

## treatment and activity booking form

*Ragdale Hall*  
health hydro and thermal spa

**a destination worth waiting for ...**

A visit to Ragdale Hall is something to savour - a restorative break in peaceful surroundings ensures you can escape from the hustle and bustle of everyday life. Like anything that's special and worthwhile, time should be taken to thoughtfully prepare yourself. As it is essential that treatments are pre-booked at least fourteen days in advance, we have prepared this form to assist you and allow us to better understand your needs, however, to be validated this form must reach Ragdale at least fourteen days prior to your arrival. Please note that we do not confirm receipt of your booking form.

## about your stay

Reservation Number

Date of Arrival

## about you

Full Name

E-mail Address

First Line of Your Address

Return Visitor

or First Visit

Best Contact Number

If you have selected a package where there is a choice of inclusive treatments, please indicate your selection below.

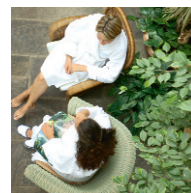
If you have chosen a facial in your package, please indicate your preferred product by ticking the appropriate range.

No Preference

Elemis

Clarins

Decleor



The Treatment Department is open between 9.00am and 7.30pm, treatments are carried out by both female and male therapists. If you have a strong preference you should note this below (please be aware, however, that indicating a choice may restrict the availability of treatments).

Male Therapists                      No Preference                       Yes                       No

Treatments may commence from 4.30pm on arrival day and continue to 1.00pm on departure day.

Are you willing to have treatments on:

Arrival Day?                      No Preference                       Yes                       No

Departure Day?                      No Preference                       Yes                       No

Provided for your convenience is a list of therapies available at Ragdale Hall and guidelines for conditions of booking. Please clearly tick and underline the treatments you would like to book (one form per guest). If you have alternative choices for some of the specialised treatments, please list them under the additional information section below.

For up-to-date information on treatments available at Ragdale Hall, please see our website [www.ragdalehall.co.uk](http://www.ragdalehall.co.uk)














## additional information

If there is anything else you wish us to take into account when planning your visit, please let us know in the space below (include fitness activities, workshops, specific requests or meal timings). **Please note that inclusive treatments cannot be exchanged or upgraded to treatments from our price list.**


## guide to contra-indications











- ♥** You have any heart or circulatory disorders.
- ♿** Your mobility is restricted in any way.
- B** You have any back problems or have had operations.
- md** You have been prescribed any medication by your doctor.
- A** You have an allergic disposition or have known allergies to food stuffs.
- S** The treatments listed are all conducted by specialist practitioners and are subject to availability. Although it is essential that you pre-book, treatment availability cannot be confirmed until you arrive.
- P** You are currently pregnant or within 6 weeks of birth or breastfeeding. (Some of the treatments which are safe during pregnancy should not be carried out during 0-12 weeks, please contact the Treatments Advice Line prior to booking for further details).
- C** You have been diagnosed as having cancer or are undergoing sessions of chemotherapy or radiotherapy.
- ⚡** You have any metal plates or pins or have a pacemaker.
- ♿** You have any systemic disorders e.g. epilepsy, kidney problems etc.
- ♀** For female guests only.

## Male Zone

	Elemis Total Time Out	£95	<input type="checkbox"/>
	Decleor Men's Energising Face & Body Therapy	£64	<input type="checkbox"/>
	Clarins Men's Skin Blitz Facial	£58	<input type="checkbox"/>
	Decleor Men's Age Defying Facial	£73	<input type="checkbox"/>
	Leighton Denny Men's Hand Maintenance Treatment	£33	<input type="checkbox"/>
	Leighton Denny Men's Refreshing Foot Therapy	£33	<input type="checkbox"/>
	Clarins Men's Muscle Ease Body Massage	£53	<input type="checkbox"/>
	Elemis Deep Tissue Muscle Massage	£64	<input type="checkbox"/>
	Lava Shell Back Treatment	£37	<input type="checkbox"/>
	Dry Flotation Therapy	£22	<input type="checkbox"/>
	Reflexology	£59	<input type="checkbox"/>
	Indian Head Massage	£47	<input type="checkbox"/>
	Hopi Ear Candles	£54	<input type="checkbox"/>

## Mums-to-be

EXCLUSIVE TO RAGDALE










	Avocado & Lemon Reviver	£61	<input type="checkbox"/>
	Body Balancing	£55	<input type="checkbox"/>
	Elemis Nurturing Massage for Mother-To-Be	£69	<input type="checkbox"/>
	Decleor Sumptuous Mother-To-Be	£62	<input type="checkbox"/>
	LI'TYA Conditioning Lowanna Ritual	£77	<input type="checkbox"/>
	Hopi Ear Candles	£54	<input type="checkbox"/>
	Immaculate Manicure	£47	<input type="checkbox"/>
	Luxury Pristine Pedicure	£53	<input type="checkbox"/>
	Clarins Pampering Foot Treatment	£43	<input type="checkbox"/>
	Perfect Sense Paraffin Wax to Hands or Feet	£30	<input type="checkbox"/>

## Hands and Feet
















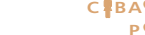
	LI'TYA Rejuvenating Miji Polama	£41	<input type="checkbox"/>
	LI'TYA Hydrating Miji Jina	£41	<input type="checkbox"/>
	Elemis Sole Delight Foot Treatment	£43	<input type="checkbox"/>
	Clarins Pampering Foot Treatment	£43	<input type="checkbox"/>
	Decleor Perfect Legs	£52	<input type="checkbox"/>
	Perfect Sense Paraffin Wax to Hands or Feet	£30	<input type="checkbox"/>
	Perfect Sense Paraffin Wax (add on only)	£17	<input type="checkbox"/>
	Immaculate Manicure	£47	<input type="checkbox"/>
	Luxury Pristine Pedicure	£53	<input type="checkbox"/>
	Custom Manicure	£33	<input type="checkbox"/>
	Custom Pedicure	£33	<input type="checkbox"/>
	Classic Paint for Hands or Feet (as an add on)	£13	<input type="checkbox"/>
	French Paint (as an add on)	£17	<input type="checkbox"/>

## Body Massage



EXCLUSIVE TO RAGDALE

	Soul to Sole	£103	<input type="checkbox"/>
	Fire & Ice Massage	£78	<input type="checkbox"/>
	Crystal Wand Massage	£78	<input type="checkbox"/>
	Tranquility Massage	£72	<input type="checkbox"/>
	Shell Shocked Massage	£86	<input type="checkbox"/>
	Lava Shell Back Treatment	£37	<input type="checkbox"/>
	Lava Shell Tummy Treatment	£26	<input type="checkbox"/>
	La Stone Therapy	£80	<input type="checkbox"/>
	Equilibrium Massage	£38	<input type="checkbox"/>

## Body Massage (continued)









	Decleor Aromatic Body Massage	£70	<input type="checkbox"/>
	Clarins Signature Massage	£72	<input type="checkbox"/>
	Elemis Body Bliss Massage	£62	<input type="checkbox"/>
	Back Shoulder and Neck Massage	£31	<input type="checkbox"/>
	Full Body Massage	£56	<input type="checkbox"/>
	Tension Release Scalp Therapy	£31	<input type="checkbox"/>
	Elemis Deep Tissue Muscle Massage	£64	<input type="checkbox"/>
	LI'TYA Marta Kodo Full Body Massage	£77	<input type="checkbox"/>
	Indian Head Massage	£47	<input type="checkbox"/>
	Daoyin Tao (Face, Neck & Shoulder Massage)	£33	<input type="checkbox"/>
	The M.O.T Massage	£76	<input type="checkbox"/>
	Dorn Method & Massage	£50	<input type="checkbox"/>
	Thai Massage	£60	<input type="checkbox"/>
	Shiatsu	£57	<input type="checkbox"/>
	'Chiro' Therapy	£57	<input type="checkbox"/>
	Sports & Remedial Massage Therapy	£56	<input type="checkbox"/>

## Face and Eyes

	Clarins Forever Young Skin Brightener	£89	<input type="checkbox"/>
	Decleor Excellence Age Defying Facial	£73	<input type="checkbox"/>
	Elemis Pro-Collagen Quartz Lift Facial	£89	<input type="checkbox"/>
	Spa Find - Age Away	£51	<input type="checkbox"/>
	Elemis Tri Enzyme Resurfacing Facial	£68	<input type="checkbox"/>
	LI'TYA Conditioning Lowanna Ritual	£77	<input type="checkbox"/>
	LI'TYA Deep Cleansing Mikiri Facial	£62	<input type="checkbox"/>
	Elemis Visible Brilliance Facial	£78	<input type="checkbox"/>
	Elemis Modern Skin Facial	£58	<input type="checkbox"/>
	Clarins TriActive Facials	£71	<input type="checkbox"/>
	Decleor Radiance Facial	£56	<input type="checkbox"/>
	Decleor "ReVital" Eyes	£40	<input type="checkbox"/>
	Eyebrow Shape & Tidy	£18	<input type="checkbox"/>











## All in One

EXCLUSIVE TO RAGDALE

	Elemis Beyond Bliss Calming Ritual	£123	<input type="checkbox"/>
	Decleor Moroccan Spice Earth Detox	£118	<input type="checkbox"/>
	Decleor Anti-Ageing Face & Body Therapy	£150	<input type="checkbox"/>
	LI'TYA The Dreaming	£165	<input type="checkbox"/>
	Spa Find Luxury Mineral Mud Infusion	£99	<input type="checkbox"/>
	Visibly Stoned	£105	<input type="checkbox"/>
	Clarins TriActive Face & Advanced Body	£110	<input type="checkbox"/>
	Elemis Absolute Spa Ritual	£95	<input type="checkbox"/>

## Wellbeing - Holistic and Health



EXCLUSIVE TO RAGDALE

	Body Balancing	£55	<input type="checkbox"/>
	Chakra Silks	£35	<input type="checkbox"/>
	Reflexology	£59	<input type="checkbox"/>
	Hopi Ear Candles	£54	<input type="checkbox"/>
	Crystal Therapy	£58	<input type="checkbox"/>
	Reiki	£52	<input type="checkbox"/>
	Hypnotherapy	£61	<input type="checkbox"/>
	Time to Change	£65	<input type="checkbox"/>
	Food Sensitivity Test & Nutritional Consultation	£62	<input type="checkbox"/>
	Acupuncture	£69	<input type="checkbox"/>

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## Scrubs, Tanning, Floats, Detox & Wraps

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                       	Milk & Honey Body Glow Flotation	£53	<input type="checkbox"/>
                       	Caribbean Fruit Wrap	£53	<input type="checkbox"/>
                       	Avocado & Lemon Reviver	£61	<input type="checkbox"/>
               	Lavender & Tea Tree Exfoliation	£30	<input type="checkbox"/>
                 	Clarins Spa Fruit & Salt Scrub	£52	<input type="checkbox"/>
                  	Clarins Spa Fruit & Salt Scrub & Detox wrap	£91	<input type="checkbox"/>
                  	Elemis Body Glow Treatment	£39	<input type="checkbox"/>
                  	Decleor Madagascar Red Island Ritual	£62	<input type="checkbox"/>
                	Spa Find Silky Skin	£24	<input type="checkbox"/>
                	Fake Bake Tanning Treatment	£51	<input type="checkbox"/>
                	Dry Flotation Therapy	£22	<input type="checkbox"/>
                  	Elemis Exotic Frangipani Body Nourish Flotation	£56	<input type="checkbox"/>
                  	Elemis Body Sculpting Cellulite & Colon Therapy	£69	<input type="checkbox"/>
                  	Decleor Perfect Slim Effect	£58	<input type="checkbox"/>
                  	Clarins Advanced Body Treatments	£61	<input type="checkbox"/>
                  	Spa Find Dead Sea Mud Envelopment	£52	<input type="checkbox"/>
                  	Elemis Aroma Spa Ocean Wrap	£72	<input type="checkbox"/>
       	LI'TYA Mala Mayi Remineralising Body Wrap	£81	<input type="checkbox"/>
       	LI'TYA Sapphire Sea Wrap	£81	<input type="checkbox"/>
                  	Decleor Age Defying Infusion Wrap	£63	<input type="checkbox"/>

## Hair Studio

	Blow Dry	£20	<input type="checkbox"/>
	Blow Dry/Long Hair	£24	<input type="checkbox"/>
	Shampoo and Set	£20	<input type="checkbox"/>
	Shampoo & Set/Long Hair	£24	<input type="checkbox"/>
	Cut & Blow Dry	£38	<input type="checkbox"/>
	Cut & Blow Dry/Long Hair	£42	<input type="checkbox"/>
	Re-Style Cut & Blow Dry	£45	<input type="checkbox"/>
	Wet Cut	£	