

Daily Activities Timetable

28<sup>th</sup> July - 3<sup>rd</sup> August

| TIME      | MONDAY                                                                              | TUESDAY                                                             | WEDNESDAY                                                        | THURSDAY                                                           | FRIDAY                                                           | SATURDAY                                                            | SUNDAY                                                          |
|-----------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------------------------------------------|
| Morning   | Candle Pool<br>Sound Meditation<br>8.30am<br>£15                                    | Candle Pool<br>Sound Meditation<br>8.30am<br>£15                    | Candle Pool<br>Sound Meditation<br>8.30am<br>£15                 |                                                                    |                                                                  |                                                                     |                                                                 |
|           | Natural Finish Makeup<br>Masterclass<br>11.00am<br>£10 Redeemable*                  | Flawless Finish Makeup<br>Masterclass<br>11.00am<br>£10 Redeemable* | Day to Night Makeup<br>Masterclass<br>11.00am<br>£10 Redeemable* | Natural Finish Makeup<br>Masterclass<br>11.00am<br>£10 Redeemable* | Day to Night Makeup<br>Masterclass<br>11.00am<br>£10 Redeemable* | Flawless Finish Makeup<br>Masterclass<br>11.00am<br>£10 Redeemable* | Easy Sunday Makeup<br>Masterclass<br>11.00am<br>£10 Redeemable* |
| Afternoon | Sound Bathing<br>2.00pm<br>£15                                                      |                                                                     |                                                                  |                                                                    |                                                                  |                                                                     |                                                                 |
|           | Fashion Tips<br>Workshop<br>3.00pm<br>Complimentary                                 |                                                                     | Fashion Tips<br>Workshop<br>3.00pm<br>Complimentary              |                                                                    | Fashion Tips<br>Workshop<br>3.00pm<br>Complimentary              | Clarins Makeup<br>Masterclass<br>4.00pm<br>£10 Redeemable*          |                                                                 |
| Evening   | <i>Hypnotherapy with<br/>Dr. Heli for stress<br/>and Anxiety<br/>4.30pm<br/>£35</i> | Premium Skincare<br>Workshop<br>5.00pm<br>£10 Redeemable*           | Premium Skincare<br>Workshop<br>5.00pm<br>£10 Redeemable*        | Premium Skincare<br>Workshop<br>5.00pm<br>£10 Redeemable*          | Sound Bathing<br>5.00pm<br>£15                                   |                                                                     |                                                                 |

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

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.  
£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