



# WEEKLY BULLETIN



30th September to 6th October 2024

## THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

Join the conversation  
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### BEAUTY SHOP

#### MAKE-UP MASTERCLASS

Do you feel stuck in the same make-up routine? Join our Clarins Expert as they guide you through the latest make-up trends and looks.

£10 booking fee redeemable when you purchase one or more Clarins products after the workshop. Held daily in the Beauty Shop at 11.00am.

#### A GIFT FOR YOU...

Available Wednesday to Sunday  
Receive a **GLOW BOOSTING MINIS** gift set when you purchase **two** or more ELEMIS products.

#### seaMAGIK<sup>®</sup> MINI TREATMENTS

- Pro Ageing Mineral Facial
  - Mud Scalp & Shoulder Soother
  - Salt and Mud Foot Experience
- £20 booking fee redeemable against two or more Sea Magik PRO products.

#### ELEMIS MINI TREATMENTS

- Pro-Collagen Facial
- Sculpting Neck and Jaw Treatment
- Revital-eyes Treatment
- Best Foot Forward
- Hand & Arm Treatment

£20 booking fee, redeemable against the purchase of **two** full size ELEMIS products.

### NEW OBSERV - SKIN ANALYSIS

Offering 8 comprehensive observation modes that allow you and your skincare professional to understand your skin's health, from the deepest layers to the surface. This in-depth analysis makes it easy to find the best skincare product for you and bring your skin back into balance. **Bookable via Beauty Shop £25 booking fee redeemable against the purchase of two recommended products after consultation.**

#### A GIFT FOR YOU...

Available Monday to Tuesday  
Spend £50 on Sea Magik and receive a **one** full sized product of your choice from the below selection  
OR  
Spend **£75** and receive **two** Sea Magik products.



#### PREMIUM SKINCARE WORKSHOPS - £10

Join our Clarins or ELEMIS Experts at one of our VIP evening workshops. With expert advice on skincare and a chance to win a full sized product too!

- Tuesday - ELEMIS
- Wednesday - ELEMIS
- Thursday - CLARINS

Booking fee is redeemable against **two** skincare products  
Held in the Beauty Shop at 5:00pm

For more information and to book your workshops or masterclass, visit our Beauty Shop or call Ext 303



### TREATMENTS

#### NEW SOOTHE AND RESTORE SCALP RITUAL- 30 MINS - £56

Begin with a deep breath as the scalp is gently massaged, combining a nourishing oil, massage tool and therapist hands. A mineral-infused mud mask nourishes the hair and scalp whilst cocooned in a warm towel, as you enjoy a blissful neck and shoulder massage to release tension and enhance relaxation.

#### MINDFUL MASSAGE - 90 MINS - £126

From the soles of your feet to the crown of your head, this is a combined massage for the body, face, and scalp to balance your body and mind. Your skin is anointed with the hydrating Frangipani Monoi Oil to help feel soothed and grounded. Skin is left exquisitely moisturised, intensely supple, and deliciously scented

#### BODY BALANCING- 50- MINUTES - £85

EXCLUSIVE TO RAGDALE  
This treatment commences with breathing exercises, followed by a gentle massage to the feet, hands, shoulders and scalp. Reiki and a cleansing of the aura completes this treatment. A great recharge for your whole system and a very popular choice for those wishing to unwind and release tension held in the head and arms.

### HIGHLIGHTS OF THE WEEK

#### MEDITATION WORKSHOP - 45 MINS - £10

Turning your awareness internally and discovering your inner self can induce calm, reduce stress and even help you to find more meaning in life. This session provides practical guidelines to help you to master meditation with tips on how to make it part of your daily routine.

#### KARAOKE DANCE - 60 MINS- COMPLIMENTARY

Dance is a fantastic way to burn calories, stay flexible, and boost cardio fitness. Singing can reduce stress, enhance immunity, and elevate mood. This unique singalong workout features simple dance steps and classic songs. The best part? Everyone wears headphones, so only the music and instructor are heard, allowing you to sing your heart out with confidence. **Reserve your space at Heart + Soul Fitness**

#### SOUND BATHING - 45 MINS - £12

Using singing bowls, gongs, percussion, chimes and even the human voice to create a deep state of both physical and mental relaxation, bathe in sound in this meditative class. **Held Monday at 2.00pm or Friday at 5.00pm in the Heart+ Soul Fitness studios. Please book your space at Treatments Reception or call Ext 525.**

For more information and how to book your sessions, call 01664 433 043 or ext. 525.