



WEEKLY BULLETIN

13th April to 19th 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 choose 4 Clarins products to create your own gift set.



Gift selection include: Beauty Flash Balm 30ml Lip Comfort Oil, Gentle Foaming Cleanser 50ml, Soothing Toning lotion 50ml, Total eye lift 7ml. While stocks last.

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.

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.

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.

HIGHLIGHTS OF THE WEEK

ENERGY RESET MEDITATION

Tuesday and Saturday | £18 | The Retreat | 10.30am

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 the rest of your day.

THRESHOLD

Wednesday & Saturday | 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.

MOON INSPIRED MEDITATION with Jenifer Taylor

Thursday | 3.00pm | The Retreat | £18

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 | £18

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.

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.

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

TREATMENTS

NEW

CLARINS SENSORY ESCAPE MASSAGE | 70 MINS | £116

A face and body experience that renews harmony through rhythmic massage techniques. Using the power of Clarins' essential oils and the expert hands of the therapists, this wellness treatment detoxifies the body, promotes better sleep, and leaves your skin radiant, supple, and glowing with positive energy.

ELEMIS MINERAL BODY BLISS | 60 MINS | £110

A restorative treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This mineral-charged, full body massage offers skin conditioning benefits, metabolic balancing and energising wellness. The perfect treatment when the body is highly stressed, running on low energy or fatigued.

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



WEEKLY BULLETIN

20th April to 26th April 2026



THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Available Monday only

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

seaMAGIK®



OR

Gift Selection: Magnesium Argan Shampoo 300ml or Silky smooth body lotion 300ml. While stocks last.

Plus purchase two or more Sea Magik products and receive 1kg Dead Sea Salts



seaMAGIK®

MINI TREATMENTS

Available Monday only

- 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.

Tuesday - **CLARINS**

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Thursday - **ELEMIS**

Held in the Beauty Shop 5:00pm.

ELEMIS

Available Tuesday to Friday only

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.

CLARINS

Available Saturday and Sunday only

Purchase two or more Clarins products one to be skincare or foundation and choose 4 Clarins products to create your own gift set.



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

CLARINS MINI TREATMENTS

Book a 25-minute Clarins taster treatment.

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- 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.

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HIGHLIGHTS OF THE WEEK

ENERGY RESET MEDITATION

Tuesday and Saturday | £18 | 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 WITHIN: GUIDED MEDITATION with Jenifer Taylor Thursday | 3.00pm | The Retreat | £18

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.

THE ART OF SELF REIKI

Wednesday | 12.00pm | Soul Studio | £18

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.

GUT HEALTH & FERMENTATION WORKSHOP

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

NEW

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.

QIGONG: THE FIVE ELEMENTS with Jon Jarvis

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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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