



WEEKLY BULLETIN

16th March to 22nd March 2026



THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Available Monday to Friday

Spend £50 or more on Sea Magik products and receive one full sized product of your choice from the below selection.

seaMAGIK



Gift selection include: Pink salt shampoo, Heavenly salt Brushing Gentle cleansing facial wash. While stocks last.

MAKE-UP IN MINUTES

Book a 25-minute one-to-one Clarins makeover to discover your make-up must haves and a fresh new look.

Learn how to:

- Get the rosy glow
- Quick fix make up
- Create stand out eyes
- Get a perfect base

£25 booking fee redeemable when you purchase 2 or more Clarins products after your makeover.

For more information and to book your workshops or masterclass, visit our Beauty Shop or call Ext 303



Scan the QR code and learn more about whats happening at the Hall this spring with our Seasonal Focus 'Thrive'

ADVANCED 3D SKIN ANALYSIS - £15

Offering 8 comprehensive observation modes that allow you and your skincare professional to understand your skin's health. Find the best skincare product for you. Recommending Clarins, ELEMIS, Sea Magik and Medik8 skincare products.

Bookable via Beauty Shop. Available daily. £15 booking fee redeemable against the purchase of two recommended products after consultation.

seaMAGIK MINI TREATMENTS

- Pro Ageing Mineral Facial
- Mud Scalp & Shoulder Soother
- Salt and Mud Foot Experience
- Salt and Mud Hand Experience

£25 booking fee redeemable against two or more Sea Magik PRO products.

PREMIUM SKINCARE WORKSHOPS - £10

Join our Clarins or ELEMIS Experts at one of our VIP evening workshops. With expert advice on skincare and a chance to win a full sized product too!

- Tuesday - ELEMIS
- Wednesday - ELEMIS
- Thursday - CLARINS

Held in the Beauty Shop 5:00pm.

HIGHLIGHTS OF THE WEEK

ENERGY RESET MEDITATION

Tuesday and Saturday | £15 | The Retreat | 2.00pm

A 20-minute mini-practice to gently awaken the body and mind. In just a short time, mindful breathing, quiet reflection, and an uplifting story that focuses the mind can help release tension and set a calm, positive tone for your day.

THRIVE IN CHAOS

Tuesday & Thursday | 10.45am | Heart Studio | Complimentary

Build resilience and adaptability through a unique mix of traditional exercises, playful games, brain teasers, and team challenges to create a truly holistic workout. Using an unexpected range of props, from musical statues to dodgeball, crawling to karaoke, every session is different and full of surprises.

MOON INSPIRED MEDITATION with Jenifer Taylor

Thursday | 3.00pm | The Retreat | £15

Reconnect with the Moon, the land, and ancestral wisdom in this guided meditation. Explore the lunar cycles, release what no longer serves you, and plant intentions to support your wellbeing, helping you Thrive with clarity, balance, and renewed energy.

QIGONG: THE FIVE ELEMENTS with Jon Jarvis

Friday | 12.00pm | Soul Studio | £15

Discover the healing power of the Five Elements in this Qigong class. Through gentle, mindful movements and breathwork, you will balance your body, mind, and energy, supporting overall wellbeing and helping you thrive.

TREATMENTS

CLARINS MUSCLE EASE BODY MASSAGE | 60 MINS | £104

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.

ELEMIS DEEP TISSUE TENSION- EASE MASSAGE 60 MINS | £112

Designed to relieve the effects of a busy lifestyle, this tailored full body massage targets tension and deep-seated muscle knots, leaving you feeling renewed and grounded. As the treatment works deeply into the muscles, some temporary soreness, discomfort, or light marking may occur.

For more information and how to book your sessions, call 01664 433 043 or ext. 525.



WEEKLY BULLETIN

23rd March to 29th March 2026



THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Receive a FREE ELEMIS gift set when you purchase two of more ELEMIS products.



Gift selection include: Pro collagen hydrating cleansing mousse, Pro glow boost exfoliator, Pro collagen marine cream and Pro collagen skin protection fluid spf 50. While stocks last.

ELEMIS

TASTER TREATMENTS

- Pro-Collagen Facial
- Sculpting Neck and Jaw Treatment
- Revital-eyes Treatment
- Best Foot Forward
- Hand & Arm Treatment

£25 booking fee, redeemable against the purchase of two full size ELEMIS products. **Booking in advance required.**

MAKE-UP MASTERCLASS

Held daily in the Beauty Shop at 11.00am.

Do you feel stuck in the same make-up routine?

Join our Clarins Expert as they guide you through the latest make-up trends and looks.

£10 booking fee redeemable when you purchase one or more Clarins products after the workshop.

ADVANCED 3D SKIN

ANALYSIS - £15

Offering 8 comprehensive observation modes that allow you and your skincare professional to understand your skin's health. Find the best skincare product for you.

Recommending Clarins, ELEMIS, Sea Magik and Medik8 skincare products.

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CLARINS

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PREMIUM SKINCARE

WORKSHOPS - £10

Join our Clarins or ELEMIS Experts at one of our VIP evening workshops. With expert advice on skincare and a chance to win a full sized product too!

Tuesday - **CLARINS**

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Thursday - **CLARINS**

Held in the Beauty Shop 5:00pm.

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ENERGY RESET MEDITATION

Tuesday and Saturday | £15 | The Retreat | 2.00pm

A 20-minute mini-practice to gently awaken the body and mind. In just a short time, mindful breathing, quiet reflection, and an uplifting story that focuses the mind can help release tension and set a calm, positive tone for your day.

THRIVE IN CHAOS

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GUT HEALTH & THE ART OF FERMENTAION

Wednesday | 1.10pm | Twilight Bar | £35 per person

NEW

Fermentation is a journey towards a healthier, more vibrant lifestyle. Learn the secrets to good gut health through crafting your own delicious probiotic-rich drinks. Discover the benefits of fermentation and join us for an immersive hands-on water kefir making workshop with Aksana Fitzpatrick, founder of an award-winning organic kefir water brand PiQi.

ORACLE CARDS AND GUIDANCE with Jenifer Taylor

Thursday | 3.00pm | The Retreat | £15

A gentle opening meditation is followed by shared readings and reflections, inviting the question, "What do I need to know right now?" The experience offers a calm, intuitive space of connection and wisdom. *Limited space available*

JOURNALING TALK with Dean Hodgkin

Thursday | 2.30pm | Heart Studio | Complimentary

Writing down your thoughts and reflections can help manage stress, organise ideas, and track personal growth. Many find it boosts mental wellbeing, accelerates development, and sparks creativity. Join us to learn how to master this powerful self-help practice.

QIGONG: THE FIVE ELEMENTS with Jon Jarvis

Friday | 12.00pm | Soul Studio | £15

Discover the healing power of the Five Elements in this Qigong class. Through gentle, mindful movements and breathwork, you will balance your body, mind, and energy, supporting overall wellbeing and helping you thrive.

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WEEKLY BULLETIN

30th March to 5th April 2026



THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Purchase two or more Clarins products one to be skincare or foundation and receive this Clarins gift set.



Gift selection include: Gentle foaming cleanser 50ml, Multi active day cream 30ml Cryo flash mask 15ml, Total eye lift 7ml, Fresh scrub 15ml. While stocks last.

MAKE-UP IN MINUTES

Book a 25-minute one-to-one Clarins makeover to discover your make-up must haves and a fresh new look. Learn how to:

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Bookable via Beauty Shop.

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CLARINS

MINI TREATMENTS

Book a 25-minute Clarins taster treatment and leave feeling refreshed and revived.

Choose from:

- Clarins Radiance Booster Facial
- Clarins Sculpt & Uplift Facial
- Clarins Soothing Hand Ritual
- Personalised Make Up Consultation

£25 booking fee, redeemable when you purchase 2 or more Clarins products (one to be skincare or foundation). Subject to availability.

PREMIUM SKINCARE WORKSHOPS - £10

Join our Clarins or ELEMIS Experts at one of our VIP evening workshops. With expert advice on skincare and a chance to win a full sized product too!

Tuesday - **CLARINS**
Wednesday - **ELEMIS**
Thursday - **ELEMIS**

Held in the Beauty Shop 5:00pm.

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THRIVE WITHIN: GUIDED MEDITATION with Jenifer Taylor

Thursday | 3.00pm | The Retreat | £15

Join Jenifer for a sound meditation blending uplifting hand drum tones with guided reflections on renewal and growth. Awaken your senses, harness your energy, and recharge your body and mind to step fully into your season of thriving.

THRESHOLD

Wednesday | 8.45am | Heart Studio | Complimentary

A focused 25-minute cycle class designed to improve efficiency and performance while supporting your enjoyment of riding. Learn how to thrive in the class and calculate your functional threshold power (FTP) to track your fitness progress over time.

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