

DAILY ACTIVITIES TIMETABLE

12th January to 18th January 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15			Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Art of Self Reiki 12.00pm £15	Gentle Breathwork & Chanting 12.00pm £15	Art of Self Reiki 12.00pm £15	Energy Reset Meditation 2.00pm £15	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Fashion Tips Workshop 3.00pm	Energy Reset Meditation 2.00pm £15	Fashion Tips Workshop 3.00pm	Numerology & Guidance 3.00pm £15	Fashion Tips Workshop 3.00pm	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
	Sound Bathing 2.00pm £15	Restorative Relaxation 4:00pm & 4.30pm Complimentary		Restorative Relaxation 4:00pm & 4.30pm Overcoming Barriers Talk 3.45pm	Sound Bathing 5:10pm £15	Restorative Relaxation 4:00pm & 4.30pm Complimentary	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*					

- Beauty Shop - To book call the Beauty Shop on 01664 434 411 ext. 303 or visit the Beauty Shop  
\*Redeemable against two or more purchases
- The Retreat -To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
- Heart + Soul Fitness - To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
- The Lounge - To book call the Boutique on 01664 433 089 or visit the Boutique



To view all timetables and weekly updates, scan our QR code for more information on fitness classes, seasonal focus' and special offers in our retail areas.





EVERYDAY

- ADVANCED 3D SKIN ANALYSIS**  
 An in-depth skin analysis consultation, to examine deep within your skin.  
 £15 Redeemable\*
- CLARINS MAKEOVER**  
 A makeover to help you find your look.  
 £25 Redeemable\*
- BIKES**  
 Bikes and helmets available throughout the day. Visit the Main Reception for route maps.
- TENNIS**  
 Racquets & balls are available from Fitness.
- ART SUPPLIES**  
 Capture Ragdale through pastels and our portable easel. Available for complimentary hire at Main Reception

DAILY ACTIVITIES TIMETABLE

19th January to 25th January 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15			Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Art of Self Reiki 12.00pm £15		Art of Self Reiki 12.00pm £15	Energy Reset Meditation 2.00pm £15	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Fashion Tips Workshop 3.00pm	Energy Reset Meditation 2.00pm £15	Fashion Tips Workshop 3.00pm	Overcoming Barriers Talk 3.45pm Complimentary	Fashion Tips Workshop 3.00pm	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
	Sound Bathing 2.00pm £15	Restorative Relaxation 4:00pm & 4.30pm Complimentary		Restorative Relaxation 4:00pm & 4.30pm Complimentary	Sound Bathing 5:10pm £15	Restorative Relaxation 4:00pm & 4.30pm Complimentary	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*		Guided Awakening Meditation 6.00pm £15			

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 The Retreat -To book call Treatments on 01664 433 043 or Ext 525
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 Heart + Soul Fitness - To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
- 
 The Lounge - To book call the Boutique on 01664 433 089 or visit the Boutique



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