

RAGDALE HALL SPA

RECONNECT TO NATURE

July to September



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TO NATURE

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@ragdalehallspa | Ragdale Hall Spa





INTRODUCTION

Surrounded by fields and enveloped by tress, mender through the grounds and take a moment to just be.

Breathe, cleanse and nourish, return to simplicity.



IN CONVERSATION WITH

Complimentary talks helping guide you through the seasons.

(dates to follow)

GUT HEALTH WITH HEAD CHEF
ANTHONY HORN

Saturday | 3th July | 3pm | Dining Room

WALKING TO HEALTH WITH
DEAN HODGKIN

TBC

MINERAL MASTERCLASS WITH SEA MAGIK

*9th and 18th July | 6th and 20th August | 24th and 26th September
| 2pm | Beauty Shop*

BEAUTIFUL SKIN FOR LIFE WITH MEDIK8

23rd July | 2pm | Beauty Shop

WINE TASTING
ORGANIC, BIODYNAMIC, NATURAL AND
LOW ALCOHOL

7th August | 1pm and 3pm | Twilight Bar



CAUTION
HOT
SAUNA
ROCKS

Caution
Hot surfaces
Do not
touch

CAUTION
HOT
SAUNA
ROCKS



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)



NORDIC WALK

2nd, 5th, 9th, 12th, 16th, 19th, 23rd and 26th July

Using specially designed poles, this is a great way to enhance your natural walking experience in our beautiful grounds.

SUNSET TAI CHI

4th July, 1st August and 5th September

Cool down outside after a long day by gently flowing through a series of easy-to-master mind-body exercises that link breath, movement and nature.

GLUTE CAMP OUTDOOR FITNESS

7th July, 11th August and 8th September

Our Instructors are often asked what is the best exercise to shape the buttocks and the truth is there are many – so we've decided to combine them in one session that takes a unique angle on the concept of bootcamp.

SUN RISE YOGA

11th July, 8th August and 3rd September

Start your morning outdoors, taking a dose of vitamin D and enjoying the many health benefits it brings. This soft practice stretches and strengthens your body, clears your mind and sets the tone of mindfulness for the rest of your day.

XCO WALK

3rd, 6th, 10th, 13th, 17th, 20th, 24th, 27th August

These sci-fi looking tubes, that are carried in your hands, introduce what's called, 'reaction impact' training to a standard walk turning it into a total body workout.

RIDE

7th, 14th, 21st and 28th July

Cycling is good for your heart, kind on your joints, a great way to lose weight and it's earth-friendly, what's not to love. Join us for a gentle group ride in the rolling green Leicestershire countryside.

TEA CEREMONY WITH NEWBY TEAS

Dates released soon



FLORISTRY WORKSHOP WITH KATHRYN FROM *BEAUTY AND THE ROSE*

12th September 2 Hours | £45

Create a seasonal hand tied bouquet in water and would get British grown flowers from a Leicestershire flower farm grower.

BREATHE AND LET GO WITH SEA MAGIK

*9th and 18th July | 6th and 20th August | 24th and 26th
September | 4pm | £10*

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





RECOMMENDED TREATMENTS

Cleanse, Mindful, Nurture

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

SEA MAGIK MINERAL MUD INFUSION

110-Minutes | £148

Inspired by the healing, therapeutic powers of the ocean, this luxurious treatment envelopes your face, scalp and body in a lavish infusion of pure mineral mud, salt and oils.

ELEMIS INTENSELY CLEANSING SALT SCRUB

30-Minutes | £55

The fragranced salt of choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. A body brush will be used during the treatment to help stimulate blood circulation and aid exfoliation, ready for the skin to absorb the deeply nourishing body oil.

ELEMIS MINERAL BODY BLISS

60-Minutes | £96

A restorative treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins.



CLARINS EXPERT BODY TREATMENT

70-Minutes | £100

Suitable for men and women, the Clarins Expert Body Treatment combine Clarins signature touch and aromatic plant-powered products to achieve a relaxing and renewing results.

SEA MAGIK PRO SALT ROCK REVIVER

45-Minutes | £65

A totally unique back of the body treatment where your back and legs are massaged using Himalayan Hot Salt Rocks. Warm black mud is applied to the back to brighten and remineralise before a hydrating body lotion soothes and softens the skin. The Salt Rocks will then be gifted to you for use at home.

SPIRIT OF LA STONE MASSAGE

90-Minutes | £126

The healing powers of the warm volcanic basalt stones use heat to release muscle tension, cocooning the body in warmth, whilst cold marble stones flush away unwanted toxins and reduce inflammation.

ENERGISE COLLECTION

75-Minutes | £120

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

The **ENERGISE COLLECTION** includes:

- 55-minute Crystal Sound Healing
- 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 20% saving if all items within the collection were purchased separately.





JULY

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 Nordic Walking	3	4 Sunset Tai Chi	5 Nordic Walking	6	7 Glute Camp Ride
8	9 Sea Magik Breathe and Let Go Sea Magik Mineral Masterclass Nordic Walking	10	11 Sunrise Yoga	12 Nordic Walking	13 Talk Gut Health	14 Ride
15	16 Nordic Walking	17	18 Sea Magik Breathe and Let Go Sea Magik Mineral Masterclass	19 Mindful Wild Walking Nordic Walking	20	21 Ride
22	23 Medik 8 Beautiful Skin for Life Nordic Walking	24	25	26 Nordic Walking	27	28 Ride
29	30	31				

AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Sunset Tai Chi	2	3 XCO Walk	4
5	6 Sea Magik Breathe and Let Go Sea Magik Mineral Masterclass	7 Wine Tasting	8 Sunrise Yoga	9	10 XCO Walk	11 Glute Camp
12	13 XCO Walk	14	15		17 XCO Walk	18
19	20 Sea Magik Breathe and Let Go Sea Magik Mineral Masterclass	21	22 Floristry Workshop	23	24 XCO Walk	25
26	27 XCO Walk	28	29	30	31	

SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3 Sunrise Yoga	4	5 Sunset Tai Chi	6	7	8 Glute Camp
9	10	11	12	13	14	15
16	17	18	19	20	21 Floristry Workshop	22
23	24 Sea Magik Breathe and Let Go Sea Magik Mineral Masterclass	25	26 Sea Magik Breathe and Let Go Sea Magik Mineral Masterclass	27	28	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



 SCAN ME

RAGDALE HALL SPA