





Daily Activities Timetable

25th November to 1st December

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	Wreath Making 10.00am, £45 Garden Room			Wake up and Stretch 7.45am, Complimentary
	Age with Beauty Makeup Masterclass 11.00am £10	Flawless Finish Makeup Masterclass 11.00am £10	Day to Night Makeup Masterclass 11.00am £10	Age with Beauty Makeup Masterclass 11.00am £10	Day to Night Makeup Masterclass 11.00am £10	Flawless Finish Makeup Masterclass 11.00am £10	Easy Makeup Masterclass 11.00am £10
Afternoon	Pilates Reformer Taster 12.00pm, 45mins £10				Fashion Tips Workshop 3:00pm, 45 mins Complimentary		
	Fashion Tips Workshop 3:00pm, 45 mins Complimentary		Fashion Tips Workshop 3:00pm, 45 mins Complimentary	Back On Track Talk 3.45pm Complimentary		Clarins Makeup Masterclass 4.00pm £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*

** Weather permitting

*To book your space 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

OBSERV SKIN SCANNER

Find beautiful skin with a HD skin consultation.
£15, T&Cs apply.

CLARINS MAKEOVER

A makeover to help you find your look £20, T&Cs apply.

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 though pastals and our portable easel. Available for complimentary hire at Main Reception