





Daily Activities Timetable

9th June to 15th June

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15	<i>The Art Of Happiness</i> 10.30am £15			
	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 £15						
	<i>Hypnotherapy with Dr. Heli for stress and Anxiety</i> 4.30pm £35		Fashion Tips Workshop 3.00pm Complimentary	<i>In the Balance talk</i> 3.45pm	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*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Sound Bathing 5.00pm £15		

-  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

ADVANCED 3D SKIN ANALYSIS

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