

RAGDALE HALL SPA

# TRANSFORMATION

*January to March*



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@ragdalehallspa | Ragdale Hall Spa







# INTRODUCTION

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With a new year comes a familiar feeling of reflection, a renewed sense of motivation, and the opportunity to start afresh.

This year, we invite guests to place wellness at the forefront of their intentions to encourage them to feel their best in both body and mind.

With workshops dedicated to encouraging sound sleep, thermal spa experiences designed to transport guests away from the everyday, and hormone-focused consultations hosted by our in-house experts, every aspect of their well-being has been considered to ensure that guests begin the year feeling refreshed, restored and at an optimum state of well-being.



## IN CONVERSATION WITH

Complimentary talks helping guide you through the seasons.

(dates to follow)

Beginning the Journey to a New You with Dean Hodgkin

Holistic Approaches with Dr Heli Goode

Clear Mind for Radiant Skin  
with Julia Czersovski from Clarins

The Importance of Nurturing Our Skin  
with Julia Czersovski from Clarins

Ease Stress and Sleep Well with Dr Heli Goode

Evolve your Style with Alicia Kite

Unwind, Relax and Erase a Stress Filled Day  
with Kimberly Jones from Clarins





## FITNESS CLASSES AND WORKSHOPS

With a new season comes a new set of experiences curated to enhance your time here at Ragdale Hall Spa.

(dates to follow)





Journaling

Do-In Self Shiatsu with Jon Jarvis

Clarins Cleansing Stretch

Yoga Nidra

Practical Tools for Quality Sleep with Sarah Louise









## RECOMMENDED TREATMENTS

*Clarity, Growth, Sleep*

Discover our collection of recommended treatments designed to promote the arrival of the new season together.



## MIND, BODY, MEMORY VITAMIN AND MINERAL IMBALANCE TESTING

*50-Minutes | £103*

This unique treatment will identify vitamin and mineral deficiencies or excesses, and focus on the right balance to help find the best nutritional support to suit your personal needs.

## NUMEROLOGY

*50-Minutes | £63*

During the session, the numerology practitioner will analyse and interpret the numerical values associated with names, and birthdates to gain insights into personality traits, relationships, and potential life paths. Different numerology systems exist, each with its rules and interpretations.

## ELEMIS PRO-GLOW RESURFACE FACIAL

*55-Minutes | £100*

This anti-ageing facial is clinically proven to visibly resurface and increase skin smoothness after just one treatment and targets blemishes, uneven skin tone, superficial scarring and fine lines.



## SHIATSU

*55-Minutes | £89*

Our highly experienced Shiatsu Practitioner will consider your state of health, the symptoms you are experiencing and, depending on your constitution and general energy levels, will use a variety of techniques to improve your energy flow.

## FLOATAWAY

*45-Minutes | £57*

Float away into deep relaxation with the power of chimes and singing bowls whilst cocooned in the Dry Floatation for a holistic sound healing experience.

## SEA MAGIK STRESS AWAY

*25-Minutes | £43*

A soothing massage to the neck, shoulders, arms and scalp to de-stress and re-balance the mind and body.

# SLEEP COLLECTION

85-Minutes | £135

Fulfil your wellness goals and get ready to welcome the new, re-energised and motivated version of you.

The **SLEEP COLLECTION** includes:

- 65-minute Sensory Journey
- One-to-one 20-minute guided mindful meditation to bring inner peace and harmony to the mind and body.
- A crystal-infused glass water bottle
- A Ragdale Hall Spa bracelet

*This collection offers a 21% saving if all items within the collection were purchased separately.*








To book any experience throughout this season please call our  
Treatments Administration Team on 01664 433 043

To learn more about our Seasons and What's On,  
visit our website [www.ragdalehall.co.uk/whats-on-seasonal-focus](http://www.ragdalehall.co.uk/whats-on-seasonal-focus)



 SCAN ME

RAGDALE HALL SPA