



WEEKLY BULLETIN

5th February to 11th February 2024

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Spend £50 on Sea Magik and receive a **one** full sized product of your choice from the below selection:



OR

Spend **£75** and receive **two** full sized products of your choice from the same selection

- Magnesium Everything Balm
- Natural Skin Softener
- Mild Exfoliant
- Flat Matte Epsom Moisturiser

MAKE-UP MASTERCLASS

Would you like to learn how to create a new makeup look? Do you feel stuck in the same makeup routine? Join our Clarins Expert as they guide you through the latest make-up trends and looks. **Held 11am daily in the Beauty Shop**

£10 booking fee redeemable when you purchase 1 or more Clarins products after the workshop.

ELEMIS PREMIUM SKINCARE

WORKSHOP - £10

Join our ELEMIS specialists at our VIP evening workshop. With expert advice on skincare and a chance to win an ELEMIS product too!

Held Tuesday and Thursday in the Beauty Shop

Booking fee is redeemable against 2 or more ELEMIS products, 1 to be skincare.

seaMAGIK® MINI TREATMENTS

PRO AGEING MINERAL FACIAL

A full cleansing, massaging and toning sequence, plus a nourishing mud mask to suit your skin type to leave your skin refreshed and glowing.

MUD SCALP AND SHOULDER SOOTHER

Soothe your senses whilst reducing stress and tension from scalp, neck, and shoulders.

SALT AND MUD FOOT EXPERIENCE

A warming treat for the feet that will leave them feeling nourished.

SALT AND MUD HAND EXPERIENCE

A gentle massage using our warmed Himalayan Salts to help renew your hands.

****£20 booking fee redeemable against two or more Sea Magik PRO products.

CLARINS PREMIUM SKINCARE WORKSHOP -£10

Discover the perfect skincare routine with a free glass of wine and a chance to win a Clarins product too, it's not one to miss! **Held Wednesday at 5pm in the Beauty Shop.**

Booking fee is redeemable against 2 or more Clarins products purchased, 1 to be skincare.

TREATMENTS

FLOATAWAY - 60 MINS - £54

Float away into deep relaxation with the power of chimes and singing bowls whilst cocooned in the Dry Floatation for a holistic sound healing experience. The dry flotation will give the body a sense of weightlessness, whilst the harmonious tones offer peace to your mind, body, and soul.

HORMONE HARMONY - 50 MINS - £78

This tailored treatment begins with a consultation to help you understand perimenopause and menopause symptoms. While learning to identify the most likely contributing factors, Dr. Heli guides you on how to overcome your symptoms using natural or homeopathic medicines, leaving you feel more in control.

HIGHLIGHTS

CRYSTAL MEDITATION - 20 MINS - £11

Reset your goals, dreams or simply rebalance your energy with crystal meditation.

Held Monday Tuesday and Wednesday in The Retreat at 8:30am

SOUND BATHING - 45 MINS - £12

Embedded within many ancient cultures, using singing bowls, gongs, percussion, chimes and even the human voice to create deep state of both physical and mental relaxation. Bath in sound in this meditative class. **Held Friday in the Fitness Studios at 12.15pm. Please book your space at Treatments Reception or call Ext 525.**

CLEANSING STRETCH - 45 MINS - £10

By combining relaxation techniques, flowing movements and use of carefully selected Clarins beauty products we will take you on a sensory journey that is truly cleansing for both body and mind. **Held Monday and Saturday at 4:00pm. Please book your space at Treatments Reception or call Ext 525.**

BEGINNING THE JOURNEY TO A NEW YOU - COMPLIMENTARY TALK

Learn to acknowledge the obstacles that prevent you from exercising regularly and discover the importance of adaptability adjusting strategies and seeking alternative routes. **Held Thursday at 2:00pm in the Heart Studio. Please book your space at Treatments Reception or call Ext 525.**

GIVE THE GIFT OF QUALITY TIME

Give them a gift they'll love this Valentines with a Ragdale Hall Gift Voucher. To purchase your vouchers online scan the QR code or call our team on **01664 433 030.**



For more information and to book your workshops or masterclass, visit our Beauty Shop or call Ext 303

For more information and how to book your treatments and sessions, call 01664 433 043 or ext. 525.