

DAILY ACTIVITIES TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	Crystal Meditation 8.30am, 20 mins - £11 ●		Crystal Meditation 8.30am, 20 mins - £11 ●				
11am	Age with Beauty Makeup Masterclass £10, redeemable against purchases. T&CS apply. ●	Flawless Finish Makeup Masterclass £10, redeemable against purchases. T&CS apply. ●	Day to Night Makeup Masterclass £10, redeemable against purchases. T&CS apply. ●	Age with Beauty Makeup Masterclass £10, redeemable against purchases. T&CS apply. ●	Day to Night Makeup Masterclass £10, redeemable against purchases. T&CS apply. ●	Flawless Finish Makeup Masterclass* £10, redeemable against purchases. T&CS apply. ●	Easy Sunday Makeup Masterclass* £10, redeemable against purchases. T&CS apply. ●
12pm			Stretch Therapy* 12.30pm, 45 mins - £10 ●		Muscle Release* 12.30pm, 45 mins - £10 ●		
2pm – 4pm	Fashion Tips Workshop 3.00pm, 45 mins ●		Discover Yoga 2.00pm, 50mins - £10 ●		Fashion Tips Workshop 3.00pm, 45 mins ●		
	Tai Chi Relax* 3.45pm, 50 mins - £10 ●		Fashion Tips Workshop 3.00pm, 45mins ●		Tai Chi Relax* 3.45pm, 50 mins - £10 ●		
5pm		VIP Evening Pamper Workshop £10, redeemable against purchases. T&CS apply. ●	VIP Evening Pamper Workshop £10, redeemable against purchases. T&CS apply. ●	VIP Evening Pamper Workshop £10, redeemable against purchases. T&CS apply. ●			
7pm	Sound Bathing 7.30pm – 60 mins £10 ●						

TAKING PLACE DAILY

<p>ELEMIS SKIN LAB Learn how to unlock beautiful skin with a HD skin consultation. £10, redeemable against the purchases T&Cs apply. Visit the Beauty Shop to book.</p>	<p>CLARINS MAKEOVER A makeover designed to help you recreate a look at home. £20, redeemable against the purchases T&Cs apply. Visit the Beauty Shop to book.</p>	<p>CROQUET Enjoy a traditional game of Croquet in the English countryside. Equipment is available for free form the Main Reception.</p>	<p>MOUNTAIN BIKES We have bikes and helmets available for you to explore our beautiful location. Visit the Main Reception for route maps.</p>	<p>TENNIS Tennis is a fantastic sport to improve overall well-being. Racquets and balls are available for free hire from the Heart + Soul Studio.</p>
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- The Retreat
- Heart + Soul Studio
- Beauty Shop
- The Lounge

Orange, green and grey – Please call our Treatments Team on 01664 433043 or visit our Heart + Soul Studio.

Pink – Please call our Beauty Shop Team on 01664 434411 ext. 303 or visit the Beauty Shop.

Blue – Please call the Boutique on 01664 433089 or visit the Boutique.

Exercise experiences* are subject to change, please visit the team in the in Heart+ Soul Studio for more details.

RAGDALE HALL SPA