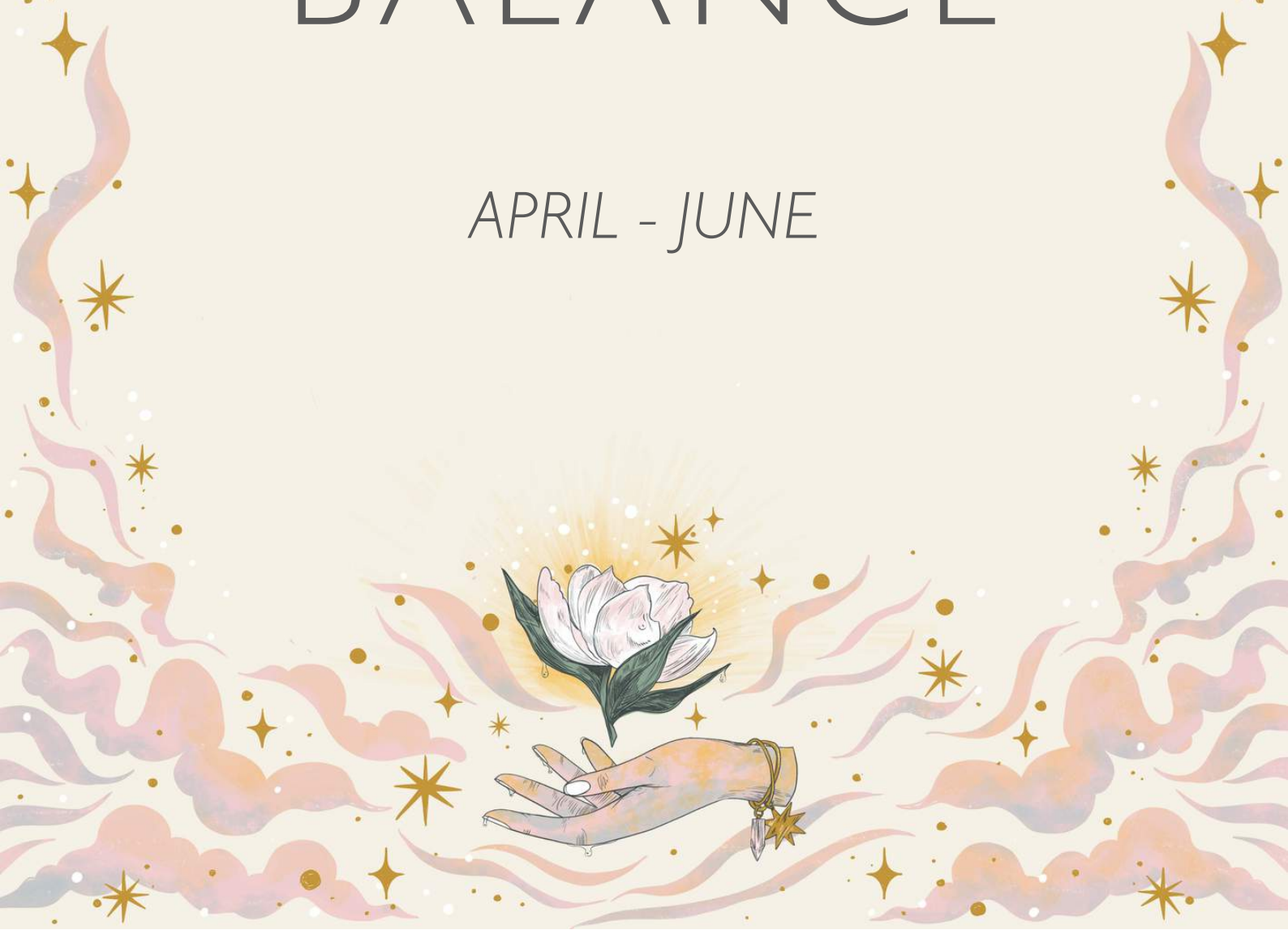


RAGDALE HALL SPA

# BALANCE

*APRIL - JUNE*



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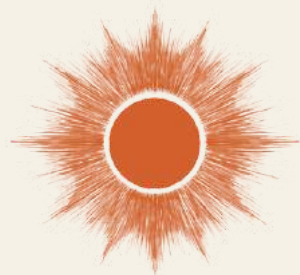
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Follow us over on our socials for our competitions, insights and exclusive offers.



@ragdalehallspa | Ragdale Hall Spa





# INTRODUCTION

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As nature beckons you outside, we invite you to tune out from the everyday and bring yourself back to balance, here, in the midst of the sweeping Leicestershire countryside.

Regather your energy at Ragdale Hall, where bright new experiences await. Restorative treatments, immersive Thermal Spa experiences, skincare masterclasses and seasonal workshops encourage you to switch off and find joy among the natural elements.



# IN CONVERSATION WITH

Complimentary talks helping guide you through the seasons.



## MEDIK8 BEAUTIFUL SKIN FOR LIFE WITH JULIE HYDE

*9th April | 2:00pm*

During this hands-on interactive masterclass, you will be guided through the steps of a daily Medik8 skincare routine, where you'll learn how to support your skin's unique needs.

## IN THE BALANCE WITH DEAN HODGKIN

*9th April, 9th May, 27th June | 3:45pm*

Discover how balance affects you every day, how it impacts your health and how fitness can improve it to keep you fully functional for life.

## DRESSING FOR YOU WITH TRUDY WHEELER

*21st May | 3:00pm*

Join Trudy, who has a wealth of knowledge and experience to share when it comes to dressing for all bodies, shapes and sizes. Trudy will share how to get the most out of the items in your wardrobe.



# SEA MAGIK MINERAL MASTERCLASS WITH BECKY WILLSHEE

*18th and 25th April, 23rd and 28th May, 6th and 25th June | 2:00pm*

Join Becky as she guides you through everyday routines using the powers of rich, natural dead sea minerals.

# NURTURING YOUR WELLBEING THE NATURAL WAY WITH DR HELI

*4th and 18th May | 2:00pm*

Join Dr. Heli to discover holistic healthcare through herbal medicines and food sensitivity testing. Learn how our wellbeing is shaped by what we consume, experience and believe, and nurture both mind and body for optimal health.







## FITNESS CLASSES AND WORKSHOPS

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





# BEAMFIT

*2nd, 9th, 20th and 27th April | £10*

This class combines yoga, Pilates and strength moves performed on a soft beam on the floor, improving muscle tone, posture, mobility and balance.

# GROUP SINGING WITH BECKY MACDONALD

*9th, 16th, 23rd, 30th April | Complimentary*

Through engaging vocal exercises, breathing techniques, and the opportunity to learn a new song for your repertoire, celebrate the power of music and join Becky for an uplifting singing experience.

# JUGGLING MIND AND BODY

*9th, 14th, 21st and 30th May | Complimentary*

Juggling is a combination of mental and physical activity, it helps to relieve stress, promote balance and co-ordination in addition to enhancing your creativity and agility.

# YOGA DANCE

*3rd, 10th, 17th and 24th May | £10*

Mantric music of different tempos combined with fluid yoga poses and breathing techniques enables you to get out of your head and into your body, enjoying the freedom of self-expression.



# A PRE-SLEEP AND MORNING RITUAL WITH KEELEY AYDIN FROM ELEMIS

*23rd and 24th May | Complimentary*

A two-part skincare workshop with ELEMIS ' Keeley Aydin at Ragdale Hall Spa, introducing a ritual for both night and day. Each tailor-made routine is designed to leave you looking and feeling the best version of you.

## MINDFUL WILD WALKING

*7th, 14th, 21st and 28th June | Complimentary*

In addition to sunlight providing the essential vitamin D, the great outdoors can re-energise your brain, calm adrenaline levels while finding a sense of clarity on this gentle walk around our grounds.

## LESSONS IN MEDITATION WORKSHOP

*4th, 11th, 18th and 25th June | £10*

Practise the art of switching off with our Lessons in Meditation workshop in which you'll train your mind to regain calm and a sense of balance during periods of high stress.



# Grounding Meditation

*20th June | Complimentary*

Join us for a 'Do-In' experience led by our highly skilled practitioner, Jon, who will guide you through a sequence of self-shiatsu and acupressure techniques to encourage the flow of energy in the body.

## DO-IN SHIATSU WITH JON JARVIS

*6th and 20th June | 50-Minutes | £10*

Join us for a 'Do-In' experience led by our highly skilled practitioner, Jon, who will guide you through a sequence of self-shiatsu and acupressure techniques to encourage the flow of energy in the body.

## FLORISTRY WORKSHOP WITH KATHRYN FROM *BEAUTY AND THE ROSE*

*13th and 19th June | 2 Hours | £45*

Create your very own herb and fragrant floral table arrangement full of seasonal decorations and foliage.

## BREATHE AND LET GO WITH SEA MAGIK

*18th and 25th April, 23rd and 28th May, 6th  
and 25th June | 4pm | £10*

A slow wellbeing focused stretch class in collaboration with Sea Magik.





## RECOMMENDED TREATMENTS

*De-Stress, Flourish, Renew*

Discover our collection of recommended treatments designed to promote relaxation, growth and rejuvenation as we embrace the arrival of the new season together.



# SENSORY JOURNEY

*65-Minutes | £89*

The combination of the healing touch of Reiki and yogic breathing will guide you into a deep state of relaxation creating a sense of inner peace, reducing stress for ultimate mindfulness.

## 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.

## ELEMIS MINDFUL FLOTATION

*55-Minutes | £86*

This lusciously fragrant and intensely moisturising body wrap will transport you to the Far East.

You are cocooned in the dry flotation giving the body a sense of weightlessness whilst you enjoy a soothing facial and de-stressing scalp massage for skin that has never felt silkier.

## FOOD INTOLERANCE TEST AND NUTRITIONAL CONSULTATION

*Up to 50-Minutes | £103*

This simple, non-invasive, kinesiology test with Dr Heli Goode is a valuable tool in helping you detect the causes of your condition and so aim to improve your immune system.



## HAYFEVER HEAVEN

*25-Minutes | £43*

Fight the symptoms of hayfever with our soothing rescue remedy treatment.

## SHIATSU

*55-Minutes | £89*

Our highly experienced Shiatsu male 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, relieve a symptom or help to prevent stress blockages.

## CLARINS SERENITY FACIAL

*60-Minutes | £93*

This wellbeing facial and hot stone décolleté massage aims to calm the mind and soothe the skin, followed by applied pressure to reflex points of the hands and feet.

# BALANCE COLLECTION

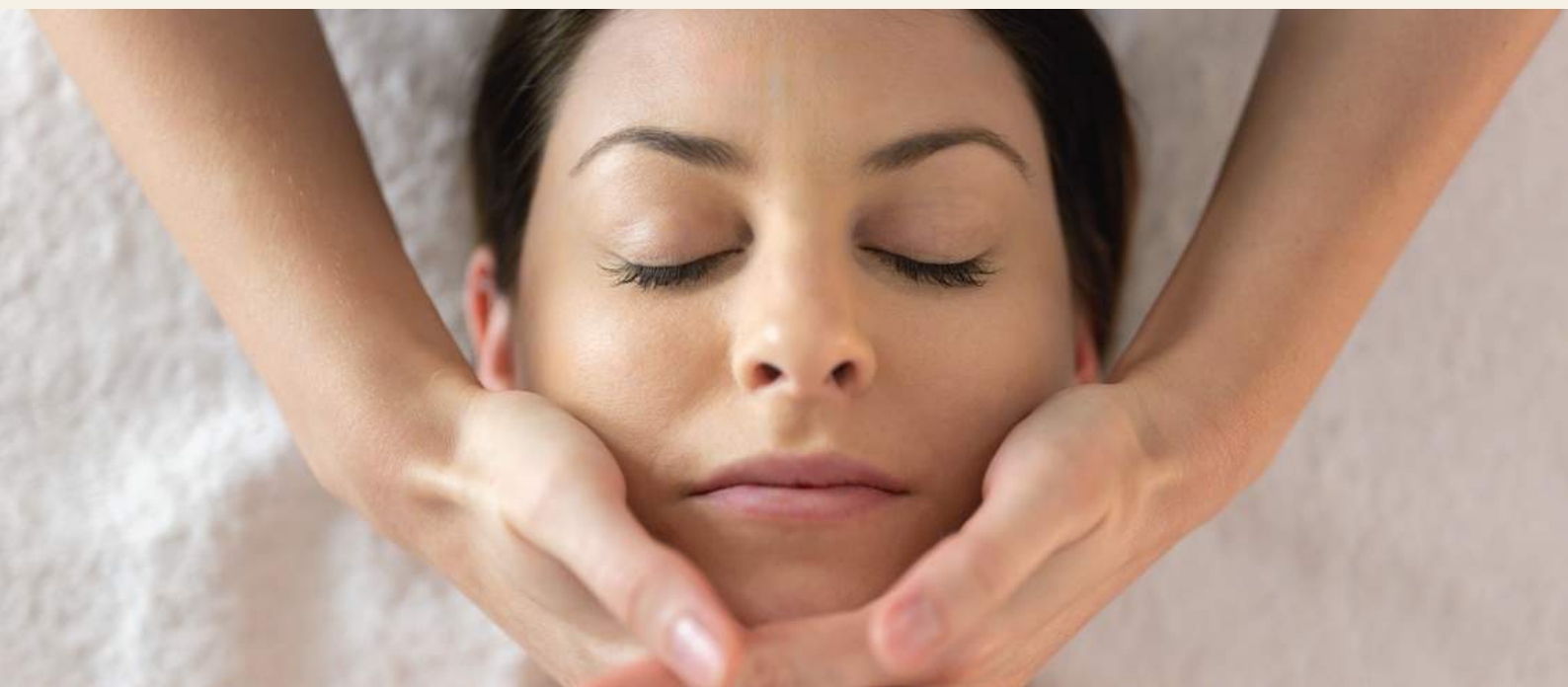
70-Minutes | £135

Restore, reset, and rebalance as you disconnect from the demands of daily life and realign your mind and body.

The **BALANCE COLLECTION** includes:

- Body Balancing (50 minutes)
- One-to-one guided mindful meditation (20 minutes)
- A crystal-infused glass water bottle
- A Ragdale Hall Spa crystal bracelet

*This collection offers a 19% saving if all items within the collection were purchased separately.*





# APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
1 Crystal Meditation	2 Beamfit Crystal Meditation	3 Crystal Meditation	4	5	6	7
8	9 Medik8 Masterclass  Group Singing Session  Beamfit  In the Balance	10	11	12	13	14
15	16 Group Singing Session	17	18 Breathe and Let Go with Sea Magik  Sea Magik Mineral Masterclass	19	20 Beamfit	21
22	23 Group Singing Session	24	25 Breathe and Let Go with Sea Magik  Sea Magik Mineral Masterclass	26	27 Beamfit	28
29	30 Group Singing Session					

# MAY

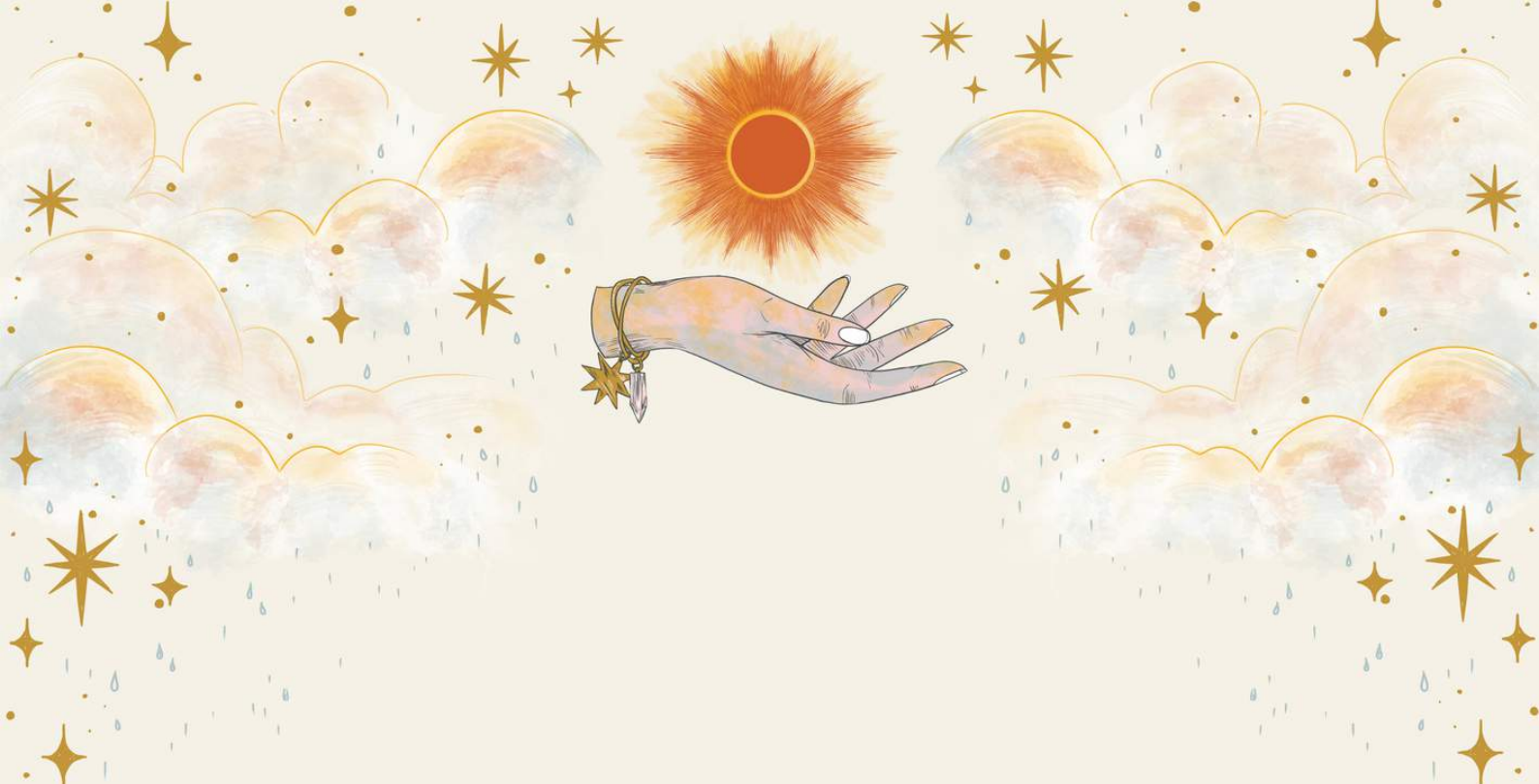
MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3 Yoga Dance	4 Nurturing your Wellbeing the Natural Way	5
6	7	8	9 In the Balance  Juggling, Mind and Body	10 Yoga Dance	11	12
13	14 Juggling, Mind and Body	15	16	17 Yoga Dance	18 Nurturing your Wellbeing the Natural Way	19
20	21 Dressing for You  Juggling, Mind and Body	22	23 ELEMIS Pre- Sleep Ritual  Breathe and Let Go with Sea Magik  Sea Magik Mineral Masterclass	24 ELEMIS Breakfast Morning Ritual  Yoga Dance	25	26
27	28 Breathe and Let Go with Sea Magik  Sea Magik Mineral Masterclass	29	30 Juggling, Mind and Body	31		



# JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4 Lessons in Meditation	5	6 Do-In Shiatsu	7 Mindful Wild Walking	8	9
10	11 Lessons in Meditation	12	13 Floristry Workshop	14 Mindful Wild Walking	15	16
17	18 Lessons in Meditation	19 Floristry Workshop	20 Do-In Shiatsu Grounding Meditation	21 Mindful Wild Walking	22	23
24	25 Lessons in Meditation	26	27 In the Balance	28 Mindful Wild Walking	29	30





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)

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