

# DAILY ACTIVITIES TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	Crystal Meditation 20 mins £11	Crystal Meditation 20 mins £11	Crystal Meditation 20 mins £11				
11:00am	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
12:00pm to 2:00pm				In Conversation with Dean, 'Beginning the Journey to a New You'* 2.00pm, 45 mins, Free	Sound Bathing 12:15pm, 45 mins, £12		Foam Rolling* 12.30pm, 45 mins £10
2:00pm to 3:00pm	Dr.Heli, Mind, Body Memory Workshop 2.30pm, Complimentary		Discover Yoga 2.00pm, 50mins £10	Pilates Reformer Taster* 2.00pm, 45mins, Free			
3:00pm to 4:00pm	Fashion Tips Workshop 3.00pm, 45 mins		Dragon Fan* 3.45pm, 45mins £10	Journaling* 3.45pm, 50mins £10	Fashion Tips Workshop 3.00pm, 45mins		
	Tai Chi* 3.45pm, 45 mins - £10		Fashion Tips Workshop 3.00pm, 45mins		Tai Chi* 3.45pm, 45 mins , £10		
5:00pm to 7:00pm		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.			
8:00pm onwards							

The Retreat

Heart + Soul Fitness

Beauty Shop

The Lounge

Orange, green and grey – Please call our Treatments Team on 01664 433 043 or visit our Heart + Soul Fitness

Pink – Please call our Beauty Shop Team on 01664 434 411 ext. 303 or visit the Beauty Shop. Bookings fee's redeemable against purchases in the Beauty Shop, T&Cs apply.

Blue – Please call the Boutique on 01664 433 089 or visit the Boutique.

Exercise experiences\* are subject to change, please visit the team in the in Heart+ Soul Fitness for more details.

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 our beautiful location. Visit the Main Reception for route maps.

TENNIS

Tennis is a fantastic sport to improve overall well-being. Racquets and balls are available for free hire from the Heart + Soul Fitness.