

RAGDALE HALL SPA

# INNER HEALTH

*October to December*



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@ragdalehallspa | Ragdale Hall Spa



# INTRODUCTION

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Wind down in gentle moments that nourish and soothe.  
Heal and restore.





# IN CONVERSATION WITH

Complimentary talks helping guide you through the seasons.

*(dates to follow)*

Strong to the Bone with Dean Hodgkin

Holistic Approaches with Dr Heli Goode

Walking to Health with Dean Hodgkin

Ease Stress and Sleep Well with Dr Heli Goode







## 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)



Strength Training for Menopause

Back Care Workshop

Medik8 Anti-Ageing Masterclass

Yoga for Menopause

Metabolic Conditioning

Voice Meditation

Wreath Making



Breathwork

Sound Bathing

Cocktail Masterclass

Wine Tasting







## RECOMMENDED TREATMENTS

*Nurture, Resilience, Nourish*

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

# Hormone Harmony

*50-Minutes | £82*

This tailored treatment begins with a consultation to help you understand the symptoms of perimenopause and menopause and give you advice on how to identify the most likely contributing factors.

Learning to value and accept these changes with an open mind can give you confidence and make your whole journey much easier.

# Mind Band Weight Reduction

*55-Minutes | £126*

A form of Hypnotherapy aimed at improving weight management and encouraging healthy eating habits and overall physical activities.

# Muscle Ease Body Massage

*60-Minutes | £96*

Whether you have overdone it at the gym or work, this intensely therapeutic massage eases tense shoulders, back knots and aches. Aromatic essential oils super-charge the stress-relieving benefits, restoring your sense of well-being.



## Sound Healing

*25-Minutes | £49*

Vibrations created by Tibetan singing bowls can reduce stress and have a positive effect on the immune and nervous systems. This treatment can restore harmony and balance to the body by encouraging healing and deep relaxation for the mind, body and soul.

## Thermal Stone Massage

*60-Minutes | £100*

The healing powers of warm volcanic basalt stones and cold marble stones, combined with the therapist's hands give a deeply relaxing massage creating sensations of comfort and warmth to the entire body including the face, to smooth away muscle tension and everyday stresses.

## Medik8 Platinum Face and Body Rejuvenating Ritual

*105-Minutes | £178*

An exclusive top-to-toe experience using age-defying cosmeceutical skincare delivering visible and advanced results.



# Sleep Collection

85-Minutes | £135

Indulge in a journey to deep relaxation and rest to ready yourself for a peaceful night's sleep.

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

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