

RAGDALE HALL SPA

# INNER HEALTH

*October to December*



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# 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.

## Strong to the Bone with Dean Hodgkin

*15th October, 12th November, 10th December | 3:45pm | Heart Studio*

Our award-winning fitness expert will be talking healthy bones, providing takeaway tips to help you to become both strong in body and strong in mind.

## All Things Menopause with Dr. Katie Cowie

*19th October | 10:30am | Main Lounge | \*supplement charge*

Join us for an educational session with Dr. Katie Cowie, Founder of The Women's Health GP, a specialist clinic in the East Midlands. During Menopause Awareness Month, Dr. Cowie will share her expertise on menopause, drawing from her Advanced Certification with the British Menopause Society and her experience at one of the world's largest menopause clinics. Whether you're curious about menopause or seeking guidance on managing symptoms, Dr. Cowie will answer your questions in a supportive environment.

## Boost Immunity and Balance Mind and Body with Dr Heli Goode

*9th and 23rd October | 4:45pm | Main Lounge | £15 per person*

Join Dr. Heli for a talk on boosting immunity and balancing mind and body naturally.

Learn how to nourish your body, correct vitamin and mineral imbalances, and discover key nutrients to enhance energy and strengthen your immune system. Enjoy a cup of wellness tea and explore practical tips for thriving all year round.







## FITNESS CLASSES AND WORKSHOPS

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



## Strength Training for Menopause

*Every Wednesday and Saturday throughout October to December | Soul Studio*

Tackling the physical changes associated with menopause through targeted strength training exercises. This class focuses on rejuvenating muscle, improving bone density, enhancing metabolism and promoting overall wellbeing in a supportive and empowering environment.

## Back Care Workshop 'Back on Track'

*10th October, 21st November, 19th December | 3:45pm | Heart Studio*

Join us in this practical back care class to learn more about posture, core strength and why they are essential in helping you to take proactive steps towards a healthier, stronger, and pain-free spine.

## Yoga for Menopause

*10th, 17th, 24th and 31st October | 12:00pm | Soul Studio | £10 per person*

Designed to support women navigating the transitional phase of life, this class integrates gentle yoga postures, breathwork and relaxation techniques to help to alleviate common menopausal symptoms such as hot flushes, mood swings, insomnia, and fatigue.

## Metabolic Conditioning

*12th, 19th & 26th October, 9th, 16th, 23rd & 30th November and  
7th, 14th, 21st December | 8:45am | Heart Studio*

This ultimate calorie-burning workout is designed to improve the body's energy pathways by challenging the cardiorespiratory system and multiple muscle groups simultaneously by combining endurance and strength exercises.



## Breathwork

*4th, 11th, 18th December | 1:45pm | Soul Studio | £10 per person*

A guided session using breathing techniques to reduce stress, boost energy, and enhance relaxation, promoting overall wellbeing through visualisations and affirmations.

## Wreath Making

*28th November | Green House | £45 per person*

You will create your very own Christmas Wreath, full of festive decorations and seasonal foliage while being guided step by step by our talented Florist who will ensure you leave with a beautiful wreath.

## Voice Meditation

*6th, 13th & 20th November | 1:45pm | Soul Studio | £10 per person*

Using the power of vocalisation to enhance mindfulness, healing, and self-expression, this class combines chanting, toning, and guided vocal exercises, to help you explore the vibrational qualities of your voice and achieve a deep state of relaxation.







## 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.*





# OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9 Strength Training for Menopause  Boost Immunity & Balance Mind and Body Talk with Dr. Heli	10 Back Care Workshop  Yoga for Menopause	11	12 Metabolic Conditioning Class  Strength Training for Menopause	13
14	15 Strong to the Bone Talk	16 Strength Training for Menopause	17 Yoga for Menopause	18	19 Metabolic Conditioning Class  All Things Menopause Talk with Dr. Katie Cowie  Strength Training for Menopause	20
21	22	23 Strength Training for Menopause  Boost Immunity & Balance Mind and Body Talk with Dr. Heli	24 Yoga for Menopause	25	26 Metabolic Conditioning Class  Strength Training for Menopause	27
28	29	30	31 Yoga for Menopause			

# NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6 Voice Meditation  Strength Training for Menopause	7	8	9  Metabolic Conditioning Class  Strength Training for Menopause	10
11	12  Strong to the Bone Talk	13 Voice Meditation  Strength Training for Menopause	14	15	16  Metabolic Conditioning Class  Strength Training for Menopause	17
18	19	20 Voice Meditation  Strength Training for Menopause	21  Back Care Workshop	22	23  Metabolic Conditioning Class  Strength Training for Menopause	24
25	26	27	28  Wreath Making	29	30  Metabolic Conditioning Class	

# DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4 Breathwork Class Strength Training for Menopause	5	6	7 Metabolic Conditioning Class Strength Training for Menopause	8
9	10 Strong to the Bone Talk	11 Breathwork Class Strength Training for Menopause	12	13	14 Metabolic Conditioning Class Strength Training for Menopause	15
16	17	18 Breathwork Class Strength Training for Menopause	19 Back Care Workshop	20	21 Metabolic Conditioning Class Strength Training for Menopause	22
23	24	25	26	27	28	29
30	31		17			

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**