

# ENRICHMENT WORKSHOP TIMETABLE

2nd February to 8th February 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*	Glow With Love: ELEMIS Superfood Skincare Workshop 10.30am Complimentary		Glow With Love: ELEMIS Superfood Skincare Workshop 10.30am Complimentary	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	Guided Awakening Meditation 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 Complimentary	Sound Bathing 5:10pm £15	Restorative Relaxation 4:00pm & 4.30pm Complimentary	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*			

 Beauty Shop - To book call the Beauty Shop on 01664 434 411 or visit the Beauty Shop

\*Redeemable against two or more purchases

 The Retreat -To book call Treatments on 01664 433 043 or Ext 525

 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

# ENRICHMENT WORKSHOP TIMETABLE

9th February to 15th February 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY <i>Valentines Day</i>	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	Oracle Card and 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 Complimentary	Sound Bathing 5:10pm £15	Restorative Relaxation 4:00pm & 4.30pm Complimentary	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*			

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T&C's apply \* - Experiences are subject to change