

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			Energy Reset Meditation 10.30am £18	Pickle Ball 10:45am Complimentary
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18	Day to Night Makeup Masterclass 11.00am £10 Redeemable*	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Day to Night Makeup Masterclass 11.00am £10 Redeemable*	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	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	Pickle Ball 12:00pm Complimentary			Nordic Walking 2.00pm Complimentary
	Fashion Tips Workshop 3.00pm		Fashion Tips Workshop 3.00pm		Fashion Tips Workshop 3.00pm		
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.
*£10 offer 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 /PICKLEBALL**
 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

20th July to 26th 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 10:30am Complimentary	Pickle Ball 10:00am Complimentary	Energy Reset Meditation 10.30am £18	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18	Day to Night Makeup Masterclass 11.00am £10 Redeemable*	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Shi-Ba-Shi 12.00pm £18	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	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		
	Fashion Tips Workshop 3.00pm		Fashion Tips Workshop 3.00pm		Cocktail Demonstration 3.30pm £5 redeemable Twilight Bar	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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 Heart + Soul Fitness - To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
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ENRICHMENT WORKSHOP TIMETABLE

27th July to 2nd August

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 9:00am 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	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Day to Night Makeup Masterclass 11.00am £10 Redeemable*	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	Shi-Ba-Shi 12:00pm £18		Nordic Walking 2:00pm Complimentary
	Fashion Tips Workshop 3.00pm	Country Stroll 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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