



WEEKLY BULLETIN

18th May to 24th May 2026



THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Available Monday

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



Gift Selection: Pink Salt Shampoo, Seaweed Energy Wash, 21 Mineral Mist or 21 Mineral BB SPF Cream. 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.

ELEMIS

Available Tuesday to Sunday

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 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.

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.

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.

COCKTAIL DEMONSTRATION

Saturday | 3.30pm | Twilight Bar | Complimentary

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.

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.

NEW



WEEKLY BULLETIN

25th May to 31st May 2026



THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

CLARINS

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



Gift Selection: Multi Active Day Cream, Beauty Flash Balm, Lip comfort Oil 04, Total Eye Lift and Fresh scrub. 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.

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

CLARINS MINI TREATMENTS

Book a 25-minute Clarins taster treatment.

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.

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.

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.

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.

COCKTAIL DEMONSTRATION

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.