

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		Menostrong 9.00am Complimentary		
	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	Exercise for the Menopause Talk 3.45pm Complimentary	Art of Self Reiki 12.00pm £15	Fashion Tips Workshop 3.00pm Complimentary	The Tree of Life Guided Meditation 3.00pm £15	Art of Self Reiki 12.00pm £15	Clarins Makeup Masterclass 4.00pm £10 Redeemable*
	Fashion Tips Workshop 3.00pm Complimentary	Restorative Relaxation 5.00pm Complimentary	Premium Skincare Workshop 5.00pm £10 Redeemable*		Fashion Tips Workshop 3.00pm Complimentary	Restorative Relaxation 5.00pm Complimentary	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Sleep Support for Women Workshop with Sarah-Louise 8.30pm £15 Pavilion	Premium Skincare Workshop 5.00pm £10 Redeemable*	Sound Bathing 5.00pm £15		

-  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



To view all timetables and weekly updates, scan our QR code for more information on fitness classes, seasonal focus' and special offers in our retail areas.

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.
£25 Redeemable*

BIKES

Bikes and helmets available throughout the day. 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