



Daily Activities Timetable

13th January to 19th 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	<i>Living in tune with the season, 10.30am £15</i>			
	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					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

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 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