





ENRICHMENT WORKSHOP TIMETABLE

29th June to 5th July

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18			Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18		Pickle Ball 9.45am Complimentary	Shi-Ba-Shi 12.00pm £18	Energy Reset Meditation 10.30am £18	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2.00pm £20	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Art of Self Reiki 12.00pm £18		Fashion Tips Workshop 3.00pm	Pickle Ball 11:00am Complimentary	Nordic Walking 2.00pm Complimentary
	Fashion Tips Workshop 3.00pm		Fashion Tips Workshop 3.00pm			Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Sound Bathing 5:00pm £20		

-  Beauty Shop - To book call the Beauty Shop on 01664 434 411 or visit the Beauty Shop
*Redeemable against two or more purchases
-  The Retreat -To book call Treatments on 01664 433 043 or Ext 525
-  Heart + Soul Fitness - To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
-  The Lounge - To book call the Boutique on 01664 433 089 or visit the Boutique



To view all timetables and weekly updates, scan our QR code for more information on fitness classes, seasonal focus' and special offers in our retail areas.

EVERYDAY

ADVANCED 3D SKIN ANALYSIS
An in-depth skin analysis consultation, to examine deep within your skin.
£15 Redeemable*

CLARINS MAKEOVER
A makeover to help you find your look.
£25 Redeemable*

BIKES
Bikes and helmets available throughout the day. Visit the Main Reception for route maps.





TENNIS
Racquets & balls are available from Fitness.

ART SUPPLIES
Capture Ragdale through pastels and our portable easel. Available for complimentary hire at Main Reception.

ENRICHMENT WORKSHOP TIMETABLE

6th July to 12th July

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18		Pickle Ball 10:00am Complimentary	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18	Pickle Ball 11:00am Complimentary		Shi-Ba-Shi 12:00pm £18	Energy Reset Meditation 10.30am £18	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2:00pm £20	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Art of Self Reiki 12:00pm £18	Cocktail Demonstration 3.30pm £5 redeemable Twilight Bar	Fashion Tips Workshop 3.00pm		Nordic Walking 2.00pm Complimentary
	Fashion Tips Workshop 3.00pm		Fashion Tips Workshop 3.00pm			Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Sound Bathing 5:00pm £20		

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ENRICHMENT WORKSHOP TIMETABLE

13th July to 19th July

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18			Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Pickle Ball 10:45am Complimentary
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18		Pickle Ball 12:00pm Complimentary	Shi-Ba-Shi 12.00pm £18	Energy Reset Meditation 10.30am £18	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2.00pm £20	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Art of Self Reiki 12.00pm £18	Sacred Direction Meditation with Jenifer Taylor 3.00pm £18	Fashion Tips Workshop 3.00pm		Nordic Walking 2.00pm Complimentary
	Fashion Tips Workshop 3.00pm		Fashion Tips Workshop 3.00pm			Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Sound Bathing 5:00pm £20		

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