



# INTRODUCTION

After a long period of rest, spring has finally sprung.

New life, brighter skies and springtime flowers signify a new chapter filled with new possibilities. Much like the buds beginning to blossom, you too are invited to follow nature's lead and reemerge as the best version of yourself.

Join us here at Ragdale Hall to indulge in some well-deserved you time. Whether you prefer to dedicate your time to movement, nutrition, or calming spa treatments, there's an experience to ensure every guest leaves feeling rested, refuelled and recharged.

Moisture-boosting facials help your skin adjust to the changing seasons, while Food Intolerance and Nutrition Consultations help you to nourish the body from the inside out.

Exercises classes range from high-intensity workouts to slow-paced stretch classes that soothe both body and skin, and our indoor-outdoor spa experience ensures optimum relaxation, whatever the weather.



# FITNESS CLASSES AND WORKSHOPS

As we move into spring, Ragdale Hall Spa brings a fresh array of experiences thoughtfully designed to elevate your time.

## BALANCE FIT

Every Tuesday 10.45am and Saturday 8.45am | Heart Studio | Complimentary

This unique class combines yoga, Pilates and strength moves all performed on a soft beam that is 5 feet long, 6 inches wide but importantly, only 3 inches from the floor, providing a safe way to master balance skills. In addition, you'll improve muscle tone, posture, and mobility through a gentle, whole-body, sensory exercise experience. Falls are a serious threat to quality of life as we age so don't miss this ultimate way to protect your health by improving your balance.

## CLARINS CLEANSE AND STRETCH

Tuesday 22nd April and Tuesday 3rd June | 4.00pm | £12

Refresh your body and mind in this unique class designed in collaboration with the leading beauty brand to promote wellness inside and out. This gentle, rejuvenating session combines self-care, deep stretching and mindful breathing to help you to detoxify and release tension.

## VIBE

Every Wednesday 9.45am and Friday 10.45am | Heart Studio | Complimentary

Using a specially designed resistance tool that vibrates when moved, this low impact class targets your deep muscles to improve core stability at the same time enhancing muscle and dialling up your coordination. Suitable for all fitness levels and abilities, benefits also include more resilient connective tissue and stronger bones helping to keep your joints healthy, mobile and fully functional.

All classes/workshops times and dates are subject to change

## LIVING IN TUNE WITH THE SEASON with JENIFER TAYLOR

Thursday 17th April | 10.30am | £15

Join Jenifer for a stroll around the grounds as she shares insights on how to align with nature's rhythms. She will guide us through simple rituals that honour the power of this season. After your walk, enjoy refreshing wellness tea in the lounge while emphasising the importance of rest, nourishment and quality sleep.

Using our journals, we'll reflect on our intentions for the new year. We'll explore how the energy of winter symbolises the depth of the earth, providing space for our desires to take root.

## TREE OF LIFE GUIDED MEDITATIONS with JENIFER TAYLOR

Thursday 15th May and 5th June | 3.00pm | £15

Join Jenifer for an immersive sound meditation session that combines the calming tones of a mini hand drum with guided reflection on nature's role in our lives. Each session invites you to connect deeply with the world around you and explore its significance through soothing melodies.

As we enter the start of a new year, we'll focus on setting new intentions for the future much like planting spring bulbs in the fall as symbols of growth and renewal. Let the harmonious blend of sound and meditation support you in embracing the transformative power of this season.

## AROMATHERAPY MASTERCLASS with SAM ISAACS

Thursday 1<sup>st</sup> May | 1.30pm | £35

Join Sam, an aromatherapy expert and holistic wellbeing specialist, for an immersive masterclass designed to help you discover the therapeutic benefits of essential oils. In this hands on experience, you'll learn how to craft your own luxurious bath and body oil blends and learn how these powerful oils can nourish both your mind and body while supporting your emotional wellbeing.

## IN THE BALANCE

Thursday 22<sup>nd</sup> May and 12<sup>th</sup> June | 3.45pm | Heart Studio

Most of us seek balance in many areas of life but it's particularly important when it comes to your body. A third of people over 65 suffer falls, often leading to a reduced quality of life, but it's crucial not to think of balance as purely a later years issue. Discover how balance affects you everyday, how it impacts your health and how to improve it to keep you fully functional for life.

## THE ART OF HAPPINESS with JENIFER TAYLOR

Thursday 22<sup>nd</sup> May and 12<sup>th</sup> June 10.30am | £15

Join us for a guided journey to the centre of your being, nurturing the enchanted garden within. This experience can help you connect deeply with yourself, creating a sacred space for reflection and personal growth. Through guided meditation, you'll embrace the power of accepting your emotions, fostering a deeper relationship with your inner self.

You will also learn how to perform a candle ritual, providing you with a meaningful practice to take home and incorporate into your daily life. This focus on the ritual will help you cultivate a sense of peace and intention as you embrace the vibrant energy of spring

## SUMMER SOLSTICE EXPERIENCE

Thursday 19<sup>th</sup> June | 3.00pm | Soul Studio | £15

As summer arrives, it's the perfect time to pause and celebrate our journey so far. The Summer Solstice invites us to harness the sun's healing rays, fuelling the growth of our hopes and dreams as we bask in its warmth and light.

After the long winter months and the return of spring, we've witnessed the vibrant colours of the garden flourishing. These bursts of life remind us that what we've wished for is slowly taking shape in our own lives.

Guided by Jenifer, you'll select an oracle card that offers insight, then settle into a peaceful meditation, led by the rhythm of the drum. The gentle beat will create a space for relaxation, allowing you to release tension and reflect.

This sacred time together is a celebration of all that we've experienced, with an invitation to receive the wisdom that will guide us through the months ahead. As a final gesture, we'll gift each participant a tea light to take home, a small but powerful reminder of the sun's light and your deep connection to the magic of Ragdale Hall Spa.

Conclude the session and indulge in a complimentary fruit mocktail while relaxing in the beautiful gardens.

# RECOMMENDED TREATMENTS

Explore our curated selection of treatments, thoughtfully  
designed to embrace the arrival of the new season



## CLARINS DELUXE EXPERT FACIAL

*90 Minutes | £131*

Designed to benefit all skin types and ages, the combination of plant enriched formulas and personalised massage movements delivers long lasting and proven results for your skin. Included within the treatment is a 25-minute massage using microcirculation and drainage techniques to help smooth and shape your skin. The Deluxe Expert Facials also include additional relaxation through your choice of either a 20-minute deeply soothing back massage, 20-minute hand and foot massage or a 20-minute scalp, neck and décolleté massage.

## SEA MAGIK DESTRESS & DETOX MUD WRAP

*55 Minutes | £91*

The next best thing to gaining all the therapeutic benefits of bathing in the Dead Sea. After a full body exfoliation, a layer of gently warmed mineral-enriched Dead Sea Mud is applied to the skin, after which you receive a scalp massage to ease tension and clear your mind. Whilst the Dead Sea Mineral-infused mud works to de-stress and detoxify the body. The treatment concludes with an application of Spa Find Heavenly Hydration Body Lotion. Your body will be re-mineralised and your skin will feel smooth and nourished.

## HAY FEVER HEAVEN

*25 Minutes | £45*

Fight the symptoms of hay-fever with our soothing rescue remedy treatment

## MEDIK8 PLATINUM FACE & BODY REJUVENATING RITUAL

*105 Minutes | £186*

An exclusive top-to-toe experience using age-defying cosmeceutical skincare delivering visible and advanced results. The treatment journey begins with a full body exfoliation, a gentle yet powerful exfoliation that will instantly revitalise the skin. A relaxing massage using rhythmic pressure to eliminate any areas of tension and rejuvenate the body and mind. A targeted age-defying facial follows using unique and powerful platinum infused actives to visibly brighten, rejuvenate, and smooth away fine lines and wrinkles. Bringing radiance and luminosity for ultimately glowing skin

## ELEMIS INTENSELY CLEANSING SALT SCRUB

*30 Minutes | £58*

The extraordinary cleansing power of salt gets to work releasing toxins in this body polishing treatment. 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. You will leave with velvety soft, invigorated skin.

## NEW BUCCAL SCULPTING FACE MASSAGE

*40-minutes | £65*

A unique treatment designed to enhance facial contours and relieve tension.

Combining traditional facial techniques with an internal massage of the cheeks to target tightness around the jaw and temples. This treatment promotes smoother, firmer skin, reduces puffiness, and boosts circulation, leaving you with a refreshed, glowing complexion. Ideal for those seeking a natural lift.

# APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Balance Fit	2 Vibe	3 Living in Tune with the Season  Easter Wreath Workshop	4 Vibe	5 Balance Fit	6
7 Hypno-therapy for stress and Anxiety with Dr Heli	8 Balance Fit	9 Vibe	10 In the Balance	11 Vibe	12 Balance Fit	13
14 Hypno-therapy for stress and Anxiety with Dr Heli	15 Balance Fit	16 Vibe	17 Living in tune with the season	18 Vibe	19 Balance Fit	20
21 Hypno-therapy for stress and Anxiety with Dr Heli	22 Balance Fit Clarins Cleanse and Stretch	23 Vibe	24	25 Vibe	26 Balance Fit	27
28 Hypno-therapy for stress and Anxiety with Dr Heli	29 Balance Fit	30 Vibe				

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# MAY

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Aroma- therapy Masterclass	2 Vibe	3 Balance Fit	4
5	6 Balance Fit	7 Vibe	8	9 Vibe	10 Balance Fit	11
12 Hypno- therapy for stress and Anxiety with Dr Heli	13 Balance Fit	14 Vibe	15 Tree of Life Guided Mediation	16 Vibe	17 Balance Fit	18
19 Hypno- therapy for stress and Anxiety with Dr Heli	20 Balance Fit	21 Vibe	22 The Art of Happiness  In the Balance	23 Vibe	24 Balance Fit	25
26 Hypno- therapy for stress and Anxiety with Dr Heli	27 Balance Fit	28 Vibe	29	30	31	

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# JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 Hypno-therapy for stress and Anxiety with Dr Heli	3 Clarins Cleanse and Stretch Balance Fit	4 Vibe	5 Tree of Life Guided Mediation	6 Vibe	7 Balance Fit	8
9 Hypno-therapy for stress and Anxiety with Dr Heli	10 Balance Fit	11 Vibe	12 The Art of Happiness In the Balance	13 Vibe	14 Balance Fit	15
16 Hypno-therapy for stress and Anxiety with Dr Heli	17 Balance Fit	18 Vibe	19 Summer Solstice	20 Vibe	21 Balance Fit	22
23 Hypno-therapy for stress and Anxiety with Dr Heli	24 Balance Fit	25 Vibe	26	27 Vibe	28 Balance Fit	29
30 Hypno-therapy for stress and Anxiety with Dr Heli						

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