





DAILY ACTIVITIES TIMETABLE

29th April to 5th May

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Crystal Meditation 8.30am, 20 mins - £11	Crystal Meditation 8.30am, 20 mins - £11	Crystal Meditation 8.30am, 20 mins - £11				
	Age with Beauty Makeup Masterclass 11am - £10		Day to Night Makeup Masterclass 11am - £10	Age with Beauty Makeup Masterclass 11am - £10	Day to Night Makeup Masterclass 11am - £10	Flawless Finish Makeup Masterclass 11am - £10	Easy Makeup Masterclass 11am - £10
Afternoon		Flawless Finish Makeup Masterclass 11am - £10	Discover Yoga 2.00pm, 50mins £10	Pilates Reformer Taster 2.00pm, 45mins Complimentary	Yoga Dance 11:00pm, 45mins £10		Foam Rolling 12.30pm, 45 mins £10
	Fashion Tips Workshop 3:00pm Complimentary	Group Singing with Becky, 3pm, Complimentary	Fashion Tips Workshop 3:00pm, 45 mins Complimentary		Sound Bathing 12.15pm, 45mins £12	In Conversation with Dr.Heli 'Nurture your Wellbeing' 2pm Complimentary	
					Fashion Tips Workshop 3:00pm, 45 mins Complimentary		
Evening		Premium Skincare Workshop 5.00pm £10, T&CS apply	Premium Skincare Workshop 5.00pm £10, T&CS apply	Premium Skincare Workshop 5.00pm £10, T&CS apply			

-  The Retreat -To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
-  Beauty Shop - To book call the Beauty Shop on 01664 434 411 ext. 303 or visit the Beauty Shop
-  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 book your space for Group Singing or talks please visit Treatments Reception or call 01664 433 043 ext. 525
T&C's - Experiences are subject to change, Beauty Shop booking fee redeemable against purchase

EVERYDAY	
ELEMIS SKIN LAB Learn how to unlock beautiful skin with a HD skin consultation. £10, T&Cs apply.	CLARINS MAKEOVER A makeover designed to help you recreate a look at home. £20, T&Cs apply.
MOUNTAIN BIKES We have bikes and helmets available for you to explore. Visit the Main Reception for route maps.	TENNIS Racquets and balls are available for complimentary hire from Heart + Soul Fitness.



To view the full fitness
timetable and events
scan the QR code



To view the full
treatments menu scan
the QR code