

ENRICHMENT WORKSHOP TIMETABLE

21st September to 27th September

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*	Pickleball Taster 10:30am Complimentary
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18		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*	Fashion Tips Workshop 3.00pm	Cocktail Demonstration 3.30pm £5 redeemable Twilight Bar	Ten Tai Chi 12.00pm £18		Nordic Walking 2:00pm Complimentary
	Fashion Tips Workshop 3.00pm	Cocktail Demonstration 3.30pm £5 redeemable Twilight Bar	Premium Skincare Workshop 5.00pm £10 Redeemable*		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*	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/ 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

28th September to 4th October

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	Art of Self Reiki 12.00pm £18	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*	Fashion Tips Workshop 3.00pm	Cocktail Demonstration 3.30pm £5 redeemable Twilight Bar	Ten Tai Chi 12.00pm £18		
	Fashion Tips Workshop 3.00pm	Cocktail Demonstration 3.30pm £5 redeemable Twilight Bar	Premium Skincare Workshop 5.00pm £10 Redeemable*		Fashion Tips Workshop 3.00pm	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Reclaim Your Rest - Sleep Workshop 8.00pm Complimentary Pavilion	Premium Skincare Workshop 5.00pm £10 Redeemable*	Sound Bathing 5:00pm £20		

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ART SUPPLIES
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ENRICHMENT WORKSHOP TIMETABLE

5th October to 11th October

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		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		Cocktail Demonstration 3.30pm £5 redeemable Twilight Bar	Fashion Tips Workshop 3.00pm	Cocktail Demonstration 3.30pm £5 redeemable Twilight Bar			
	Fashion Tips Workshop 3.00pm	Managing Menopause with Exercise Talk 3.45pm	Premium Skincare Workshop 5.00pm £10 Redeemable*		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*	Sound Bathing 5:00pm £20		

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