




Daily Activities Timetable


14<sup>th</sup> July - 20<sup>th</sup> July


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	Living in tune with the seasons 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	Self Reflexology 2.00pm £15						
	Fashion Tips Workshop 3.00pm Complimentary		Fashion Tips Workshop 3.00pm Complimentary		Fashion Tips Workshop 3.00pm Complimentary	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening	Hypnotherapy with Dr. Heli for stress and Anxiety 4.30pm £35	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Sound Bathing 5.00pm £15		

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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
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The Retreat -To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
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Heart + Soul Fitness - To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
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The Lounge - To book call the Boutique on 01664 433 089 or visit the Boutique
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Main Lounge -To book call Treatments on 01664 433 043

T&C's - Experiences are subject to change

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