





Daily Activities Timetable

20th January to 26th January

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Crystal Meditation 8.30am £11	Crystal Meditation 8.30am £11	Crystal Meditation 8.30am £11				
	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	Sound Bathing 2.00pm £12		Fashion Tips Workshop 3:00pm Complimentary	Pilates Reformer Taster 12.00pm, £10	Fashion Tips Workshop 3:00pm Complimentary		
	Fashion Tips Workshop 3:00pm Complimentary			<i>Tree of life guided meditation</i> 4.00pm £15		Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening		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 £12		

-  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
-  The Retreat -To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
-  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

EVERYDAY

- OBSERV SKIN
SCANNER**
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