



INTRODUCTION

The final chapter of the year is an ideal time to retreat inwards, recharge your batteries, and rest the body and mind.

Shorter days, longer nights and cooler weather invite us to slow down and spend more time inside with loved ones. Though our calendars can quickly fill with social events and seasonal tasks, scheduling dedicated downtime will help you to restore inner peace, catch up on overdue rest and end the year on a balanced note.

As you retreat from the cool winter weather into our cosy countryside spa, you'll receive the warmest of welcomes. Our dedicated front of house team will greet you with a welcome drink and complimentary robe so you can decompress before your spa experience begins.

Warming massages ease muscle tension, flowing yoga classes nourish the body through movement, and meditation workshops calm the mind.

Our new Elemis Expert Facial Touch treatment reveals glowing skin just in time for Christmas, while Strictly Ballroom classes offer the perfect fusion of fitness with fun.

ACTIVITIES AND WORKSHOPS

During the winter months, we retreat indoors, seeking warmth and comfort as we reconnect with ourselves and each other.

RESTORATIVE RELAXATION

Every Tuesday and Saturday | 5.00pm | Soul Studio

Unwind and recharge in this gentle session designed to help you to release tension and cultivate a sense of calm. Employing a mix of techniques to soothe both body and mind this class is suitable for all levels and ideal for anyone looking to recover, destress or simply find stillness in their day.

STRICTLY BALLROOM

Every Tuesday at 11.00am and Sunday at 10.00am | Soul Studio

Combining the grace of the ballroom with the passion of Latin to create a fun and effective workout for all ages and abilities. No dance experience or partner required as our instructor will take you step by step through easy-to-follow routines that will put sweat on your brow and a smile on your face.

To book please call 01664 433043 or visit treatments reception upon arrival.

TREE OF LIFE GUIDED MEDITATIONS WITH SOUND

Thursday 23rd October and Thursday 20th November

3.00pm | Soul Studio | £15

Join Jenifer for an immersive sound meditation session that harmonises the soothing tones of a mini hand drum with guided reflections on nourishment and self-discovery. Each session invites you to connect deeply with your inner self and the world around you, exploring the significance of the season through calming melodies.

As we embrace the essence of winter, we'll focus on nurturing ourselves and finding strength in stillness. Together, we will reflect on the wisdom of the Tree of Life, drawing from its roots to recharge our spirits and cultivate inner peace and the nourishment we need to thrive in this season.

ART OF SELF REIKI

Every Wednesday and Friday | 12.00pm | Soul Studio | £15

Step into a peaceful, candlelit space and be guided through the Art of Self-Reiki, a gentle, meditative practice that empowers you to channel healing energy into your own body. Whether you're new to Reiki or deepening your practice, this session offers a chance to reconnect with yourself, restore balance, and experience a deeper sense of mindfulness.

Together, we'll move through a simple, accessible sequence of hand placements, breathing techniques, and mindfulness cues to awaken your body's natural ability to heal. You'll be gently guided to tune into your energy and leave with a self-care ritual you can carry into your daily life.

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THE ART OF HAPPINESS

Thursday 13th November and Thursday 18th December
10.30am | The Retreat | £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 winter.

AROMATHERAPY MASTERCLASS

Monday 3rd November | 1.30pm | Twilight Bar | £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.

Plus, you'll take home a bottle of your own carefully crafted bath and body oil, a thoughtful Christmas gift for a loved one or an indulgent gift for yourself.

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MENOPAUSE MONTH

October is Menopause Awareness Month, join us for carefully curated workshops that shine a light on the topic, offer support, and empower every journey.

SLEEP SUPPORT FOR WOMEN

Wednesday 8th and 22nd October | 8.30pm | Pavilion | £15

Are you navigating perimenopause or menopause and struggling with sleep?

You're not alone. Sleep disturbances are among the most common and frustrating symptoms of perimenopause and menopause, impacting mood, energy, and overall well-being.

This supportive sleep therapy workshop, led by Sarah Louise, a sleep therapy expert, is designed specifically for women experiencing menopause-related sleep challenges such as night sweats, insomnia, early waking, and restless nights.

Whether you're newly experiencing sleep disruptions or have been coping for years, this workshop will offer practical tools to help you reclaim restorative sleep.

WHAT THEY DON'T TELL YOU ABOUT OSTEOPOROSIS TALK

Tuesday 14th October and 28th October | 3.45pm | Heart Studio

Often referred to as a 'silent disease' this condition doesn't show any symptoms until a fracture occurs. This informal but informative talk will explore the causes, risk factors and early warning signs of osteoporosis. You'll learn about bone health, strategies for prevention, nutritional advice and lifestyle considerations. Whether you're concerned about your own bone health or caring for someone at risk, this talk offers practical insights to help you to take proactive steps to develop a healthy skeleton – for life.

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THE ALCHEMY OF WOMEN

Thursday 16th and 30th October | 3.00pm | Soul Studio | £15

Guided by the steady beat of the drum, we'll explore the wisdom of ancient traditions and reconnect with the inner knowledge that supports transformation. This circle is deeply rooted in honouring the natural cycles of womanhood, including the profound shift that comes with menopause.

As we share insights and stories, you'll be invited to tap into your inner alchemy, a wellspring of power, creativity, and clarity that lives within all women. Whether you're preparing for, experiencing, or reflecting on the menopause transition, this journey offers tools to bring balance, new perspectives, and deeper meaning into daily life.

Each session includes a crystal, a welcome drink, and a letter filled with words of wisdom for you to take home as a gentle reminder of your personal journey toward self-discovery and empowerment,

To book please call 01664 433043 or visit treatments reception upon arrival.

EXERCISE FOR MENOPAUSE TALK

Saturday 11th and Tuesday 21st October | 3.45pm | Heart Studio

This talk focuses on the importance of exercise in helping to manage the physical, mental and emotional changes that come with menopause.

Whether you're navigating perimenopause, menopause, or postmenopause, this talk will offer practical tips, evidence-based strategies, and inspiration to help you to take control of your health through movement.

MENOFIT

Please see fitness timetable for available dates

This class is specifically designed to improve heart health, boost your energy levels, lift your mood and combat weight gain. Adaptable cardio, mobility and balance exercises combine to help you to remain active and bring a new sense of wellbeing.

MENOSTRONG

Please see fitness timetable for available dates

Changing hormone levels lead to decreases in bone density and muscle tissue which increases the risk of osteoporosis and slows the metabolism, resulting in weight gain. Fortunately, carefully designed resistance training addresses both problems, improving bone health and maintaining muscle, helping you to build lasting physical resilience.

To book please call 01664 433043 or visit treatments reception / Heart and Soul studio upon arrival.

MENOPAUSE MONTH EXCLUSIVE OFFERS

PERSONAL TRAINING FOR MENOPAUSE

60-Minutes | £39

This bespoke session focuses on providing you with support and guidance during a significant life transition. Menopause brings hormonal changes that can affect mood, metabolism, bone health, muscle mass and cardiovascular fitness but we can help you to address these challenges, enhance general wellbeing and empower you to maintain an active, healthy lifestyle.

VIBRATION PLATE TRAINING

30-Minutes | £29

Whole-body vibration stimulates muscles and bones, providing a variety of benefits that can be especially helpful during menopause. It has been shown to improve bone density, enhance muscle tone, elevate metabolism and improve posture, all garnished with a generous serving of endorphins to help reduce stress and put a smile back on your face.

To book please call 01664 433043 or visit treatments reception / Heart and Soul studio upon arrival.

Please note these offers are only valid for the month of October.



CHRISTMAS WORKSHOPS

FESTIVE BAUBLE PAINTING

Tuesday 2nd December | 4.00pm | The Lounge | £37

Join local artist and illustrator Catherine Shaw and enjoy this relaxing festive activity, painting three ceramic baubles. Add a personal touch to your tree or paint decorations to simply display around your home at any time of the year!

You can choose the colour palette, and Catherine will have inspiration on hand for style and pattern. She will guide you through the painting process and you will finish with a lovely keepsake piece.

TABLE CENTREPIECES

Thursday 4th December | 11.00am | Twilight Bar | £58

Create your own Christmas Table centrepieces, full of festive decorations and seasonal foliage while being guided by Katherine, our talented Florist.

WREATH MAKING

Tuesday 25th November | 7.00pm | Pavilion | £48

Thursday 27th November | 11.00am | Twilight Bar | £48

Celebrate the season with a festive workshop where you'll craft your own beautiful Christmas wreath. Using seasonal foliage and charming decorations, our talented florist, Katherine will guide you step-by-step to create a unique piece perfect for your home.

To book please call 01664 433043 or visit treatments reception upon arrival.

RECOMMENDED TREATMENTS

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

CRYSTAL RETINAL AGE - DEFYING FACIAL

£115 | 60-Minutes

A rejuvenating facial powered by Crystal Retinal and enhanced with a transformative sculpting massage. This facial is tailored to your skin's needs and is clinically proven to visibly reduce wrinkles, enhance radiance, and increase firmness in just one treatment.

REBALANCING MASSAGE

£113 | 75-Minutes

Relax your body, restore your energy, and ease muscle tension with this result-driven treatment. Our skilled therapists will adapt their pressure to your preference and needs. Choose between 'Tonic' Oil to help stimulate the body and mind or 'Relax' Oil to invoke a feeling of absolute calm.

FRANGIPANI FLOTATION

£90 | 55-Minutes

Invigorate, Revitalise & Replenish

Immerse yourself in luxury with this exotic ritual designed to invigorate and revitalise your body. Warm oil is sparingly dripped over your skin, followed by the Frangipani Salt Glow to cleanse and polish, and your skin is drenched in moisture. You are then cocooned in dry flotation, giving your body a sense of weightlessness while you enjoy a soothing face and scalp massage. A final application of Frangipani Body Cream is applied, leaving the skin glowing, vibrant, replenished and flawless looking.

OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Art of Self Reiki MenoStrong	2	3 Art of Self Reiki MenoFit	4 Restorative Relaxation	5 Strictly Ballroom
6	7 Strictly Ballroom Restorative Relaxation MenoFit	8 Sleep Support for Women Art of Self Reiki	9 MenoStrong	10 Art of Self Reiki	11 Restorative Relaxation Exercise for Menopause MneoFit	12 Strictly Ballroom
13	14 Strictly Ballroom Restorative Relaxation Osteo-porosis Talk	15 Art of Self Reiki MenoFit	16 The Alchemy of Women	17 Art of Self Reiki MenoFit	18 Restorative Relaxation MenoStrong	19 Strictly Ballroom
20 MenoFit	21 Strictly Ballroom Restorative Relaxation Exercise for Menopause	22 Sleep Support for Women Art of Self Reiki	23 Tree of Life Guided Mediation	24 Art of Self Reiki MenoStrong	25 Restorative Relaxation MneoFit	26 Strictly Ballroom
27	28 Strictly Ballroom Restorative Relaxation Osteo-porosis Talk	29 Art of Self Reiki MenoFit	30 The Alchemy of Women MenoStrong	31 Art of Self Reiki MenoFit		

All classes/ workshops times and dates are subject to change

NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
					1 Restorative Relaxation	2 Strictly Ballroom
3 Aroma- therapy Masterclass	4 Strictly Ballroom Restorative Relaxation	5 Art of Self Reiki	6	7 Art of Self Reiki	8 Restorative Relaxation	9 Strictly Ballroom
10	11 Strictly Ballroom Restorative Relaxation	12 Art of Self Reiki	13 Art of Happiness	14 Art of Self Reiki	15 Restorative Relaxation	16 Strictly Ballroom
17	18 Strictly Ballroom Restorative Relaxation	19 Art of Self Reiki	20 Tree of Life Guided Mediation	21 Art of Self Reiki	22 Restorative Relaxation	23 Strictly Ballroom
23	25 Wreath making Strictly Ballroom Restorative Relaxation	26 Art of Self Reiki	27 Wreath making	28 Art of Self Reiki	29 Restorative Relaxation	30 Strictly Ballroom

All classes/ workshops times and dates are subject to change

DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 Bauble decorating Strictly Ballroom Restorative Relaxation	3 Art of Self Reiki	4 Table decorating	5 Art of Self Reiki	6 Restorative Relaxation	7 Strictly Ballroom
8	9 Strictly Ballroom Restorative Relaxation	10 Art of Self Reiki	11 Tree of Life Guided Mediation	12 Art of Self Reiki	13 Restorative Relaxation	14 Strictly Ballroom
15	16 Strictly Ballroom Restorative Relaxation	17 Art of Self Reiki	18 Art of Happiness	19 Art of Self Reiki	20 Restorative Relaxation	21 Strictly Ballroom
22	23 Strictly Ballroom Restorative Relaxation	24 Art of Self Reiki	25	26 Art of Self Reiki	27 Restorative Relaxation	28 Strictly Ballroom
29	30 Strictly Ballroom Restorative Relaxation	31 Art of Self Reiki	30			

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