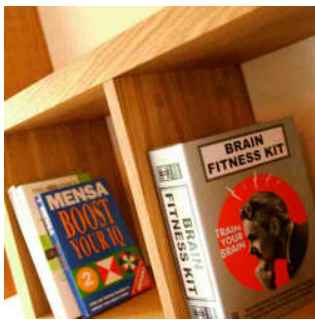




Hot on the heels of our stunning Thermal Spa comes the latest wellness innovation – Mind Gym



Multi award winning health spa Ragdale Hall takes total well-being to a new level with the opening of our stunning Mind Gym – we believe the first of its kind anywhere.

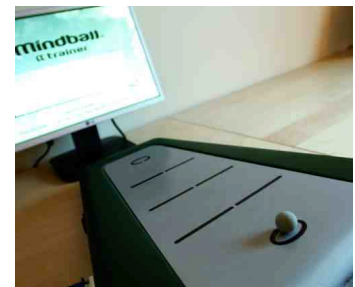


As we get older, it's common to find we forget things, maybe names, perhaps pin numbers or more usually where we left our keys. More seriously, we may even find it harder to concentrate at work. What we need is a little specific brain training.

“We have always tried to educate our guests into becoming aware that if we do not exercise the body, muscle and bone will deteriorate with age, so leading to potential injury and illness in later life.” Comments Dean Hodgkin, Health and Fitness Consultant to Ragdale Hall. “Since our aim is to nourish our guests in both body and mind

the addition of this exciting facility is a natural progression, sitting perfectly alongside our extensive fitness sessions and unrivalled range of unique treatment therapies.” Baroness Greenfield, professor of neurology at Oxford University and director of the Royal Institution, has even gone so far as to declare that mind games help to keep dementia and Alzheimer’s at bay.

The eclectic design of the Mind Gym incorporates quirky furniture in vibrant colours, promising an attack on the senses from the moment you enter the area. Hand-held computers, space-age toys, a wide spectrum of physical puzzles and a library of books will test your logic, challenge your problem-solving skills and so push your brain to greater efficiency. There’s even a state-of-the-art game-table that allows you to move a ball by simply controlling your thoughts.



Dean has the final word, “We have created an environment where you can lose yourself for a while in concentrated thought, flexing your brain cells a little, but above all having fun. If you really do wish to age-proof yourself, don’t just try to look and feel younger, you can now actually think younger!”.....Unleash the power of your mind!!

For further details and to try it for yourself please contact:

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