

# ADVENTURE



# INTRODUCTION

## **Adventures await**

Summer's longer, lighter days invite us to rise earlier, spend more time outside, and redesign our daily routines to attune to the adjustment in daylight hours. With the possibility of travel and exploration looming, this season provides the perfect opportunity to break free from the mundane and infuse a sense of adventure into the everyday.

Discover a new rhythm at Ragdale Hall

This season, every visit to Ragdale Hall becomes an *adventure*.





# FITNESS CLASSES AND WORKSHOPS

Step into the season of *adventure* with a collection of immersive workshops and fitness classes that awaken new perspectives, invite exploration, and nurture the confidence to venture beyond the familiar.



## COCKTAIL DEMONSTRATION

5th, 13<sup>th</sup>, 19<sup>th</sup> and 27<sup>th</sup> June | 3.30pm

Twilight Bar | Complimentary

Experience a live demonstration with our expert mixologists as they craft signature drinks, sharing insights into flavour balance, technique, and presentation. You'll have the chance to taste each creation as it's made.

The session rounds off with a light-hearted quiz, and the winner receives one of the expertly crafted drinks showcased during the demonstration to enjoy.

## IMPROVE YOUR HEALTH EXPERT TALK

with Dean Hodgkin

11th and 23rd June | 3.45pm | Heart Studio | Complimentary

In this informative talk, you'll explore the wide-ranging health benefits of walking for people of all ages and fitness levels, including reduced disease risk and improved longevity. With evidence-based insights and practical technique tips, you'll leave feeling informed, motivated, and ready to incorporate walking more intentionally into your daily routine.

## ENERGY RESET MEDITATION

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

Gently awaken the body and mind with mindful breathing, quiet reflection, and an uplifting story. As you release tension and set a positive tone for the day ahead, you'll feel ready to welcome new experiences and embrace the adventure woven into the everyday.



# AROMATHERAPY WORKSHOP

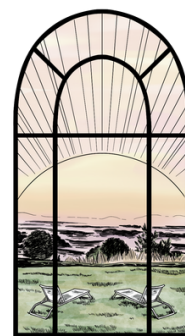
with Aromatherapy Associates



1st, 12<sup>th</sup>, 15<sup>th</sup> and 26<sup>th</sup> June | 3.00pm

Beauty Shop | Complimentary | *Limited Spaces*

This exclusive aromatherapy workshop invites you to explore the emotional and restorative power of essential oils. Guided by an expert from Aromatherapy Associates, you will experience their iconic blends, uncover the connection between fragrance and emotional wellbeing, and learn how to create a personalised spa ritual within your own home. A calming and sensory experience designed to restore balance, relaxation, and inner calm.



EXCLUSIVE

## EARLY MORNING YOGA

16<sup>th</sup> June | 6.00am | Front Lawn | Complimentary

A gentle yet energising practice suitable for all abilities, this session provides a calm, focused way to begin your day with intention. Flowing sequences blend with strong, grounded poses to offer the perfect balance of movement and stillness.



## SOUND BATHING

Every Monday 2.00pm | Every Friday 5.10pm | Soul Studio | £20

Experience deep relaxation through the ancient practice of sound healing. Using singing bowls, gongs, chimes, percussion, and the human voice, this meditative session helps cleanse the mind, restore the body, reduce stress, improve sleep, and awaken your overall wellbeing.

# MEET OUR EXPERTS...

*Awaken your sense of adventure with our experts as they guide you through Shi-ba-shi, meditation exploration, ancient wellbeing practices and informative talks designed to harmonise body, mind, and spirit.*

*With over 20 years of experience shaping transformative wellness workshops at Ragdale Hall Spa, our specialists have honed their craft to create a nurturing sanctuary where you can safely explore something new, supported by both expertise and a calming environment.*



# SACRED DIRECTIONS MEDITATION

with Jenifer Taylor

4<sup>th</sup> and 18<sup>th</sup> June | 16<sup>th</sup> and 30<sup>th</sup> July | 6<sup>th</sup> and 20<sup>th</sup> August

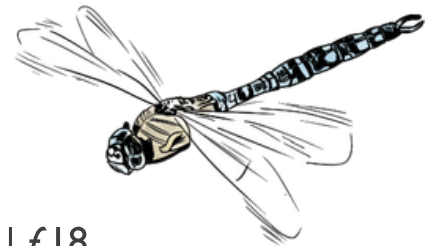
11.45am | Heart Studio | £18

Step into an adventure of self-discovery inspired by the four directions and ancient earth wisdom. Through breathwork, meditation, gentle drumming, and a hands-on healing demonstration, you'll reconnect with your intuition, rediscover your unique gifts, and honour the wisdom of those who came before you. A grounding and empowering journey inward, leaving you centred, inspired, and ready to embrace who you truly are.

## SHI-BA-SHI

with Jon Jarvis

Every Friday | 12.00pm | Soul Studio | £18



Join Jon for a restorative Shi-ba-shi session, where gentle, flowing movements and mindful breathing help you slow down, release tension, and reconnect with yourself. This is your moment to pause, breathe, and step into a quieter kind of adventure. Whether you're new to Shi-ba-shi or returning to deepen your practice, Jon's thoughtful guidance creates a peaceful space to unwind, reset, and leave feeling centred and refreshed.

# CANDLE POOL SOUND MEDITATION

Every Monday, Tuesday and Wednesday | 8.30am

Candle Pool in Thermal Spa | £18

Unwind in the Candle Pool as warm water, candlelight, and Tibetan singing bowls guide you into deep relaxation. This tranquil experience helps calm the mind, ease stress, and restore inner balance.



## INNER ALCHEMY

with Jenifer Taylor

11<sup>th</sup> and 25<sup>th</sup> June | 23<sup>rd</sup> July | 13<sup>th</sup> and 27<sup>th</sup> August | 11.45am

Heart Studio | £18

An immersive workshop to pause, reconnect with your intuition, and embark on an inner adventure guided by life's meaningful signs. Through mindful exercises and reflection, awaken your inner power and bring clarity, balance, and a sense of wonder into everyday life.

EXCLUSIVE

## SUMMER SKIN SECRETS

with **ELEMIS**

17<sup>th</sup> June | 10.00am | Quiet Room | Complimentary

Unlock the secrets to luminous summer skin with ELEMIS. This expert-led workshop explores seasonal skincare shifts, helping you adapt your routine to maintain balance, hydration and protection. Enjoy personalised advice, product discovery and insider tips designed to keep your complexion glowing all summer long.



All classes/workshops times and dates are subject to change

# RECOMMENDED TREATMENTS

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

# PRO EXPERT DEEP HEALING MASSAGE

70 Minutes | £110

A Deep Healing Massage designed to relieve tension and promote relaxation by blending Clarins' expertise with Thai massage techniques for a deep massage designed to release muscle tightness and enhance flexibility. Skin is nourished, tension is released, and mindfulness is restored.

# ELEMIS DEEP TISSUE TENSION- EASE MASSAGE

60 Minutes | £117

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

*This treatment will work deep into the muscles and as a result may cause some soreness or discomfort during or after the treatment, and in some cases may leave a temporary mark or bruise.*

# ELEMIS TECH SCULT + FIRM FACIAL

80 Minutes | £142

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 5 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalised, strengthened and defined.

*This is an 85-minute session, which includes a 5-minute consultation and 80 minutes of treatment*

# PICK & MIX in the Beauty Express

*Up to 45 minutes | £74 | Choose any 3 treatments*

## *Face and Eyes*

**Ice Globe Glow Facial** – Cooling ice globe massage lifts, brightens, and refreshes for a youthful glow.

**Gua Sha Face Lift** – Sculpting jade stone massage to redefine facial contours.

**Rose Quartz Facial** – Brightens and lifts using the calming energy of rose quartz.

**LED Light Therapy** – Deep cleanse followed by LED light to rejuvenate.

**Bright Eyes** – A quick fix to refresh tired-looking eyes.

**Brow Tidy** – A simple shape refresh.

## *Hands and Feet*

**Cuti Tips Hands / Feet** – Nail and cuticle tidy with protein treatment.

**Infinite Shine Polish Hands / Feet** – Quick-dry, high-gloss polish.

**Heavenly Hands Massage** – Deeply soothing arm and hand massage.

**Reflex Press\*** – Acupressure foot massage to release tension.

**Foot Smoothie** – Exfoliates and softens feet for silky-smooth skin.

## *Scalp, Hair and Body*

**Tingle Tangle Scalp Massage** – Invigorating scalp massage.

**Tropical Hair Repair** – Nourishing mask with soothing scalp massage.

**Muscle Ease\*** – Warm basalt stone massage for neck and shoulders.

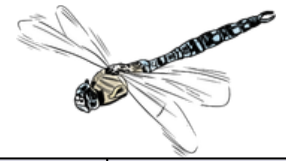
**Hot Rock Foot & Leg Massage\*** – Heated stone massage to ease tired legs.

*\*Taken by one person as one service. One massage per area. Please wear a towelling robe.*

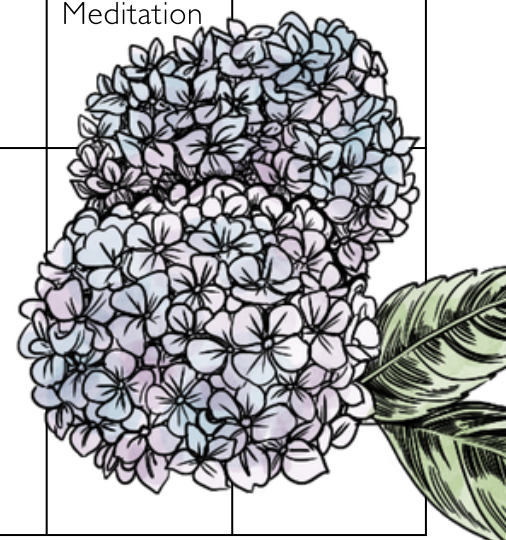
# DATES FOR THE DIARY

Here's a calendar of what to look forward to during this season of *adventure*.

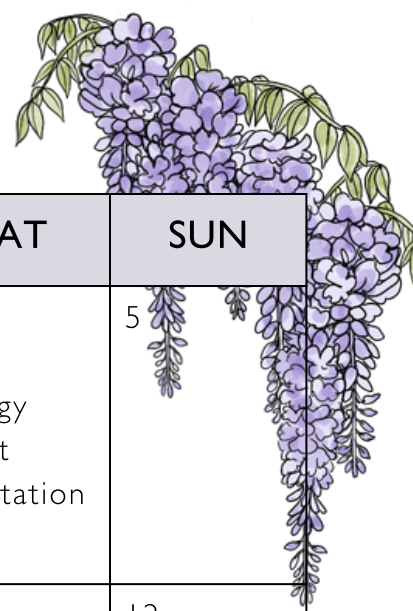
# JUNE



MON	TUE	WED	THU	FRI	SAT	SUN
1 Aromatherapy Workshop  Candle Pool Meditation	2 Candle Pool Meditation  Energy Reset Meditation	3 Self Reiki  Candle Pool Meditation	4 Sacred Direction Meditation	5 Shi-Ba-Shi  Cocktail Demo	6 Energy Reset Meditation	7
8 Candle Pool Meditation	9 Energy Reset Meditation  Candle Pool Meditation	10 Self Reiki  Candle Pool Meditation	11 Improve Your Health Talk  Inner Alchemy	12 Aromatherapy Workshop  Shi-Ba-Shi	13 Cocktail Demo  Energy Reset Meditation	14
15 Aromatherapy Workshop  Candle Pool Meditation	16 Energy Reset Meditation  Candle Pool Meditation  Early Morning Yoga	17 Self Reiki  Candle Pool Meditation	18 Sacred Direction Meditation	19 Shi-Ba-Shi  Cocktail Demo	20 Energy Reset Meditation	21
22 Candle Pool Meditation	23 Improve Your Health Talk  Candle Pool Meditation  Energy Reset Meditation	24 Self Reiki  Candle Pool Meditation	25 Inner Alchemy	26 Aromatherapy Workshop  Shi-Ba-Shi	27 Cocktail Demo  Energy Reset Meditation	28
29 Candle Pool Meditation	30 Candle Pool Meditation  Energy Reset Meditation					




# JULY



MON	TUE	WED	THU	FRI	SAT	SUN
		1 Self Reiki  Candle Pool Meditation	2	3 Shi-Ba-Shi	4  Energy Reset Meditation	5
6 Candle Pool Meditation	7 Candle Pool Meditation  Energy Reset Meditation	8 Self Reiki  Candle Pool Meditation	9	10 Shi-Ba-Shi	11  Energy Reset Meditation	12
13  Candle Pool Meditation	14 Candle Pool Meditation  Energy Reset Meditation	15 Self Reiki  Candle Pool Meditation	16 Sacred Direction Meditation	17 Shi-Ba-Shi	18  Energy Reset Meditation	19
20 Candle Pool Meditation	21 Candle Pool Meditation  Energy Reset Meditation	22 Self Reiki  Candle Pool Meditation	23 Inner Alchemy	24 Shi-Ba-Shi	25  Energy Reset Meditation	26
27 Candle Pool Meditation	28 Candle Pool Meditation  Energy Reset Meditation	29 Self Reiki  Candle Pool Meditation	30 Sacred Direction Meditation	31 Shi-Ba-Shi		

# AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
					1 Energy Reset Meditation	2
3 Candle Pool Meditation	4 Candle Pool Meditation  Energy Reset Meditation	5 Self Reiki  Candle Pool Meditation	6 Sacred Direction Meditation	7 Shi-Ba-Shi	8  Energy Reset Meditation	9
10 Candle Pool Meditation	11 Candle Pool Meditation  Energy Reset Meditation	12 Self Reiki  Candle Pool Meditation	13 Inner Alchemy	14 Shi-Ba-Shi	15  Energy Reset Meditation	16
17 Candle Pool Meditation	18 Candle Pool Meditation  Energy Reset Meditation	19 Self Reiki  Candle Pool Meditation	20 Sacred Direction Meditation	21 Shi-Ba-Shi	22  Energy Reset Meditation	23
24 Candle Pool Meditation	25 Candle Pool Meditation  Energy Reset Meditation	26 Self Reiki  Candle Pool Meditation	27 Inner Alchemy	28 Shi-Ba-Shi		
31 Candle Pool Meditation						

Classes and workshops are subject to change