of Ragdale's senior therapists Nicola Jakins, reveals our secrets by demonstrating the benefits of using totally natural ingredients in our Natural Balance range of treatments from avocado and lemon to Caribbean fruits, milk and honey, they are as good for you as they taste!



### **8.45pm** **Clarins Make Up Demonstration**

Come and join the Clarins experts for a fun, informative and interactive talk and demonstration. We will teach you how to create a new make up look this season and show you our latest and greatest products.



**As numbers are limited for the Candle Pool Meditation sessions please go to the gym to book your place.**

## WEDNESDAY 15<sup>th</sup> FEBRUARY

9.00am – 6.00pm

**Clarins Makeovers available in the Beauty Shop.**

Makeovers are £20 redeemable on the purchase of two or more Clarins products (one to be skincare). Receive a make up gift when you purchase two or more recommended Clarins products after your makeover.



12.30 – 1.00pm

**Candle Pool Meditation**

(See Monday)

4.05 – 5.00pm – **Studio Two Heaven and Earth Chi Gong with Les Kendrick**

This session is made up of movement taken from the Daoist practise of uniting heaven and earth within the self as you step towards uniting with the Dao.



6.30 – 7.30pm **Mineral Beauty Evening in the Beauty Shop**

(See Tuesday)

8.45pm – **An evening talk and demo in Studio Two**

**The importance of minerals to our skin with Spa Find**

(See Sunday)



## THURSDAY 16<sup>th</sup> FEBRUARY

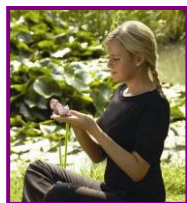
9.00am- 6.00pm

**Clarins Makeovers Available in the Beauty Shop**

(See Wednesday)

12.05 – 12.30pm - **Studio Two An Introduction to Meditation**

Simple and effective techniques for anyone to learn and benefit from.



6.30 – 7.30pm **Mineral Beauty Evening in the Beauty Shop**

(See Tuesday)

8.45pm in **Studio One Minerals – a good source!**

Join Scott Williams, Ragdale Hall's Executive Head Chef for a talk and demonstration on how to introduce food stuffs rich in essential minerals into your everyday diet.



## FRIDAY 17<sup>th</sup> FEBRUARY

9.00am – 6.00pm

**Clarins Makeovers in the Beauty Shop**

(See Wednesday)

12.30 – 1.00pm

**Candle Pool Meditation**

(See Monday)



8.45pm – **An evening talk and demo in Studio Two The importance of minerals to our skin with Spa Find**

(See Sunday)

## SATURDAY 18<sup>th</sup> FEBRUARY

9.00am – 6.00pm

**Clarins Makeovers available in the Beauty Shop.**

(See Wednesday)

### AVAILABLE ALL WEEK

◆ **Spa Find Mini Mineral Treatments available in the Beauty Shop**

- Spa Find...Express Elegance Facial
- Spa Find...Exquisite Eyes
- Spa Find...Hydrated Hands
- Spa Find...Fabulous Feet



All treatments have a £20 booking fee which is redeemable on the purchase of any two Spa Find products. Purchase a third product and receive either a full size Exquisite Eye Gel or Inchwrap Firming Moisturiser. To book your treatment contact the Beauty Shop on Extension 303.

◆ **Each day on the menu we will treat you to delicious mineral rich dishes and detox foods**

◆ **Special smoothies and energy shots will be available in the Verandah Bar and Garden Room**



◆ **Treatment Offer**

**Book any two Spa Find treatments per person (see below) and receive a Spa Magik Total Body Indulgence kit worth over £56.**



# spa find

**Spa Find Silky Skin (salt exfoliation and nourish) 25 minutes £28**

**Spa Find Dead Sea Mud Envelopment (exfoliating, nourishing and smoothing) 50 minutes £54**

**Spa Find Age Away (body exfoliation and facial) 50 minutes £52**

**Spa Find Heavenly Hot Poultrice Massage (body massage with hot pultices) 85 minutes £80**

**Spa Find Heaven-Sense Poultrice Facial (mini pultices massage face, neck and chest) 55 minutes £56**

**Please call 01664 433043 to book.**



*Ragdale Hall*  
health hydro and thermal spa

Website: [www.ragdalehall.co.uk](http://www.ragdalehall.co.uk)  
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