





DAILY ACTIVITIES TIMETABLE

18th March to 24th March

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	Flawless Finish 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	Do-In Self Shiatsu with Jon Jarvis, 50 mins 2.30pm, £10		Discover Yoga 2.00pm, 30mins £10 Fashion Tips Workshop 3:00pm, 45 mins Complimentary	Pilates Reformer Taster 2.00pm, 45mins Complimentary	Sound Bathing 12:15pm, 45 mins, £12		Foam Rolling 12.30pm, 45 mins £10
	Fashion Tips Workshop 3:00pm Complimentary		Dragon Fan 3:45pm, 45mins £10	In Conversation with Clarins, 'Relax the mind and body for a better night sleep' 2.30pm, Complimentary	Fashion Tips Workshop 3:00pm, 45 mins Complimentary		
	Tai Chi Sword 3:45pm, 50mins £10		Premium Skincare Workshop 5.00pm £10, T&CS apply	Premium Skincare Workshop 5.00pm £10, T&CS apply	Tai Chi 3:45pm 45mins £10		
Evening		Premium Skincare Workshop 5.00pm £10, T&CS apply	Practical tools for sleep with Sarah-Louise 8.30pm, 60mins £10				

-  The Retreat -To book call Treatments on 01 664 433 043 or visit Heart + Soul Fitness
-  Beauty Shop - To book call the Beauty Shop on 01 664 434 411 ext. 303 or visit the Beauty Shop
-  Heart + Soul Fitness - To book call Treatments on 01 664 433 043 or visit Heart + Soul Fitness
-  The Lounge - To book call the Boutique on 01 664 433 089 or visit the Boutique\*

\*To book your space for 'In Conversation with...' talks please visit Treatments Reception or call 01 664 433 043 ext. 525  
T&C's - Experiences are subject to change, Beauty Shop booking fee redeemable against purchase

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



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



To view the full treatments menu scan the QR code