

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning		Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £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			Tree of Life Guided Meditation 3.00pm £15	Fashion Tips Workshop 3.00pm Complimentary		
	Fashion Tips Workshop 3.00pm Complimentary		Fashion Tips Workshop 3.00pm Complimentary		Sound Bathing 5.00pm £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*			

- 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

T&C's - Experiences are subject to change

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.
 £25 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