





# Daily Activities Timetable

19<sup>th</sup> May to 25<sup>th</sup> May

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15	<i>The Art of Happiness</i> 10.30am £15			
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Day to Night Makeup Masterclass 11.00am £10 Redeemable*	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Day to Night Makeup Masterclass 11.00am £10 Redeemable*	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2.00pm £15		Meditation Workshop 3.00pm £12				
	Fashion Tips Workshop 3:00pm Complimentary		Fashion Tips Workshop 3:00pm Complimentary	<i>In The Balance Talk</i> 3.45pm	Fashion Tips Workshop 3:00pm Complimentary	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening	<i>Hypnotherapy with Dr. Heli for stress and Anxiety</i> 4.30pm £35	Premium Skincare Workshop 5.00pm Complimentary	Premium Skincare Workshop 5.00pm Complimentary	Premium Skincare Workshop 5.00pm Complimentary			

-  Beauty Shop - To book call the Beauty Shop on 01664 434 411 ext. 303 or visit the Beauty Shop  
\*Redeemable against two or more purchases
-  The Retreat -To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
-  Heart + Soul Fitness - To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
-  The Lounge - To book call the Boutique on 01664 433 089 or visit the Boutique

## EVERYDAY

### ADVANCED 3D SKIN ANALYSIS

An in-depth skin analysis consultation, to examine deep within your skin.  
£15 Redeemable\*

### CLARINS MAKEOVER

A makeover to help you find your look.  
£20 Redeemable\*

### BIKES

Bikes and helmets available for you to explore. Visit the Main Reception for route maps.

### TENNIS/ PICKLEBALL

Racquets/bats & balls are available from Fitness.

### ART SUPPLIES

Capture Ragdale through pastels and our portable easel. Available for complimentary hire at Main Reception