





DAILY ACTIVITIES TIMETABLE

Send a Letter of Love to those who hold a special place in your heart this Valentine's Day. Collect a special letter set from Reception and send with our complimentary postal service running from Monday to Thursday, collection each day at 11:30am.

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 £10	Flawless Finish Makeup Masterclass £10	Day to Night Makeup Masterclass £10	Age with Beauty Makeup Masterclass £10	Day to Night Makeup Masterclass £10	Flawless Finish Makeup Masterclass £10	Easy Makeup Masterclass £10
Afternoon	In Conversation with Dr Heli - Hormone Harmony 2.00pm Complimentary		Discover Yoga 2.00pm, 50mins £10		Sound Bathing 12:15pm, 45 mins, £12		Foam Rolling 12.30pm, 45 mins £10
	Fashion Tips Workshop 3:00pm, 45 mins Complimentary		Dragon Fan 3:45pm, 50 mins £10	Pilates Reformer Taster 2.00pm, 45mins Complimentary	Fashion Tips Workshop 3:00pm, 45 mins Complimentary		
	Tai Chi Sword 3:45pm 50 mins £10	Cleansing Stretch 4:00pm, 45 mins £10	Fashion Tips Workshop 3:00pm, 45 mins Complimentary		Tai Chi 3:45pm, 50 mins £10		
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

All Exercise experiences and sessions 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 free hire from the 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