



WEEKLY BULLETIN

4th May to 10th May 2026



THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Available Tuesday to Sunday

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



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.

PREMIUM SKINCARE WORKSHOPS - £10

Join our Clarins or ELEMIS Experts at one of our VIP evening workshops. With expert advice.

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

Held in the Beauty Shop 5:00pm.

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.



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



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

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.

COCKTAIL DEMONSTRATION

Wednesday | 3.30pm | Twilight Bar | Complimentary

NEW

Experience a live cocktail demonstration with our expert mixologists at the Twilight Bar. Watch as they craft signature drinks, learn about the balance of flavours and techniques, and enjoy tasting each creation. This session tests your knowledge with a fun quiz, and the winner receives a perfectly made cocktail.

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.

NEW

TREATMENTS

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.

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



WEEKLY BULLETIN

11th May to 17th May 2026



THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Receive a FREE ELEMIS Pro Collagen Marine Moisture Essence gift when you spend over £150 or more on ELEMIS products.

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.



WORTH
£65

CLARINS

MAKE-UP IN MINUTES

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ADVANCED 3D SKIN

ANALYSIS - £15

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

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.

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

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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.

ORACLE CARDS AND GUIDANCE *with Jenifer Taylor*

Thursday | 3.00pm | The Retreat | £18

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*

COCKTAIL DEMONSTRATION

Tuesday and Saturday | 3.30pm | Twilight Bar | Complimentary

Experience a live cocktail demonstration with our expert mixologists. Watch as they craft signature drinks, learn about the balance of flavours and techniques, and enjoy tasting each creation. This session tests your knowledge with a fun quiz, and the winner receives a perfectly made cocktail.

NORDIC WALKING

Tuesday & Sunday | 2.00pm | Fitness Welcome Area | Complimentary

Experience a live cocktail demonstration with our expert mixologists. Watch as they craft signature drinks, learn about the balance of flavours and techniques, and enjoy tasting each creation. This session tests your knowledge with a fun quiz, and the winner receives a perfectly made cocktail.

TREATMENTS

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.