



# RECONNECT TO NATURE

*July to September*





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# INTRODUCTION

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There's no better time to strengthen your connection to the outside world than summer, when nature reaches full bloom.

Whether you spend a day or a weekend at the Hall enjoying an indulgent treatment, swimming in one of our three outdoor pools or sampling a low-impact exercise class under the rising or setting sun, we look forward to welcoming you to our countryside retreat this season.



## IN CONVERSATION WITH

Talks hosted by our in-house experts guide you towards optimum health and wellbeing just in time for summer.

# GUT HEALTH WITH HEAD CHEF ANTHONY HORN

*Saturday 13th July | 3pm*

# WALKING TO HEALTH WITH DEAN HODGKIN

*16th July, 20th August and 12th September | 3:45pm | Heart Studio*

# MINERAL MASTERCLASS WITH SEA MAGIK

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

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

# BEAUTIFUL SKIN FOR LIFE WITH MEDIK8

*23rd July | 2pm | Beauty Shop | Complimentary*

# WINE TASTING WITH TIM CAMPBELL GUNN

*7th August | 1pm and 3pm | £10*

Guests are invited for an afternoon wine tasting, designed to transport to sunnier climates with every sip. The tasting will feature a curation of organic, biodynamic, natural and low-alcohol wine.









## FITNESS CLASSES AND WORKSHOPS

Summer sees our low impact exercise classes take place outside, so you can work-out with like-minded guests while grounding yourself in nature.







## NORDIC WALK

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

Using specially designed poles, enhance your natural walking experience in our beautiful grounds. With a technique similar to the upper body action of cross-country skiing, this whole body exercise not only burns more calories than a standard walk, but can help improve your posture, reduce tension and strengthen your lower back.

## SUNSET TAI CHI (TASTER)

*4th July, 1st August and 5th September | Complimentary*

Immerse yourself with a series of easy to master mind and body exercises. Using gentle movements, discover a deeper sense of peace as breathwork, motion, and nature work perfectly together to restore your energy with the setting sun.



## SUN RISE YOGA

*11th July, 8th August and 3rd September | Complimentary*

Start your morning outdoors, taking a dose of vitamin D and enjoying the many health benefits it brings. This 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 | Complimentary*

Hand-held cylindrical tubes transform your usual walk into a full-body workout. The rhythm of your walking pace, combined with dynamic resistance, engages your core and enhances your cardiovascular health for an overall wellbeing workout.

## RIDE

*3rd, 11th, 18th and 25th July | Complimentary*

Cycling benefits your heart, is gentle on your joints, helps to strengthen your body, and is environmentally friendly—what's not to love? Join us for a leisurely group ride through the rolling green countryside of Leicestershire.







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

*22nd August and 12th September | 2 Hours | £45*

Ignite your inner creativity with our floristry workshop in which you'll create your own bespoke hand-tied bouquet using locally sourced, seasonal blooms

# BREATHE AND LET GO WITH SEA MAGIK

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

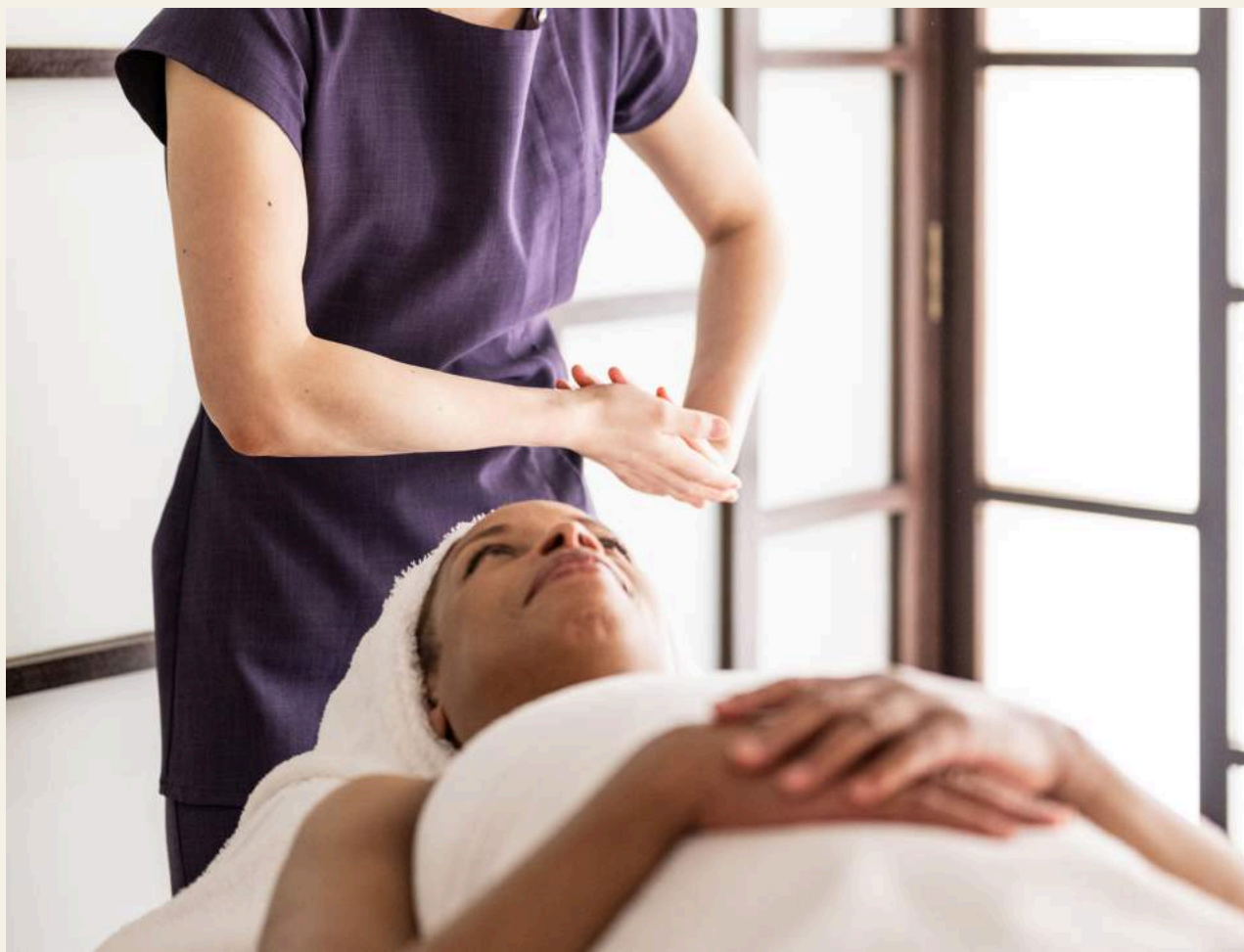
Join Hayley, a Sea Magik expert and qualified Yoga Teacher, for a session of 'Magik' movement and meditation.











## RECOMMENDED TREATMENTS

*Cleanse, Mindful, Nurture*

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



# SEA MAGIK PRO LUXURY 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*

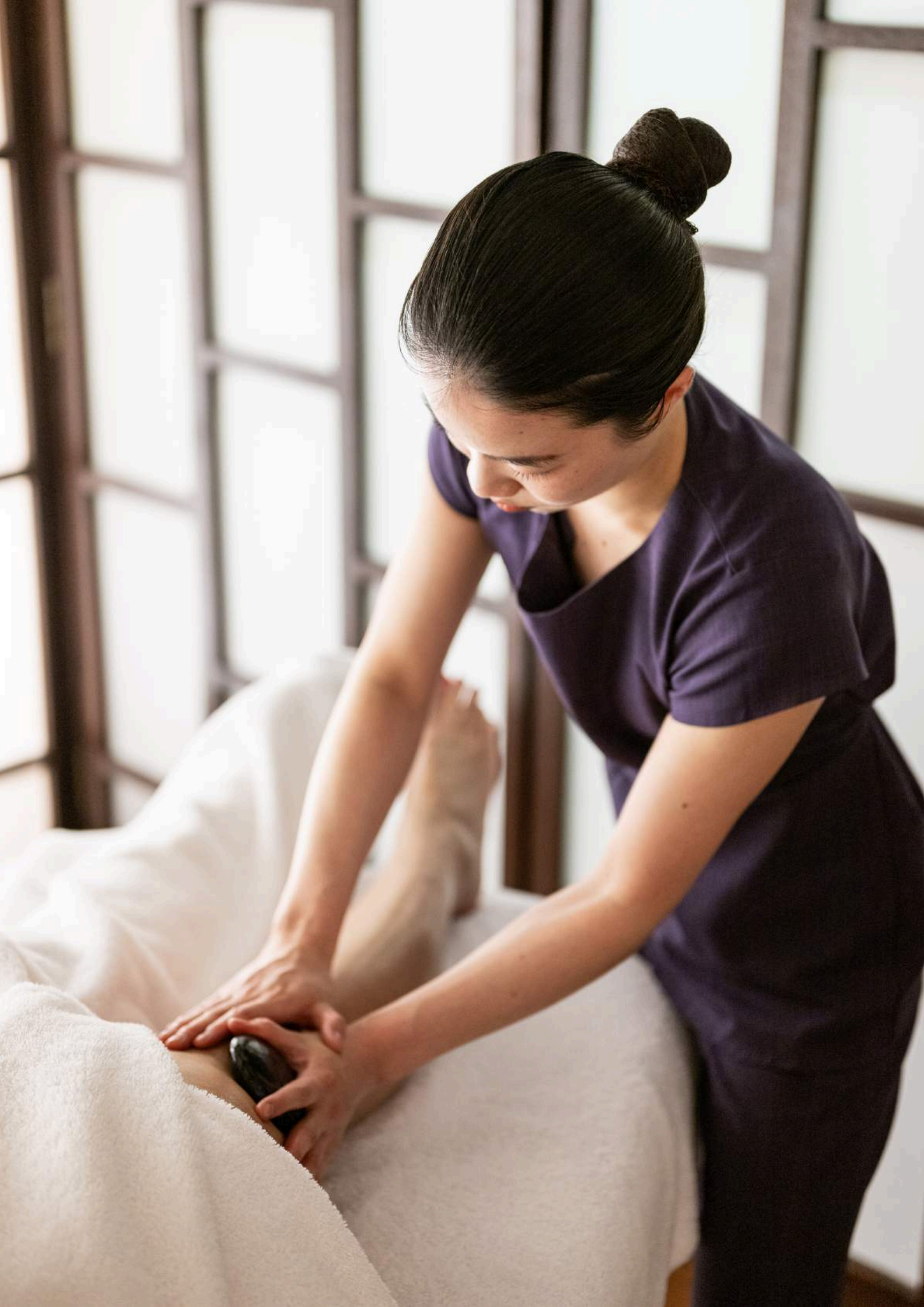
The fragranced salt of choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. A body brush will be used during the treatment to help stimulate blood circulation and aid exfoliation, ready for the skin to absorb the deeply nourishing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

# ELEMIS MINERAL BODY BLISS

*60-Minutes | £96*

This minerally-charged, full body massage offers skin conditioning benefits, metabolic balancing and energising wellness. The perfect treatment when the body is highly stressed, running on low energy or fatigued.





## 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 Ride	4 Sunset Tai Chi	5 Nordic Walking	6	7
8	9 Sea Magik Breathe and Let Go Sea Magik Mineral Masterclass Nordic Walking	10	11 Sunrise Yoga Ride	12 Nordic Walking	13 Talk Gut Health	14
15	16 Nordic Walking Walking For Health	17	18 Sea Magik Breathe and Let Go Sea Magik Mineral Masterclass Ride	19 Mindful Wild Walking Nordic Walking	20	21
22	23 Medik 8 Beautiful Skin for Life Nordic Walking	24	25 Ride	26 Nordic Walking	27	28
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  XCO Walk	7 Wine Tasting	8 Sunrise Yoga	9	10 XCO Walk	11
12	13 XCO Walk	14	15		17 XCO Walk	18
19	20 Sea Magik Breathe and Let Go  Sea Magik Mineral Masterclass  XCO Walk  Walking for Health	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
9	10	11	12 Floristry Workshop Walking For Health	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](http://www.ragdalehall.co.uk/whats-on-seasonal-focus)



SCAN ME

RAGDALE HALL SPA