

**PRESS RELEASE**  
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## Ragdale Hall's new spa blog...

Ragdale Hall have recently launched the ultimate spa blog bringing its readers lots of advice from their professionals on skincare, fitness, healthy eating and fashion. As well as regular updates on spa offers and events, readers will also receive the latest exclusive Ragdale news.

So whether you're a Ragdale fanatic, a fitness freak or a health and beauty addict you'll find what you need to know here <http://spabeauty-news.ragdalehall.co.uk/>

### Our resident bloggers are:

**Tracy** - here to keep you up to date with all the latest Ragdale gossip, provide regular 'what's new' reports, general information and Ragdale views on hot topics.

**Rose** - Ragdale Hall's Beauty Shop Manager. Rose is here to bring you all the latest updates on your favourite skincare ranges and also to give you useful hints and tips on skincare and bodycare.

**Dean** - voted Best International Fitness Presenter at the One Body One World awards, is Ragdale Hall's Fitness Expert and is here to bring you all the latest fitness news, events and advice.

**Vanessa** - Retail Manager at Ragdale Hall, is responsible for buying lots of the lovely items available to you in the Boutique and Gift Shop. Vanessa will be blogging about what's new in the Boutique and Gift Shop inc. new products and ranges, plus giving you seasonal trend updates as well as hints and tips on daily essentials such as accessorising your outfit and lingerie fitting.

**Angela** - Ragdale Hall's Assistant Treatments and Activities Manager is here to bring you all the latest treatment updates.

Read on and explore our blog for a healthier and happier you.

For further information contact:

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